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NICK COFFER'S WEEKEND KITCHEN

Recipes for the 21st September 2013

Russell Bateman

Main course

Neck of Lamb Stew

Using tender lamb neck, this stew can be made in the oven or in a pressure cooker. You can use other cuts of lamb, just increase cooking time a little. Instructions for both ways are below.

Serves 4

450g neck fillet
150g onion
150g carrots
150g leek
150g turnip
150g pre-boiled pearl barley
1 clove garlic
1 sprig rosemary
1 sprig thyme
1 bay leaf
450g lamb or meat stock

- Dice all your vegetables into large pieces.
- Dust your lamb in seasoned flour.
- Now, in your pressure cooker, seal off the lamb in some hot oil.
- Once coloured evenly remove and add the vegetable to the pan.

- Sweat the vegetables down for a couple of minutes and add the lamb and (pre boiled) pearl barley.
- Stir everything together and add the herbs.
- Pour over the stock and place the lid of the pressure cooker on.
- Once the cooker comes up to pressure cook for 30 minutes.
- Remove from the heat and allow to cool slightly before releasing the pressure.
- Once the pressure is released open the lid and your lamb neck stew is ready to serve.

To make conventionally – follow the steps above but, instead of cooking in a pressure cooker, use an ovenproof casserole dish. Prepare the lamb and vegetables on the stove, then bake it (covered) in a preheated oven at 140°C/ Gas Mark 1–2 for 2 and a half to 3 hours.

Starter / Main course

Onion and Chicken Soup

Again, this recipe can be made in a conventional saucepan or in a pressure cooker. Instructions for both are below.

Serves 2

3 peeled and quartered onions
 2 cooked chicken legs (leftover from Sunday lunch!)
 1 finely sliced clove of garlic
 1 corn on the cob
 2 sprigs of thyme
 500ml chicken stock

- Flake your leftover cooked chicken legs into large pieces and set aside.
- Place your pressure cooker on the stove and heat up, add a little oil and start to colour your onion quarters.
- Once evenly coloured add the remaining ingredients and lightly season.
- Now put the lid on the pressure cooker and seal it. Bring up to pressure and cook for 4 minutes.
- Remove from the heat and open the seal.
- Once the pressure has been released remove the lid and serve.

To make the soup conventionally, simply use a traditional saucepan and cook the soup for 20 minutes on a simmering medium heat.

Starter / Main course

Mushrooms on Toast

Serves 4

200g button mushrooms
200g chestnut mushrooms
200g oyster mushrooms
200g shitake mushrooms
1 chopped onion
2 sliced cloves of garlic
1 sliced red chilli (deseeded)
1 tablespoon of chopped parsley
100ml double cream
½ lemon
150g butter
4 large slices sourdough or crusty bread

- Set your oven to 180C/350F/Gas Mark 4.
- Spread the sliced sourdough with some soft butter and place in the oven to bake, until it becomes golden and crisp.
- Chop all of your mushrooms the same kind of size.
- Place a large frying pan on a medium heat and add the butter. Once it begins to foam add the onions and begin to cook.
- After a couple of minutes of cooking, add the garlic and chilli into the onions and add all the mushrooms.
- Now season with salt and white pepper and cook for about 3 minutes.
- Once the mushrooms begin to soften and break down add your double cream. Bring to the boil and reduce a little.
- Finish with a small squeeze of lemon juice and some chopped parsley.
- Place your sourdough crisp onto your plate and pour your mushroom mixture over the top.

Polly Oxby

Starter / Main course **Stuffed Mushrooms**

Serves 3-4

6 Large flat mushrooms
4 x rashers of smoked bacon, chopped
1 leek chopped
2 garlic cloves crushed
50g bread crumbs
50g mature cheddar grated
50g parmesan grated
1 tsp dried thyme

- Fry the bacon, leeks and garlic in a little olive oil until the bacon is crispy and the leeks are soft. Allow this mixture to cool.
- Stir in the bread crumbs, cheese and thyme. Top the mushrooms and bake at 180c/350F/Gas Mark 4 for 15 - 20mins until sizzling and golden brown.

Main course **Chicken Goulash**

Serves 4

8 boneless and skinless chicken thighs or drumsticks, chopped into 2cm pieces
1 onion chopped
3 cloves garlic crushed
2 red peppers chopped
250ml chicken stock
2 tbsp sweet paprika
1 tin chopped tomatoes
2 tbsp smoked paprika
3 tbsp crème fraiche

- Fry the onion, garlic and peppers in a little olive oil until softened. Add the chicken and brown on all sides. Sprinkle both types of paprika over the chicken and stir through for a minute or so.
- Pour in the tomatoes and stock and let it bubble away for 25mins. To finish, stir in the crème fraiche and adjust the seasoning if needed.
- Serve with rice or your choice of veg.

Dessert

Dorset Apple Cake

Serves 8–10

225g butter or margarine

225g caster sugar

3 large eggs

225g self raising flour

2 tsp baking powder

2 tbsp demerara sugar

450g Bramley apples peeled and chopped

- Grease and line a 23cm round cake tin. Pre heat the oven to 180C/ 350F/Gas Mark 4.
- Put all the ingredients except the apples in a bowl and mix to a batter. Fold in the apples.
- Pour the mixture into the tin and sprinkle the demerara sugar on top to give a nice crispy finish.
- Bake for 45 minutes until golden brown and a skewer comes out clean when inserted into the cake.
- Serve warm with clotted cream or ice cream.

Shelly Shulman

Dessert

White Chocolate and Raspberry Sponge

Serves 10

440g butter

8 eggs

440g caster sugar

440g self raising flour

240g fresh raspberries

200g white chocolate broken into pieces

Raspberry preserve

- Pre heat oven to 180C/350F/Gas Mark 4. Grease and line an 8 inch round cake tin.
- In a bowl, mix together the butter, eggs, caster sugar and self raising flour until smooth. Add the white chocolate pieces and mix well.
- Spoon a third of the mixture into the cake tin. Scatter half of the raspberries over the mixture. Spoon in a further third of the mixture then scatter the remaining raspberries. Spoon over the remaining mix and level with the back of a spoon.
- Bake in the preheated oven for 1-1½ hours or until an inserted skewer comes out clean.
- Leave in the tin to cool.
- Once cool, cut the cake in half and fill with raspberry preserve. Perfect served with fresh cream or ice cream.

Dessert

Lemon Drizzle Cupcakes

Makes 10 – 12 cupcakes

60g butter
210g golden caster sugar
180g self raising flour
240g milk
Grated zest of 1 lemon
1 egg
Lemon curd

- Beat the butter and sugar together in a bowl.
- Beat in the egg with 2 tablespoons of self raising flour.
- Stir in the rest of the flour along with the milk, mixing well.
- Stir in the lemon zest.
- Divide the mixture between 12 cup cake cases (I find using an ice cream scoop for each case makes the cakes all turn out the same size once baked) and bake at 180oc/350F/Gas Mark 4 for 20 minutes or until golden and springy to touch.

For the drizzle topping:

Juice of 1 ½ lemons
85g golden caster sugar

- While the cupcakes are cooling, mix together the juice of the lemons and caster sugar to make the drizzle.
- When the cupcakes are cooled carefully scoop out the top of the cupcake, fill the hole with a teaspoon of lemon curd and then place the top of the cupcake back in place.
- Pour over the drizzle – the juice will sink in and the sugar will form a lovely, crisp topping.
- If desired, decorate with a sprinkle of lemon zest and some crushed meringue pieces!

Finally, Roselyn Masselin's cream cheese tart was accidentally omitted from last week's recipe sheet so we are adding it here for you too.

CURD CHEESE (OR CREAM CHEESE) AND TOMATO QUICHE

For the pastry:

225 g (8 oz) white or wholewheat flour

salt to taste (approx. ½ to ¾ tsp) salt

115 g (4 oz) butter, diced – at room temperature

For the filling:

350 g (12 oz) curd cheese or cream cheese

4 eggs, beaten

5 large tomatoes, skinned and chopped

8 spring onions, finely chopped

2 teaspoons dried basil

salt and freshly ground black pepper

Make the pastry:

- Preheat the oven to Gas Mark 6, 400°F, 200°C.
- Place the flour and the salt in a mixing bowl; add the butter and rub into the flour with the tips of your fingers (note: this may be done in a food processor).
- Add approximately 5 tablespoons (5 x 15 ml) water and mix to a soft dough. Some flours need more water than others, so add water accordingly.
- Roll the pastry out, place in the flan ring, prick with a fork and bake in the preheated oven for 8 – 10 mins. Remove and cool. Turn the oven down to Gas mark 5, 375°F, 190°C.
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Make the curd cheese and tomato filling:

- Place the curd cheese in a mixing bowl and stir to soften with a whisk.
- Gradually add the beaten egg, stirring after each addition. Add the rest of the ingredients without breaking the tomatoes, mix well and season to taste.
- Pour into the part-cooked flan case. Bake in the preheated oven for 25 minutes or until set. Serve hot / warm or cold.