

NICK COFFER'S WEEKEND KITCHEN

Recipe sheet for 28th September 2013

Justine Patterson

Cheat's chicken and ham pot pies

Makes 6 small ones, or one big one

1 small roasted chicken (around 900g), the kind you buy at the supermarket or butcher

12 slices smoked wafer thin ham

1 bunch spring onions, trimmed and sliced

1 tbsp plain flour

500ml pot crème fraîche

150ml hot chicken stock, made with ½ chicken stock cube

2 tbsp sunflower oil

6 sheets filo pastry, each one around 45g (you can freeze the rest)

flaked sea salt

freshly ground black pepper

- Preheat the oven to 200C/fan oven 180C/Gas 6. To make the filling, put the chicken on a board and strip the meat from the bones, discarding the skin as you go.
- Cut the meat into bite-sized pieces and put in a bowl. Tear the ham into strips and scatter over the chicken. Add the spring onions, flour, a good pinch of salt and lots of ground black pepper. Toss well together.
- Mix the crème fraîche and chicken stock together and pour over the chicken mixture. Stir lightly. Divide the filling between six individual pie dishes – they will need to hold around 350ml. (You can also make one big pie but you'll need to cook it for a little longer.)
- To make the topping, brush each sheet of filo pastry lightly with oil and crumple and scrunch, oiled side up, onto each pie. Place the dishes on a baking tray and bake in the centre of the oven for 20-25 minutes or until the pastry is golden brown and the filling is hot and bubbling.

No-bake chocolate cheesecake

Serves 10-12

For the base

Sunflower oil, for greasing

100g butter

300g oatly biscuits, such as HobNobs, roughly broken

For the filling

200g plain dark chocolate (around 70% cocoa solids), broken into squares

300ml double cream

700g full fat soft cheese, such as Philadelphia

150g icing sugar

3-4 honeycomb chocolate bars or flaked chocolate bars

- Lightly oil a 23cm spring clip cake tin. Melt the butter in a saucepan over a low heat. Put the biscuits in a freezer bag and bash into crumbs with a rolling pin. Shake into the pan with the butter and mix well.
- Tip the buttered crumbs into the prepared tin and press firmly into the base to create an even layer. Put in the freezer for 30 minutes or until solid.
- While the base is setting, melt the chocolate with 200ml of the cream in a non-stick saucepan over a very low heat, stirring. Remove from the heat and stir in the rest of the cream until smooth. Leave the chocolate mixture to cool but not set.
- Put the cheese and icing sugar in a large bowl and beat with an electric whisk until smooth. It will be fairly stiff to begin with, so take care. Gradually add the chocolate cream, whisking constantly until peaks form.
- Spoon the cheese mixture onto the frozen biscuit base. Chill in the fridge for 3-4 hours, or overnight, until firm.
- Loosen the sides of the tin with a round-bladed knife and slide the cheesecake onto a serving plate. Chop the chocolate bars into chunky pieces, scatter over and serve.

Victoria plum crumble with Amaretto cream

Serves 6-8

For the filling

900g fresh plums, halved and stoned

75g caster sugar

1 tbsp cornflour

For the crumble topping

175g plain flour

50g porridge oats

125g demerara sugar

125g cold butter, cubed

40g flaked almonds

Amaretto cream

300ml chilled double cream

2-3 tbsp Amaretto liqueur

1 tbsp caster sugar

- Preheat the oven to 200C/fan oven 180C/Gas 6. To make the crumble mix, put the flour, oats and sugar in a large bowl and add the butter. Rub together with your fingertips until the mixture resembles coarse breadcrumbs. Stir in the flaked almonds.
- Place the plums in a shallow 2 litre ovenproof dish and toss with the sugar and cornflour. Sprinkle the crumbled mix evenly over the top. Bake in the centre of the oven for 35-40 minutes or until the topping is golden brown and the filling is bubbling.
- Lightly whip the cream with the liqueur and sugar until soft peaks form. Serve with the hot crumble.

To freeze:

Follow all the steps above, but make the pudding in a freezer to oven container. Instead of baking, double wrap the dish in foil. Label and freeze.

3 months

To serve:

Place the pudding on a baking tray and cook in preheated oven as above for around 60 minutes until hot throughout, coving the dish with foil for the first 20 minutes of the cooking time.

James Harkin

Canelloni of ricotta & spinach

500g fresh spinach, chopped
500g Ricotta
½ bunch of basil
200g Parmesan
Large pinch salt
Pinch ground nutmeg
Pinch ground black pepper
250g Mozzarella
100g soft white breadcrumbs (optional)
1 pack cannelloni

For the béchamel:

50g butter
50g flour
300ml milk

- First make the tomato sauce, following the recipe below. This is James' traditional home-made Italian tomato sauce and can be used in any number of dishes. It also freezes really well.
- Blitz together the basil, spinach and mozzarella then add the parmesan and the seasonings.
- Using a piping bag (or a sandwich bag with the corner snipped off), pipe the filling into the cannelloni tubes.
- Make the béchamel. In a saucepan on a medium heat, melt the butter and stir in the flour. Keep stirring for 2 minutes, making sure the "roux" does not burn. Then, slowly add the milk, whisking all the time, until you get a creamy, thickening sauce. Keep stirring on a gentle heat, for 5-10 minutes, until the sauce has thickened nicely.
- Pre-heat your oven to 180°C/ Gas Mark 4. Put a good layer of tomato sauce in a baking dish, place the filled cannelloni on top. Add some more tomato sauce then top with the béchamel. Finish off with slices of the mozzarella and the optional breadcrumbs.
- Bake for around half an hour, until the sauce is golden and bubbling. Serve immediately.

Napoli Tomato sauce

This is a traditional, slow-cooked tomato sauce made with love! You can make double or triple the quantity and freeze it to use over the winter months.

3 white onions
3 sticks of celery
1 large carrot
1 clove of garlic, chopped
1 large tablespoon of tomato purée
10 leaves of basil

2.5kg peeled Italian plum tomatoes -tinned- Fresh much better but so expensive

Salt and pepper

- Very finely chop the onions in a food processor. You want them as fine as they will go. Remove and do the same for the carrot and celery.
- Place the onion in a saucepan with the clove of garlic and some olive oil and begin to lightly fry the onion without colouring, add the celery and the carrot and add a pinch of salt and cook the onions, carrots & celery (mirepoix) until soft.
- Whilst this is cooking also pulse the tomato for a few seconds in the food processor and add it to the mirepoix.
- Put your heat down to a low heat and allow the sauce to cook for approximately 2 hours until the red becomes nice and dark and the consistency of the tomato is nice and thick.
- Add a splash of good quality olive oil, the torn basil and the seasoning.
- If you find the sauce a little acidic it's the quality of the tomatoes just add a few pinches of sugar.

The quality of the tomatoes is paramount and the cooking times will vary according to the water content in the tomatoes so be flexible and keep tasting, also keep stirring every 10 mins because tomato has a nasty habit of catching and sticking to the bottom of the pan.

Pan fried pork chop with Rosemary, sage and cider gravy

4 thick pork chops

Sprig of Rosemary

Lemon Zest

Sprig of sage

Sweet cider

1 chicken stock cube

1 large dollop/ tablespoon of crème fraiche.

50g butter

- Gently heat a pan and drizzle a little olive oil- season the pork chops with salt and pepper and place into the pan and put the rosemary, sage and lemon zest in with the pork. Cover with a lid.
- After 3 mins turn the pork chops over and cook on the other side – again cover with the lid.
- After a further 3 mins remove the lid and add a knob of butter allow the butter to foam – turn the heat off and allow the pork to sit in the pan with the lid on for a further 5 mins. After which remove the pork from the pan (leaving it to rest on a plate) and turn the heat under the pan to a simmer
- With a wooden spoon stir the juices and the butter that have remained in the pan and allow them to thicken. Pour a glass of cider in the pan allow this to reduce until syrupy, add a small crumbling of the stock cube to the pan and a good dollop/ tablespoon of crème fraiche.
- Adjust the seasoning and spoon over the chops. Serve with wilted greens and apple compote

Pot au Chocolat with nut praline

500 g dark chocolate (65% cocoa solids)

700 g whipping cream

You can also add 75ml of the liqueur of your choice.

- Gently bring the cream to the boil- be careful not to let the cream spill over.
- Remove from the heat and add the chocolate. Let it stand for 2 minutes then begin slowly whisking and melting the softened chocolate. Pour in the liqueur if using.
- Divide equally into pots (small espresso cups are ideal, you don't serve this riche chocolate in large quantities) and allow 2-3 hours to chill and set in the fridge. To serve sprinkle with the nut praline and serve with forest berries or poached fruits

Nut Praline

600g sugar

200g water

200g roasted hazelnuts almonds and pine nuts

This is a very simple procedure to follow, yet because of the extreme temperatures that sugar gets to its potentially dangerous. Make sure you have everything ready before you start. Toasting the nuts for 10 minutes in the oven this will dry the nuts out and stop the caramel crystallizing.

Also, line a baking tray with non-stick paper

- Place the 600g of caster sugar into a pan and cover with water by no more than 2mm above the sugar.
- Turn on the heat and watch closely as the sugar dissolves and becomes a clear liquid – don't be tempted to shake the pan around as this will only encourage the sugar to crystallize.
- As the sugar burns off the water it will begin to colour and caramelize. At this point when the sugar is just past light golden brown add the roasted nuts and reduce the heat – the nuts will slow down the caramelization and release their oils into the sugar – gently cook until the colour of the liquid is brown then pour onto the baking tray – be careful this liquid is over 130°C !!
- Allow to cool for at least an hour then break the praline into pieces and enjoy. What you don't use put into an airtight container and enjoy another day!!

Dave Tew

Deluxe MacNCheese

Serves 4 as a main course.

1 small red pepper
1 chorizo sausage
2 medium tomatoes
300g Macaroni
1 egg
50g butter
50g plain flour
200ml milk
300g vintage cheddar or any strong hard cheese
1 teaspoon paprika.

Method

- Chop the chorizo, tomatoes and pepper and add to a frying pan on a medium heat with a tiny drizzle of oil. Gently soften.
- Cook the macaroni to the instructions on the packet and drain.
- In a saucepan on a very low heat, add butter. Once it starts melting, whisk in flour slowly. Keep whisking until the flour and butter have mixed into a smooth paste. That will need 2 minutes. Slowly add the milk, whisking constantly, until you have a smooth white sauce. Now slowly add the grated cheese (keep some back for topping later), bit by bit, still whisking to ensure a smooth cheese sauce. Beat in the egg and add paprika and salt and pepper to taste.
- Add the cooked pepper, chorizo and tomato to the drained pasta and place into an oven dish.
- Pour the cheese sauce over pasta and chorizo.
- Sprinkle over the remaining grated cheese.
- Place in pre preheated oven (180°C/ Gas Mark 4) for around 20 minutes, or until golden and bubbling on top.

Curried Parsnip soup

Ingredients

Serves : 4

4 medium or three large parsnips, chopped
2 medium onions, chopped
3 cloves garlic, chopped
50g butter
1-2 tablespoon curry powder (mild or medium, depending on your preference)
1 chopped chilli (optional)
1200ml chicken stock
2-3 tbsp double cream
smoked paprika for garnish

Method

- Melt the butter in a saucepan and add the onions and garlic. Cook gently for about 5 minutes until soft but still opaque.
- Add the curry powder, chilli and stock. Bring to the boil, and add the parsnips.
- Simmer gently with the lid on until the parsnips are tender - about 20 minutes. Add a couple of tablespoons double cream and liquidise until smooth with a blender.
- Season to taste with pepper and salt and a sprinkling of smoked paprika in each bowl before serving.