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NICK COFFER'S WEEKEND KITCHEN

Recipes for the 29th June 2013

Olivier Bertho

Starter / main course

Easy Gammon Terrine

1.5kg piece of unsmoked gammon
1 leek, chopped
2 stalks of celery, chopped
1 carrot, chopped
1 onion chopped
A bunch of spring onions
A good handful of chopped chives

- Put the gammon, leek, carrot and onion in a saucepan and cover with water. Bring the water to the boil and cover the pan (not lightly), leaving the gammon cook on a low simmer for an hour and a half or two hours. When ready, the meat should break off easily,
- Take the meat out of the stock, remove all fat, shred the meat when it's still warm and keep on the side.
- Strain the stock. You can keep some of the vegetable for the terrine if you like. Put the stock back in the saucepan and reduce it by one third.
- Mix together the meat, the chives, spring onions and any of the cooking vegetables you wish to add. Add a little ladle of the cooking stock and pour everything into a terrine dish. Press it down a little but not too tightly, or else the stock gets removed and it will not set.
- Cover with cling film and leave to set over night. Serve with pickles or gherkins and some lovely crusty bread.

Main course

Flammekueche or tarte flambé

For the base:

250g unbleached white bread flour, plus more for dusting
1 tsp fresh yeast
1 tsp golden caster sugar
Olive oil

For the topping:

6 tbsp crème fraîche
½ red onion, very thinly sliced
200g smoked lardons, or use smoked streaky bacon, cut into quite thick pieces
100g reblochon cheese, thinly sliced. You can also use mature cheddar or any strongly flavoured cheese.

- Put 50g of the flour in a bowl with the yeast, sugar, 1 tbsp olive oil and 4 tbsp water. Mix and leave for 1 hour, until the mixture is bubbly and doubled in size. This makes what we call a starter.
- Put the starter in a food processor and, with the machine running, gradually add the remaining flour and 2 tsp salt. Add just enough water to make a soft but not sticky dough (about 2 tbsp). You can also do this by hand.
- Heat the oven to 200C/fan 180C/gas 6. Roll the dough out thinly into a square or round about 30cm and put on a baking tray. Spread the dough with the crème fraîche, followed by the onions and bacon, making sure to go all the way to the edge with all the ingredients. Season well with black pepper.
- Bake for 20 minutes, until the tart is golden and the base crisp. Top with the reblochon or cheese of your choice and pop back into the oven for 3 minutes until the cheese has nicely melted.

Easy Home-made Caesar Salad

3-4 anchovies
2 cloves garlic
1 egg yolk
Juice of half a lemon
A drizzle of Worcester sauce
100ml olive oil
A good handful of freshly grated parmesan, plus shaving to serve
Salt and pepper
Gem or Kos lettuce
Bread croutons
Black olives

- In a blender or food mixer, blitz together the anchovies, garlic, egg yolk and lemon juice.
- Slowly trickle in the olive oil while continuing to blitz. The dressing will start to emulsify.

- When it is nice and creamy and thick, season with salt and pepper and stir in the parmesan.
- The dressing will work better (and taste better) if chilled for a couple of hours or overnight.
- Serve on gem or kos lettuce, with extra anchovies, parmesan shavings and optional croutons and black olives. You can turn this into a meal in itself by adding some grilled chicken breast, cooked ham or parma ham
- To make the bread croutons, cut some old bread into cubes (removing the crusts). You can then either fry them in oil in a pan until golden or drizzle them with oil and put them on a baking tray in a hot oven (200C/ Gas Mark 6) for 10 minutes until they start to crisp up. Then simply turn the oven off and leave the croutons in the switched off oven to harden and become nice and crunchy.

Dessert

Merveilleux

A couple of handfuls of flaked almonds (optionally “toasted” in a dry frying pan on a medium heat)

50-75g dark chocolate, grated

250ml crème fraîche or double cream

250g mascarpone

70g of icing sugar

40g of pistachio paste (you can use marzipan too)

For the meringues:

3 egg whites

175g caster sugar

Or simply buy small meringues from the supermarket.

- To make the meringues, preheat your oven to 140C/ Gas Mark 1. Whisk the egg whites until they form stiff peaks. Then gently whisk in the sugar until the egg whites become lovely and glossy.
- Line a large baking sheet with making paper and spoon the meringue mixture on to the tray in little round blobs. Bake the meringues for 30-40 minutes until they are dry. Leave them to cool in the oven, with the door open and the heat turned off.
- Whip the cream with the icing sugar, fold in the mascarpone, add the pistachio paste (or when using marzipan, just melt it for 1 minute in the microwave) then put it back in the fridge.
- Mix together the almonds and the chocolate and put them in a bowl.
- Now build the merveilleux. It's like a meringue sandwich. Put some cream mixture on one of the meringues, then place another meringue on top. Spread more cream to cover both meringues in a thin layer.
- Carefully roll the cream covered meringues in the chocolate and almonds.
- Serve straight away or keep nice and cool if eating later.

Notes:

If allergic to nuts, you can do them without the almonds or use fresh raspberries instead of the pistachio paste.

If you have too many meringues, store them in an airtight container and use them for an Eton mess - crushed meringues, whipped cream and red summer fruit.

Kris Hughes

Main course

Sloppy Joes

An American favourite! Can be made with mince beef, turkey or vegetarian mince.

800g mince of your choice
2tbs of rapeseed oil or vegetable oil
1 small onion, chopped
1 small red pepper, chopped (optional)
4 squirts tomato ketchup
4 squirts bbq sauce
2tbs dark brown sugar (optional if you want less sweet)
A squirt of yellow burger mustard
½ tsp of dried mustard
¼ tsp of cayenne pepper (to taste)
½ tsp salt (to taste)
¼ tsp pepper
A drizzle of Worcestershire sauce
½ tsp garlic powder
½ tsp dried basil

1 tin of chopped tomatoes
1 – 2 tbs dried oats

Buns, baps, rolls or toast plus mayonnaise to serve

- Heat oil in a large frying pan on a medium/high heat.
- Stir in the onion and pepper (if used) and cook for three or four minutes.
- Stir in the mince and brown it nicely.
- Add all sauces and spices. Stir well.
- Then add the chopped tomatoes, stir well again.
- Add oatmeal and stir.
- Simmer for 15 – 20 minutes (or you can also transfer to a slow cooker and leave to cook on low)
- Spread a little mayonnaise on to your bun/toast and spoon on some of the mince mixture. Serve the sloppy Joes open-faced (i.e. not in a sandwich or the top of the roll).

- If you can find dill pickled cucumbers, a couple of slices on top would be delicious.

BBQ Baked Beans

American style baked beans, the way my grandmother made them. Sweet and tangy and great for a bbq! An excellent side dish. Make this first then move on to your Sloppy Joes! Many of the same ingredients are used so these two dishes go very well together. You could put this in a slow cooker as well, the idea is to let the sauce reduce down a bit in the oven or slow cooker to thicken up.

Preheat your oven to 160C/ 325F/ Gas Mark 3 (or turn on slow cooker to hi)

800g mince of your choice
 2tbs of rapeseed oil or vegetable oil
 1 small onion, chopped
 1 small red pepper, chopped (optional)
 4 squirts tomato ketchup
 4 squirts bbq sauce
 2tbs dark brown sugar (optional if you want less sweet)
 A squirt of yellow burger mustard
 ½ tsp of dried mustard
 ¼ tsp of cayenne pepper (to taste)
 ½ tsp salt (to taste)
 ¼ tsp pepper
 A drizzle of Worcestershire sauce
 2 tins of baked beans

- In an oven proof dish, fry the onion and pepper for a 3-4 minutes.
- Add all the other ingredients, including the beans and cook in the oven for 30 minutes covered then stir and cook for a further 10 minutes with the lid off.
- Heat the oil in a hob proof dutch oven (if using oven) or saute pan (if you're transferring everything to a slow cooker). Saute onion (and pepper if using) for two to three minutes.
- Put all other ingredients in your slow cooker if using. Add sauted onion and pepper to your mixture and then add beans. Stir well and cover or put into oven. If using oven, cook for 30 minutes covered, then stir and take lid off for an additional 10 minutes.
- You can also cook them in a slow cooker for an hour.
- The deeper red the beans go, the tastier they will be - but don't let them burn!

Dessert

Non Bake Cheesecake with Crushed Blueberries and Whipped Cream

Make this impressive (and dead easy) dessert in little water or juice glasses or wine glasses. Layer the base, then cream cheese filling, then berries then whipped cream. Looks great and tastes super!

For the base:

9 crushed digestives
50 g melted butter
½ tsp cinnamon
2 tsp caster sugar
1 tsp maple syrup (or golden syrup)
1 tsp brandy (optional)

- Crush the biscuits well in a plastic bag then transfer to a bowl. Add the melted butter and stir.
- Add the other ingredients and stir.
- Divide the base mixture into your glasses (6 – 8 servings), pressing down to make it nice and compact.

Crushed berries:

Take a punnet of blueberries (or red fruit of your choice) and crush them in a bowl with 2 tsp sugar. Set to one side.

Cream cheese filling:

Mix together the following ingredients until creamy smooth:

400g lowfat cream cheese
3 tsp fresh lemon juice
3 tbsp caster sugar

Whipped Cream filling:

Whip the following ingredients together until just set. Don't whisk too much or it will turn to butter.

400ml double cream
1 tsp vanilla extract
1 tsp icing sugar

- Now mix half of the cream mixture into your cream cheese mixture. Fold it gently and make sure you leave no lumps.
- Take the glasses out of the fridge. Splodge a layer of the cream cheese/cream mix into the glasses then add a layer of the berry mixture.
- Finally, top off with the plain whipped cream. In reality, it doesn't really matter how you layer the ingredients as long as you preserve the layered look.
- Serve immediately or chill the glasses in your fridge until you're ready to eat them.

Sarah Abbott

Main course

Skemeruli (Chicken in garlic sauce)

Chicken thighs and/or legs (bone in). Or ask your butcher for one spatch-cock chicken

Glass milk

Glass water (you want enough milk and water combined to almost cover your chicken)

10-12 garlic cloves, crushed

Salt to taste

Tablespoon of butter

- Gently fry the chicken (skin on) in butter on both sides. You're looking to get it really nicely browned.
- Remove chicken the pan, keeping the pan with all the melted butter in it.
- Add the milk and water to a separate saucepan, add the crushed garlic, and bring gently to the boil. Simmer for 10 minutes. Add salt to taste.
- Put the chicken in a dish, pour over the garlic sauce and bake in an oven at 180C/ 350F/ Gas Mark 4 for about 30 minutes, or until the chicken portions are nicely cooked through.
- Serve hot, sprinkled with lots of fresh parsley. Roasted new potatoes, sour dough bread or rice are all lovely accompaniments.

Dessert

Pears poached in red wine, with Asian spices

Serves 4

4 pears

Half a bottle of decent fruity red wine (Italian reds such as Valpolicella or Chianti are good)

Cardamon pod

Cinammon stick

150-200 grams of white sugar (the better the wine, the less sugar I use)

Pinch of saffron (optional)

- Put the wine and sugar into a saucepan, and heat gently. (You're going to be adding the pears to this later, so make sure it's big enough to fit them all in)
- Crush the cinnamon and cardamom and add to the wine in the pan. Add the saffron if using. Bring the wine and spices to a gentle boil.
- Peel your pears, leaving the stem in place and the pear whole. Add pears to the hot syrup. Simmer gently for 30-40 minutes.
- If after 30 minutes or so the pears are cooked but the syrup is still a bit runny, remove the pears, and keep simmering the syrup until it's sticky.
- Serve with Greek yoghurt, and a sprinkling of cinnamon, if you like.