

WEEKEND KITCHEN RECIPE SHEET

2nd August 2015

Theo Michaels

Lamb Souvlaki

It's as Greek as it's gonna get! Perfectly tender lamb, delicately flavoured. Serve it with the bulgur wheat pougouri...

700 gms lamb meat cut into 2 inch cubes (leg or rump)

Marinade:

2 heaped tbsp Greek yoghurt

2 cloves garlic crushed

Juice 1 lemon

Drizzle olive oil

1 tsp salt

Few grinds black pepper

1 tbsp dried oregano

Wooden skewers – I don't bother soaking.

Serves 4 with a side

Make the marinade – simply mix all marinade ingredients together.

Combine the meat with the marinade and leave either overnight or just get on with it!

Skewer the meat (do this over a bowl as you'll drip lots of marinade)

Once on skewers, paste over any leftover marinade and drizzle a little olive oil over the top.

Light the BBQ (or grill if it's raining) – either way you need HIGH heat!

If cooking under a grill – get the grill as hot as it can get, then place the skewers close but not touching the grill and do a quarter turn as soon as it starts to char (about 5 minutes each side). Similar timings will work on the BBQ.

Remove the skewers, dress with a squeeze of lemon and serve with Pougouri.

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Pourgouri Pilaf (Greek bulgur wheat)

Simple village food at its best. This can be served with loads of other dishes or you can even throw some meat in during cooking for a one pot dinner.

150g coarse grain bulgur wheat – rinsed
Good drizzle of olive oil (3 tbsp)
1 onion diced
30g vermicelli noodles – raw, roughly broken up
1 tbsp tomato paste (you could use fresh grated tomatoes as well)
300 ml stock (chicken is ideal or veg if you want a vegetarian dish)
¼ tsp smoked paprika
1 tbsp dried mint
Teaspoon salt, some pepper

Serves 4 as a side

Gently fry the onion in the olive oil for 5 minutes until translucent – don't colour.

Now add the vermicelli noodles and fry until just turning golden. Add paprika, seasoning and bulgur wheat – stir through.

Drop in the tomato paste, followed by the stock. Cover and gently simmer on a low heat for 10 minutes.

Turn off the heat and let it rest 10 minutes before serving.

Taste for seasoning, possibly garnish with chopped coriander or a squeeze of lemon...

Oriental Chilli Salmon Salad

Hot, spicy, fragrant, this was a concoction one afternoon that came out better than expected and is now a firm favourite!

You can make this in literally 5 minutes and it's perfect as a healthy, quick summer salad – with a kick!

300g salmon fillet – cut into 2 inch cubes
2 tbsp light olive oil
1 tbsp sesame oil
1 tbsp light soy sauce
1 tbsp dark soy sauce
2 cloves garlic – grated
2 inches ginger – grated (skin on)

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1 tsp sugar
1tbsp dried chilli flakes
Salt and pepper
100g baby spinach leaves

Serves 2

Get everything prepared and keep the heat on medium/high – it'll be cooked before you know you've started!

Lay out your baby spinach leaves in two bowls in preparation of the dressing and salmon.

Bring the olive oil to a high heat (but not smoking) and fry the salmon cubes (don't move them around too much or they'll break)

After a minute, add the garlic, ginger, chilli flakes, sugar and gently stir through. Now pour in your sesame oil, light and dark soy sauces.

Keep on high heat for another minute – just enough for the soy to reduce.

Using a slotted spoon, divide the salmon between the two bowls and place on top of the raw spinach.

Drizzle all the oils, juices and crispy bits of chilli, ginger and garlic from the frying pan over the spinach and salmon. You need to drizzle the hot oil over the spinach before it cools so it helps to gently wilt the spinach leaves.

You can finish this off with sesame seeds if you have some to hand. Serve immediately.

Grilled Mackerel with Courgette Ribbons with a Greek Summer Dressing

Perfect on the BBQ and just as good under the grill. The clever thing is the courgettes which are perfectly tenderised by the dressing...

Make the dressing in advance and you can use this again and again for another week

2 mackerel (1 fillet per person), cleaned

Dressing:

2 cloves garlic, crushed

Juice 2 lemons

Equal amount of Extra Virgin Olive oil as lemon juice

1 tsp Salt

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Few grinds black pepper
1 tbsp dried oregano
30g chopped fresh parsley
1 tsp malt vinegar

1 Courgette
Serves 4 with a side

Make the dressing. Put all dressing ingredients together in a jar, close the lid and shake it.

Lightly oil each mackerel fillet and sprinkle a little salt over the skin side.

Place each mackerel under the grill on a high heat for 3 minutes or until the skin starts to crisp. Turn the mackerel over and leave under the grill for another minute. Remove fish.

Using a vegetable peeler, peel strips of courgette lengthways to create ribbons.

Just before serving, spoon a tablespoon of the dressing over the courgette ribbons and turn with your hands to coat.

Place a pile of ribbons on a plate, rest one fillet of mackerel on top

Using a spoon drizzle over the dressing on the mackerel and serve!

Hannah Miles

Chocolate pistachio pie

Quite possibly one of the best desserts ever on the Weekend Kitchen!

Serves 10
Preparation time 30 minutes
Baking time 40 – 50 minutes

For the chocolate crust
250g oreo cookies
120g butter, melted
2 tbsp caster sugar
½ tsp vanilla salt (or plain salt)

For the pistachio paste

200g shelled pistachios

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2 tbsp flavourless oil, such as vegetable or sunflower
1 heaped tbsp icing sugar

For the filling

200g cream cheese
140g caster sugar
3 eggs
250ml double cream

To decorate
50g plain chocolate, melted
Chocolate curls
Pistachios

Equipment: food processor or blender, 23cm loose bottom deep flan tin, greased

Blitz the cookies to fine crumbs in the blender. Add the melted butter, salt and sugar and blitz again so that all the crumbs are coated in butter. Using the back of a spoon, press the cookie crumb mixture into the prepared tin so that the sides have a thick layer of crumbs on and the base is completely covered with no gaps.

Chill in the refrigerator for 30 minutes.

To make the pistachio paste, place the pistachios, oil and icing sugar in a blender or food processor and blitz to a smooth paste. Leave to cool as the mixture will become warm during blending.

Preheat the oven to 180C/350F/Gas Mark 4.

For the filling, whisk together the pistachio paste, cream cheese, sugar and eggs. Pour in the double cream and whisk until smooth.

Place the pie crust tin on a tray, wrapping the tin in foil to catch any butter that may be released during baking.

Pour the filling into the case and carefully transfer to the oven. Bake for 40 – 50 minutes until the custard is just set. Leave to cool. The filling will have risen during baking and will sink back within the case as the pie cools.

Using a fork, drizzle thin lines of chocolate over the top of the pie and sprinkle with chocolate curls and finely chopped pistachios. Chill until serving. This pie will store for up to three days in a refrigerator.

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Microwave School Dinner Sponge Pudding with jam, syrup or lemon curd

These little sponges remind me of my school days – it was always a good day when there was jam pudding on the lunch menu. These puddings are so versatile as you can make them with any type of jam you have in your fridge. Fruit curds also work brilliantly or why not try a few tablespoons of maple or golden syrup for syrup sponges. These make great puddings for hungry kids after a busy day at school!

Serves 1

Preparation time 5 minutes

Cooking time 3 minutes (850W microwave)

45g/1 ½ oz/2 tbsp butter, plus extra for greasing

40g/1 ⅓ oz/2 tbsp self raising/self rising flour, sifted

30g/1 oz/1 tbsp ground almonds

60g/2oz/2 tbsp caster/superfine sugar

30ml/1 fl oz /2 tbsp milk

20g / ¾ oz/1 tbsp beaten egg

½ vanilla bean paste or 1 tsp vanilla extract

30ml/1 fl oz/2 tbsp golden syrup, strawberry jam or lemon curd

Equipment: 1 microwave proof mug (400ml/15floz/1 ½ cups), whisk, greaseproof paper

Place the butter in a heatproof bowl in the microwave and heat on full power for about 40 seconds until it has melted then leave it to cool.

Place the flour, ground almonds, sugar, milk, egg, melted butter and vanilla in a mixing bowl and whisk together until everything is incorporated. Make sure that there are no lumps of flour. The batter should be thick and runny.

Cut a piece of greaseproof paper into a rectangle about 3cm taller than your mug and slightly wider than the circumference of your mug. Grease the mug with a little butter and place the greaseproof paper inside so that it lies flat around the sides of the mug with a little paper overlapping at the join.

Spoon the golden syrup, jam or lemon curd into the bottom of the mug and pour over the batter.

Cook on full power in a microwave (850W) for 3 minutes until the cake springs back to your touch. If you have a different power microwave, use the cooking time adjustment instructions on page xx.

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Leave the cake to cool for a minute, then slide a knife around the edge of the mug and remove the lining paper. Invert the cake into a bowl so that the fruit is on top. This cake is best eaten warm and should be eaten on the day it is made.

To make more portions of this cake simply double or triple the above quantities and then cook each portion separately in individual mugs.

Pistachio Pesto Roasted Peppers

My word are these tasty. You can always slice them up and stir them through a pasta if you want some more carbs in the meal.

Serves 6

Preparation time 20 minutes

Cooking time 45 minutes

For the pistachio pesto

2 handfuls of fresh basil leaves

4 tbsp of pistachios

1 tsp truffle salt or a few drops of truffle oil

1 clove garlic, peeled

3 tbsp olive oil

4 tbsp freshly grated parmesan

Freshly ground pepper

For the peppers

6 large bell peppers

½ bulb fennel

24 mini plum tomatoes

24 basil leaves

4 tbsp parmesan cheese

Olive oil for drizzling

2 tbsp pistachios, finely chopped

Balsamic glaze for drizzling

Begin by preparing the pesto. Place the basil, pistachios and truffle oil or salt in a large pestle and mortar with the garlic clove and crush to a smooth paste. Add the oil gradually together with the parmesan and pepper and grind together until you have a smooth paste. You can store the pesto in the refrigerator for 2 – 3 days in a sterilized jar with a layer of olive oil on top.

For the peppers, preheat the oven to Gas Mark 4/180C/350F. Cut the peppers in half, slicing through the stem, remove and discard the seeds and rinse the peppers. Place the peppers in a large roasting pan, cut side up.

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Finely slice the fennel and place thin slices into each pepper half. Cut the tomatoes in half and place 4 halves in each pepper. You may need fewer tomatoes if you are using small peppers.

Finely slice half of the basil and divide between the peppers. Place a spoonful of the pesto into each pepper. Sprinkle over the parmesan, drizzle with olive oil, season with salt and pepper and roast for 30 – 45 minutes until the peppers are soft and have started to caramelize on the edges.

Remove from the oven and leave to cool. To serve, arrange the peppers on a plate, shred the remaining basil leaves and sprinkle over the peppers with the pistachios. Drizzle with a little balsamic glaze or good quality balsamic vinegar to serve.

Margaret Knox

Banana and custard cake with custard buttercream

This is just a twist on your regular banana cake – but the twist is an excellent one – using custard powder for extra flavour and colour.

120g butter or margarine, softened
225g caster sugar
2 large eggs
300g plain flour
4 ripe bananas, mashed (about 200g)
½ tsp salt
75ml buttermilk
1 tsp bicarbonate of soda
25g custard powder
25g poppy seeds
1 tsp vanilla extract

Buttercream
150g butter
75g icing sugar
1 tbsp custard powder
A few drops of vanilla extract

A sprinkling of poppy seeds for the top

Preheat the oven to 190C/gas mark 5

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Grease and line a brownie tin or a 900g loaf tin

Beat the butter and sugar using a wooden spoon or an electric mixer until light and fluffy. Add the eggs one at a time beating well after each one. Add a tablespoon of the flour with the second egg to help prevent curdling.

Add the banana and the salt, mix thoroughly. Beat in the buttermilk, then sift in the remaining flour, bicarbonate of soda and the custard powder and fold them in.

Add the poppy seeds and vanilla extract and combine. Pour the mixture into the tin and spread it evenly.

Bake in the oven for an hour until well risen and a skewer inserted into the centre comes out clean. (cooking time may vary depending on your oven so don't panic if it cooks faster or longer than a hour) Leave to cool in the tin for 2 minutes before turning out onto a wire rack to cool.

To make the buttercream beat the butter and sift in the icing sugar and the custard powder until smooth. Add in a few drops of vanilla then have a taste to make sure it's as you want it.

Top the cake with the buttercream and sprinkle with poppy seeds. Now put the kettle on and enjoy a slice of cake or 2!

Sausage in Brioche

This is a great portable picnic loaf and a tad different to a sandwich. You could vary the fillings sweet or savoury.

1 sachet of easy blend yeast
1 tsp sugar
280g plain flour
Pinch of salt
2 tbsp warm water
3 medium eggs beaten
140g unsalted butter, melted
1 large, cooked smoked sausage

Glaze

1 egg beaten
Pinch of salt
Serves 6

When the loaf is on its second prove preheat the oven to 220C/ gas mark 7

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You will need a greased loaf tin 12.5x23cm

Sift the flour, add the salt, yeast, sugar, warm water, eggs and melted butter. Mix together to form a soft dough. Turn out onto a lightly floured surface and knead for 5 minutes. This can also be done in a food mixer

Place into a lightly oiled bowl, cover and leave to prove until doubled in size.

Roll out on lightly floured surface into a rectangle large enough to enclose the sausage.

Place the sausage length ways along the edge of the dough and roll up like a swiss roll.

Seal the edges firmly and place into the lightly greased loaf tin 12.5x23cm with the joint underneath.

Cover and leave to rise until doubled in size. Depending on the room temperature this could be from 30 minutes to an hour.

Brush with the glaze and bake in the oven for 25-30 minutes until golden brown. Remove from the tin and leave to cool completely before cutting

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