

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



## NICK COFFER'S WEEKEND KITCHEN

Recipes for the 17th August 2013

Ren Behan

### Dessert

#### *Easy Plum Cake*

8-10 English plums, stones removed  
225g caster sugar  
4 large free range eggs, lightly beaten  
240ml sunflower oil, vegetable oil or mild, light olive oil  
1 teaspoon vanilla extract  
1 teaspoon orange or lemon zest  
260g self-raising flour  
1 teaspoon baking powder  
2 tablespoon icing sugar mixed with 1 teaspoon of cinnamon to dust  
Cream to serve

- Pre-heat the oven to 190°C/375°F/Gas Mark 5. Grease and line a rectangular baking tray with parchment paper.
- Chop the fresh plums in half and remove the stones. Set to one side.
- Put the caster sugar, eggs, oil and vanilla extract into a mixing bowl and whisk together well for 3-4 minutes until a pale and fluffy. Add in the zest and mix again.
- Sift in the flour and baking powder and gently fold or mix with a metal spoon until all the flour is incorporated.
- Pour the batter carefully into the tray and gently press the halved plums into the batter.
- Bake in a pre-heated oven for 35-40 minutes, or until a toothpick comes out clean when inserted into the centre of the tray bake.
- Leave to cool. Dust the cake with icing sugar mixed with a teaspoon of cinnamon and serve with cream.

## **Main course**

### ***Bacon and Pea Pasta Bake***

250g pasta (macaroni, butterfly/farfalle etc)  
100g frozen peas  
1 tbsp olive oil  
200g chopped mushrooms  
2 tomatoes, skinned, chopped  
200ml double cream  
100g cheddar (grated)  
200g smoked bacon rashers, chopped into small pieces  
An extra sprinkle Parmesan cheese (optional)  
Sea salt and pepper

- Bring a large pan of salted water to the boil. Cook the pasta according to the packet instructions. A few minutes before the end of the pasta cooking time, add in the frozen peas. Drain and put to one side.
- Pre-heat the grill.
- Take a large frying pan. Add the olive oil and the mushrooms, cook for a few minutes until soft. Add in the tomatoes and cook for another few minutes. Pour in the double cream and simmer for five minutes. Season with a little salt and pepper.
- Pour the pasta and peas into the pan with cream and mix everything together well. Transfer the pasta into an oven-proof baking dish. Top with grated cheese and place under the pre-heated grill until the top is golden and bubbling.
- Meanwhile, in a separate frying pan, fry the bacon bits until crispy.
- Serve the pasta bake, sprinkling over some of the crispy bacon pieces and a grating of Parmesan cheese.

## **Starter**

### ***Slow Cooker Chicken Soup***

1 whole chicken (that will fit into your slow cooker)  
1 large white onion, peeled and halved  
2 sticks celery, ends trimmed  
3 medium carrots, peeled and halved  
1 parsnip, peeled and halved (optional)  
Handful of fresh flat-leaf parsley (save some for serving)  
Sea salt and freshly ground black pepper  
1 bay leaf, fresh or dried  
2 litres made-up chicken stock (cooled) or water

Noodles or small pasta shapes, to serve

- First, rinse the chicken, keep it tied and put it into the slow cooker.
- Add the onion, celery, carrots, parsley, a sprinkle of sea salt and black pepper and bay leaf, tuck down into the pot, around the chicken.
- Pour over two litres of water or made up chicken stock making sure you add enough liquid to completely cover the chicken. Add cold water if you need to top it up.
- Switch the slow cooker onto slow and cook for 5-6 hours. Open the lid every now and again and just skim the broth.
- Once cooked, take out the chicken. Taste the soup to see if you need to add a sprinkle of fresh sea salt and more pepper. You can strain the soup if you want to at this stage.
- Carve up the chicken, taking care of the bones. Place a few pieces of chicken into a soup bowl with a few pieces of the cooked vegetables.
- Serve with egg noodles or small pasta shapes, with a few sprigs of fresh parsley over the top.

#### **NOTES**

You can use cut up pieces of chicken – add them to the slow cooker. If cooking the soup on the stove top, use a big pan, bring it to the boil very gently, then turn it down to a simmer and cook for 2 hours.

## **Steve Trice**

### **Dessert**

#### ***Pear Frangipane Tart***

1 375g pack of sweet shortcrust pastry

100g butter

100g caster sugar

3 large eggs

100g self-raising flour

100g ground almonds

1 tsp almond extract

2 large pears, peeled, cored & quartered (comice or williams work well)

Icing sugar

Toasted almonds to decorate (optional)

- Pre-heat your oven to 200°C/400°F/Gas mark 6.
- Lightly grease a 23 cm loose bottomed fluted flan tin.
- Roll out your pastry large enough to fit the tin and line, pressing well into the flutes of the tin. Don't worry about excess pastry overhanging the edge of the tin. Prick the base all over.
- Cut a piece of greaseproof paper or baking parchment a little larger than the tin and crumple up. Place on the top of the pastry and weight with baking beans or rice for example.
- Bake the pie shell in the centre of the oven for about 10 minutes, then remove the paper & beans and cook for a further 5 minutes until the base of the pie shell has firmed up. Remove from the oven and trim the edge of the pie case neatly.
- If the pears are very firm, place in a bowl and cover with boiling water for a minute or so to soften slightly.
- Make the filling by first creaming the butter & sugar together until light & fluffy. Then add the eggs one at a time mixing well.
- Fold the flour, almonds and almond extract into the mixture until well combined. If the mixture is too stiff, loosen with a tablespoon or so of milk.
- Pour the creamed mixture into the pie shell and spread out evenly. Arrange the pear quarters in an even pattern (wider part of the pear to the edge of the dish).
- Sprinkle a little icing sugar over the surface and bake in the centre of the oven for about 20-25 minutes until the almond filling has risen and firmed up.
- Remove from the oven and cool in the tin on a wire rack.
- Sprinkle with a few toasted almonds if desired to decorate.

## **Main course**

### ***Spicy Mac n' Cheese***

250g pasta – penne, rigatoni or other “tube” pasta works well

180g ‘nduja or sobrassada or cooking chorizo

1 red onion, finely chopped

150g strong cheddar cheese, grated

2 tbsp flour

250ml milk

2 tsp lime juice

Salt and pepper to taste

50g breadcrumbs

- Pre-heat your oven to 190°C/375°F/Gas mark 5

- Cook the pasta in a large saucepan of salted water for roughly 2 minutes less than the recommended time on the package. This will leave the pasta with a little bite – “Al dente”. Drain and keep warm.
- Whilst the pasta is cooking, heat a frying pan over medium heat and add the ‘Nduja. If using cooking chorizo, remove from its casing & chop into very small pieces.
- Stir the ‘Nduja or chorizo until it breaks down and releases its oil. Add the chopped onion to the pan and cook until it starts to soften. Do not allow the onions to brown.
- Put the milk into a saucepan and heat gently.
- Add the flour to the frying pan and stir. At this stage it will start to clump together – this is normal. Reduce the heat and continue to stir taking care the mixture does not stick to the bottom of the pan.
- Gradually add the milk a tablespoon at a time (warming the milk helps to stop lumps forming in the mixture) until it is all incorporated to produce a smooth sauce.
- Add the cheese to the sauce and stir until completely blended; then add the cooked pasta. Continue to stir so the pasta is well coated with the sauce. Taste and season with salt & pepper to taste.
- Pour the pasta and sauce into a lightly greased casserole dish and top with the breadcrumbs.
- Bake in the oven for about 20-25 minutes until the crumbs are browned and the surface is bubbling.
- Serve with a green salad.

## Dessert

### *Bourbon Lime Pie*

200g Bourbon biscuits

50g melted butter

3 large eggs

1 300ml can of condensed milk

6 tbsp freshly squeezed lime juice (about 4 limes)

1 whole lime

100g caster sugar

100ml water

- Pre-heat your oven to 180°C/350°F/Gas mark 4
- Put the biscuits into a food processor and pulse until they resemble fine bread crumbs. Add the melted butter and pulse again until well combined. If you do not have a processor, simply put the biscuits into a large plastic bag and then crush with a rolling pin. Mix with the melted butter in a cool saucepan.

- Lightly grease an 8" deep sided pie dish. Add the crumbs to the dish and press onto the base & up the sides to get an even layer. Bake in the centre of the oven for about 10 minutes then remove & cool completely.
- In a bowl, whisk the eggs until frothy. Add the condensed milk & continue to beat until light and fluffy – about 5 minutes.
- Add the lime juice and beat until mixed.
- Pour the filling into the cooled biscuit crust and bake in the oven for about 15-20 minutes until the filling has just firmed up. Remove from the oven and allow to cool completely. Place in the fridge for a couple of hours or overnight.
- Whilst the pie is cooling, add the sugar and water to a small sauce pan and heat gently until the sugar dissolves. Do not allow the syrup to caramelize. Cut the remaining lime into very thin slices and gently poach in the syrup until just softened. Allow to cool completely.
- Remove the cooled pie and decorate with the slices of lime.

## Margaret Knox

### Main course

#### *Sticky Sweet and Sour Salmon with Vegetable Rice*

**Serves 4**

400g (14oz) Salmon – skinless fillets are good

#### For the marinade:

- 1 ½ tablespoons soy sauce
- 2 tablespoons ketchup
- 1 tablespoon white wine vinegar
- 1 teaspoon sweet chilli sauce
- 2 tablespoons dark brown sugar

- Place all the ingredients for the marinade in a small saucepan and stir over a gentle heat until the sugar has dissolved. Remove from the heat, pour into a heatproof dish and leave to cool.
- Cut the salmon into cubes add them to marinade and coat them in the sauce. Leave to marinate in the sauce for at least an hour.
- Preheat the grill to high when the rice is cooked. Then lift out the salmon from the marinade and put into a roasting tin lined with foil, pour over the reserved marinade and cook for 5 minutes under the grill basting occasionally until cooked through.

### **For the rice:**

200g rice of your choice cooked to the packets instructions

2 courgettes – grated or finely chopped

1 leek finely sliced

1 teaspoon of oil

Pinch of celery salt – if you haven't got celery salt the normal salt is ok

Freshly ground black pepper

- Heat a frying pan or wok with the oil add the leeks and cook for a few minutes stirring well so they don't burn then add the courgettes and keep stirring for another couple of minutes then add the rice and the seasoning and cook for another 2 minutes.
- Serve up the rice topping with the salmon.

## **Dessert**

### ***Lazy Danish Pastries***

#### **Makes 10**

The beauty of these pastries is that they can be prepared the day before and then kept in the fridge overnight and baked fresh in the morning for breakfast. Filling choice can be whatever you like my choices came about with what I had in fruit bowl and store cupboard. You could also do a savoury filling don't be afraid to experiment.

500g all butter puff pastry (fresh or defrosted if frozen)

Flour for rolling out the pastry

1 apple – peeled cored & chopped

Zest of 1 orange

50g dark brown sugar

40g sultana or raisins

40g pistachios or almonds – chopped

25g grated marzipan - optional

Cinnamon

Butter for greasing

- Grease a muffin tin with the butter and sprinkle each one with a little bit of the sugar. (if you don't have a muffin tin you can use a baking tray)
- Roll out the puff pastry onto a floured surface until quite thin
- Sprinkle over your fillings – apple, orange zest, sultanas, nuts, marzipan and sugar. Sprinkle over some cinnamon.

- Roll up the pastry like a sausage. Using a serrated knife trim off both ends then cut into 10 pieces. Place each piece into the muffin tin. Cover with cling film and keep in the fridge until ready to be cooked.
- Preheat the oven to 200°C/400°F/Gas mark 6 and bake on the middle shelf of the oven for 10-15mins until golden brown. Remove from the oven and using tongs remove the pastries from the tin and place on a cooling rack to cool for a few minutes. Dust with icing sugar before serving.
- These are lovely served warm.