

Tune in to Weekend Kitchen every Saturday from 12-2pm  
Go to [bbc.co.uk/threecounties](http://bbc.co.uk/threecounties) to listen to the show live or to listen again to it for 7 days afterwards

**BBC THREE COUNTIES**

95.5 FM | 103.8 FM | 104.5 FM

[bbc.co.uk/threecounties](http://bbc.co.uk/threecounties)



## NICK COFFER'S WEEKEND KITCHEN

Recipes for the 20th July 2013

Christine Fellini

### Starter

#### *Parmigiana di Melanzane*

Aubergines with Mozzarella and Parmesan

#### Serves 4

1 large aubergine  
20 Very Ripe Cherry Tomatoes  
250g Buffalo Mozzarella – thinly sliced  
Bunch of Fresh Basil  
Extra Virgin Olive Oil  
Freshly Grated Parmesan Cheese  
Salt and Freshly Ground Black Pepper  
Vegetable oil for frying

- Pre-heat the oven to 180°.
- Prepare 8 slices of aubergine – as equally sized as possible.
- Dry the slices on kitchen paper and then fry in a little vegetable oil until golden.
- Thinly slice the Mozzarella – you will need approx. 12 slices
- Slice 4 of the tomatoes for decoration then chop the remainder as finely as possible and season.
- Place a slice of aubergine on a pre-oiled flat oven tray and cover this with a slice of Mozzarella, continue until you have 3 layers.
- Sprinkle the top with a little freshly grated Parmesan and the chopped tomatoes.
- Heat in the oven for approx. 10 minutes.
- Place your basil leaves with a little olive oil in a blender to obtain a thin sauce. Serve hot as a starter – decorate the plate with the slices of cherry tomato and drizzles of the basil sauce.

## Main course

### *Pollo Arrosto con Timo, Olive nere e Limone*

Roast Chicken with Thyme, Black Olives and Lemon

#### Serves 4

8 Chicken Pieces (drumsticks, thighs)  
Extra Virgin Olive Oil  
1 unwaxed Lemon  
Small Bunch of Fresh Thyme Leaves – roughly torn  
60g pitted Black Olives  
3 Cloves of Garlic  
100ml White Wine  
Balsamic vinegar  
6/8 very ripe cherry tomatoes

- Season the chicken pieces with salt and freshly ground black pepper and place in a roasting pan with the olives, cherry tomatoes and torn thyme leaves.
- Bash the garlic cloves with the flat of a knife and throw them in.
- Quarter the lemon and squeeze over the chicken pieces, adding the quarters to the roasting pan.
- Drizzle with olive oil and balsamic vinegar and roast in a medium oven for 20 minutes.
- Add the white wine and roast for a further 20 minutes.

## Dessert

### *Torta al Limone di Sorrento*

Raspberry Lemon Tart

#### Serves 6/8

250g short crust pastry (home-made or bought)  
2 unwaxed lemons  
4 tbsp double cream  
100g ground almonds  
200g caster sugar  
4 tbsp Limoncello liqueur  
5 whole free range eggs  
1 small punnet raspberries  
120g unsalted butter (room temperature)  
Icing sugar to decorate

- Line a buttered 10" tart tin with the rolled out pastry – allow to rest in the fridge for approx 2 hours.
- Pre-heat the oven to 180° - line the pastry case with grease proof paper – cover with baking beans and bake blind for 15 mins.

- Remove from the oven and allow to cool before removing the paper and beans.
- In a large bowl add the finely grated zest of the two lemons with their juice.
- Add the cream, almonds, sugar, eggs and butter and mix together to a smooth paste. Stir in the Limoncello.
- Place the raspberries on the bottom of the pastry case and then pour the mixture on top.
- Bake in a pre-heated oven at 180° for approx. 20mins.
- Once cool place in the fridge for 1 hour.
- Dust with icing sugar when ready to serve.

## Christian Carden-Maund

### **Starter**

#### *Quick Prawn Pate*

450g of peeled cooked frozen prawns

Sprig of fresh dill

75g of salted butter

Juice of half a lemon

2 cloves of garlic crushed

3 tbslp Extra Virgin Olive oil

Grind of black pepper

- Melt 25 grams of the butter in a frying pan and add the prawns and crushed garlic puree with a generous grind of black pepper, fry gently until any water content has disappeared and the butter is just turning golden, remove from heat. Melt another 25 grams of butter and add the olive oil to it.
- Place cooked prawns in a food processor add lemon juice, a healthy pinch of finely chopped dill and blend adding the butter and olive oil quickly to distribute it through the mixture. When almost smooth spoon mixture into ramekins and set aside.

#### **For the clarified butter (optional):**

- In a small separate saucepan melt the remaining 25 grams of butter until you see a white deposit on top. Take off heat and skim this deposit off and discard.
- Pour the remaining clarified butter equally over the top of each prawn pate pot and sprinkle a pinch of chopped dill on each one.
- Place in the fridge for a couple of hours until chilled and set. Serve with melba toast.

### **Main course**

#### *Chestnut Mushroom Veggie Patties*

400g chopped chestnut mushrooms

3 medium white potatoes, sliced with skin on

25g salted butter

Splash of olive oil for frying  
3 garlic cloves, crushed  
Half an onion, finely chopped  
20g fresh thyme, chopped  
1 tsp smoked paprika  
2 tsps of ground chipotle chilli  
Salt and black pepper to season  
50g seasoned breadcrumbs  
20g seasoned flour  
1 large egg, beaten

- Boil the potatoes until soft, mash with the butter and set aside to cool.
- Put a splash of olive oil in a heated frying pan add the mushrooms, thyme, onion and garlic and fry until soft.
- Add the mushrooms to the mashed potato and mash together adding the smoked paprika, chipotle chilli and salt and pepper to taste. Chill mixture in the fridge for couple of hours.
- Make 6 burger size patties with chilled mixture and coat with seasoned flour, then beaten egg and coat in seasoned breadcrumbs.
- Gently fry in a shallow pan with a little vegetable oil until golden brown both sides.
- Serve hot in a soft roll with a slice of cheese of your choosing or place in a tortilla wrap with sliced cheese and toast until cheese has melted.

## **Dessert**

### ***Cheats Caramel and Honeycomb Cheesecake***

1 packet of instant desert topping  
Quarter pint of milk  
250g mascarpone  
1 tin of condensed caramel  
4 honeycomb chocolate bars, smashed up  
1 large readymade desert shortcrust pastry base

- Whisk desert topping with milk until almost stiff. Add the mascarpone cheese and finish whisking until stiff.
- Fold in the caramel and crushed chocolate bars but do not blend caramel completely so as you find lovely little pockets of it whilst eating.
- Spoon mixture into pastry base and freeze.
- Remove and leave to soften for an hour or so before serving.

**Tracey Bovingdon**

## **Main course**

### ***Cheese and Onion Upside-down Tart***

25g butter

3 large onions, red or white, sliced

120g cheddar, grated – could also use mozzarella, or any crumbly cheese.

Glug of balsamic vinegar

Glug of olive oil

1 sheet readymade shortcrust pastry

2 tblsp dark muscavado sugar

- Preheat the oven to 200oC/400F/Gas Mark 6.
- In a large frying pan, melt the butter and oil. Slowly cook the onions for about 5-8 minutes, stirring occasionally until softened.
- Add the sugar and vinegar and stir through. Cook for another 2 minutes or until the sugar dissolves. Spoon the onions into an oven-proof dish or sandwich cake tin.
- Leave 25g of the grated cheese aside and use the rest to sprinkle over the onions. Take your readymade sheet of pastry and roll it out until it's slightly bigger than the tin or dish.
- Lay the pastry over the cheese and onions and press down lightly. Tuck the sides into the dish, cutting off any excess. Prick the pastry with a fork. Bake for 25 minutes. The pastry will be golden brown and the cheese will be bubbling around the edges.
- Leave to cool for a few minutes. Put a large plate over the tart and turn it out onto the plate. Whilst it's still warm, sprinkle the rest of the cheese that you saved. Serve.

## Dessert

### *Simple Tea Loaf*

300g mixed dried fruit – raisins, sultanas, cranberries, blueberries – anything you like.

300ml hot tea – I use English Breakfast but you could use Earl Grey for a twist.

340g self raising flour

110g caster sugar – you can use brown sugar for a darker, richer colour

Pinch of cinnamon

Pinch of nutmeg

Pinch of allspice

1 beaten egg

- Preheat the oven to 180oC/350F/Gas Mark 4.
- Put the mixed fruit in a bowl and pour over the tea. Leave aside to soak for half an hour.
- In a separate bowl, put your dry ingredients. Add in the soaked fruit and the beaten egg. Using a spatula, combine the mixture. Be careful not to mix the batter too much.
- Pour the mixture into a loaf tin that you've greased or lined with greaseproof paper.

- Bake for 1 hour, or until the top of the loaf is golden and springs back when lightly pressed.
- Insert a skewer into the cake. If it comes out clean the cake is ready. If not, put the cake back in the oven for a further 5 minutes.