

# WEEKEND KITCHEN RECIPE SHEET

## MARCH 22nd 2014

### KUMOUR UDDIN

#### Cromer crab, chilli & lime linguini

(serves 2)

1 ready picked dressed crab or 200g of picked crab meat or 1 large tin of good quality crab

2 shallots, finely chopped

1 fresh red chilli – thinly sliced – up to you if you keep the seeds if you like your food a little hotter

1 lime, juiced

1 clove of garlic, chopped

½ lemon, juiced

2 spring onions, finely sliced & washed

2 medium ripe tomatoes, deseeded and chopped

200g dried linguini

20g freshly chopped coriander

4 tablespoons of good quality rapeseed oil/olive oil

Salt & pepper

Cook the linguine as per the packet instructions.

In a medium saucepan, gently warm the oil and add the shallots, garlic and chilli, cook for a minute or two until they are soft but haven't taken on any colour.

Drain your linguine and add it to the pan, with a little of the cooking water too.

Now add your picked crab meat (checking for any shell,) spring onions, coriander, tomato dice, lime juice, lemon juice and stir well together

Season to taste and serve immediately

#### Carrot, stem ginger & walnut cake

125g self raising flour

1 tsp ground cinnamon

200g caster sugar

175ml vegetable oil

2 eggs

175g grated carrots

60g chopped tasted walnuts  
30g chopped stem ginger

Cream cheese icing

115g cream cheese  
55g margarine/butter  
225g icing sugar  
60g chopped toasted walnuts  
1 tsp vanilla extract

Pre heat the oven to 180°C/ gas mark 4. Grease a 24cm round cake tin.  
In a bowl, mix the flour, cinnamon and sugar. Now slowly add the oil and eggs and beat until well blended.  
Add the carrots, walnuts and stem ginger, mix together and pour into the cake tin.  
Bake for 30 to 40 minutes until you can insert a skewer and it comes out clean.  
Once cooked, remove the cake and leave to cool on a wire rack.  
To make the icing beat the cream cheese and margarine together, add the sugar, mix until incorporated then stir in the nuts and vanilla and set on top the cake.

## Blue cheese, chicory & walnut salad

Serve 2

2 heads of chicory (or endive)  
A couple of handfuls of mixed salad leaves  
200g blue cheese  
30g toasted walnuts  
1 tsp white wine vinegar  
4 tsp rapeseed oil (or similar)

Toasting the walnuts adds a lot of flavour but you can leave this part out if you prefer. You can toast the walnuts in a hot oven (180°C) or in a dry pan on a medium heat. They will need 10 minutes in the oven or 5 in the pan. Make sure they don't burn.

Pull the chicory/endive into individual leaves and wash and drain them.

Make a simple vinaigrette by mixing the oil and vinegar together.

Mix together the salad leaves, the chicory and the walnuts. Drizzle over the vinaigrette and finally crumble the blue cheese over the top.

Season with salt and pepper if required.

## Lemon posset

Makes 4

1 lemon, zest and juice  
360ml cream  
85g sugar

In a thick bottomed saucepan, gently heat together all the ingredients. You don't want them to boil.

Once heated through, leave to sit for 30 minutes.

Strain through a sieve to remove the lemon zest and pour the liquid into 4 small glasses or ramekins.

Leave to set in the fridge for a few hours. Serve with raspberries and shortbreads.

## James Rix

### Roasted chicken legs with an easy Romesco salsa

Serves 4

4 large chicken legs

Marinade:

150g yoghurt  
2 cloves garlic crushed,  
Juice and zest of a lemon (or lime or orange)  
Pinches of smoked paprika, cumin, crushed chilli and salt

Mix all ingredients together; add your jointed chicken, rub all over and leave in the fridge for at least 6 hours (overnight would be best)

Romesco salsa (a bright red sauce, goes perfectly with chicken, fish or prawns)

1 large red pepper, deseeded & sliced  
1 clove garlic crushed  
1/2 red chilli, chopped fine  
50g whole blanched almonds  
A few spoonfuls of chopped tomatoes or a couple of good squirts of tomato puree  
Splash of vinegar, preferably, sherry or red wine

Olive oil  
A squeeze of lemon

Put the chicken pieces on a wire rack over a tray and roast in a hot oven at 180°C until they are cooked through. This will take 20-25 minutes.

Meanwhile, for your romesco sauce, heat the olive oil in a pan on a low to medium heat and gently fry the almonds and garlic until golden.

Add the peppers and chilli and fry until soft. Chuck in the tomato and vinegar and cook gently for 4/5 minutes.

Puree sauce in a blender until smooth, then season with lemon juice, salt and pepper.

You can serve the sauce hot or cold, with the chicken.

## Mozzarella, blood orange and mint salad

A simple quick to prepare salad, will take minutes

Serves 4

2 x 250g balls of buffalo mozzarella or

4 x 100g balls of Burrata, a very creamy cows milk mozzarella from southern Italy

2 large blood oranges (or traditional oranges)

6 - 10 mint leaves, torn

Olive oil

Salt and pepper

Rocket salad leaves (a couple of handfuls)

The mozzarella tastes best at room temperature.

With a sharp knife, peel, the skin and pith off the oranges, trying to keep as much natural shape as possible. Slice the oranges into rings.

Tear your mozzarella into to chunky pieces, add the sliced orange, torn mint leaves and rocket.

Drizzle with olive oil, season with salt and pepper, serve immediately.

## Baked fish with pepperonata sauce

Serves 2

1 large whole fish, such as bream (gutted and descaled)

2 red peppers, peeled and sliced

2 yellow peppers, peeled and sliced

2 red onions, sliced

1 stick celery, diced  
1 clove garlic, crushed  
Tomato: 1 chopped fresh tomato or 2 tablespoons of chopped tinned tomatoes  
or a squeeze of puree  
Small handful capers  
Splash of red wine vinegar  
Splash of olive oil  
Salt & pepper

Peppers roasted in a hot oven and then peeled would be good for flavour but not essential.

To make the sauce, fry the onions gently in a little oil on a medium heat until tender, add the garlic and cook for 2 more minutes,  
Add the peppers, cook gently until they soften, then in go the celery, tomato, vinegar and capers. Turn down the heat and allow everything to come together and soften.

Let this sit on a low heat and tick over for 25/30 minutes, stirring occasionally so it does not stick (if you are feeling like it and have the time, it would taste better to cook this in a very low oven, covered with greaseproof paper and a lid for 30/40 mins at this stage).

Season to taste. Now, this can be served immediately but would benefit from a couple of days in the fridge too, before being reheated.

To cook the whole fish, simply place it on a non-stick baking tray, drizzle olive oil, season with salt and pepper and bake it in a preheated oven (180°C/ Gas Mark 4) for 20-25 minutes until it is *just* cooked through. It is okay to leave the fish a little undercooked as it will continue to cook once out of the oven for a few minutes.

## Chocolate mousse and salted caramel

Makes 4

You'll need four small/medium glasses to serve

First make the salt caramel:

100g caster sugar  
Pinch sea salt  
20 grams butter  
2 tbsp double cream

In a small sauce pan, on a medium heat, melt the sugar until it becomes a golden caramel colour. Add the cream to stop the cooking process, whisk in the salt and butter until everything is smooth.

Pour into bottom of the serving glasses and allow to cool.

For the mousse:

225g dark chocolate broken in to pieces

250ml double cream

3 egg whites

2 tbsp caster sugar

1 tbsp strong coffee, or a splash of baileys, kahlua etc

Put the cream and coffee in a saucepan and bring to the boil.

Place the chocolate pieces in a heatproof bowl and pour the hot cream over them, stirring well to mix. Once smooth, set aside.

In a clean dry bowl, whisk the egg whites until they form peaks, add the sugar and whisk again until stiff. Carefully fold through the chocolate mixture making sure no visible white remains

Spoon the mixture on top of the caramel in the serving glasses

Place in fridge to chill.

Make sure you remove the mousses from the fridge 45 minutes before serving and leave them at room temperature or they will be rock hard!

Serve with a short bread biscuit and a little crème fraiche or whipped cream on top (plus chopped toasted hazel nuts if you fancy).