

WEEKEND KITCHEN RECIPE SHEET

July 13th 2014

PLEASE NOTE OUR NEW TIME SLOT!
SUNDAYS 11.00 - 13.00

JUSTINE PATTISON

Sticky mango roasted salmon with curried rice

Serves 2

2 tsp sunflower oil
2 x 175g skinless salmon fillets
2 tsp mango chutney
½ tsp cumin seeds
100g cherry tomatoes, halved
ground black pepper
lime wedges, for squeezing

For the curried rice

125g easy cook long grain rice
2 tsp mild curry powder
1 tbsp sunflower oil
½ small onion, finely chopped
½ red pepper, deseeded and diced
75g frozen peas
15g bunch fresh coriander, leaves finely chopped, plus extra to garnish

Preheat the oven to 200C/fan oven 180C/Gas 7. Put the rice in a medium pan and sprinkle with the curry powder. Pour over 500ml boiling water and return to the boil. Cook for 8-10 minutes or until tender then drain.

Meanwhile, brush a small roasting tin with a little oil. Place the salmon fillets in the tin and spread with the mango chutney. Sprinkle with cumin seeds and season with black pepper. Bake for 5 minutes.

Take the tin out of the oven and add the tomatoes. Return to the oven for a further 10 minutes or until the salmon is just cooked and the tomatoes are softened but holding their shape.

While the salmon is cooking, finish the curried rice. Heat the oil in a small frying and gently fry the onion and pepper for 3 minutes or until softened. Stir in the peas and cook together for a further 3 minutes or until the peas are hot. Remove from the heat.

Tip the drained rice and coriander into the vegetable mixture and toss together then season with salt and pepper. Serve the salmon with the hot rice and lime wedges for squeezing. Garnish with extra coriander if you like.

Jerk chicken

Serves 4–6

6 chicken thighs
6 chicken drumsticks
lime wedges, for squeezing

For the marinade

4 spring onions, roughly chopped
4 garlic cloves, halved
2 scotch bonnet chillies or red birds eye chillies, stalks removed
25g chunk root ginger, peeled and roughly chopped
4 tbsp dark soft brown sugar
3 tbsp freshly squeezed lime juice
2 tbsp dark soy sauce
1 tbsp fresh thyme leaves
1 tsp flaked sea salt
1 ½ tsp ground allspice
½ tsp ground nutmeg
½ tsp ground cinnamon

To make the marinade, put all the ingredients in a food processor and blitz to a thick purée. You will need to remove the lid and push the mixture down a couple of times with a rubber spatula until the right consistency is reached.

Slash each thigh and drumstick carefully a couple of times with a knife and put in a non-metallic bowl. Tip the jerk marinade on top and mix well. Cover and chill for at least 2 hours or overnight.

Preheat the oven to 220°C/fan oven 200°C/Gas 7. Line a large baking tray with foil and place a rack on top. Arrange the chicken on top of the rack, reserving the rest of the marinade in the bowl.

Bake the chicken for 25 minutes then take out of the oven and brush generously with the reserved marinade. Return to the oven for a further 15–20 minutes or until thoroughly cooked, deep golden brown and charred in places. Serve hot or cold with lime wedges for squeezing.

Peach Melba almond meringue torte

Serves 8

For the almond meringue

100g lightly toasted flaked almonds

5 large egg whites

275g caster sugar

½ tsp pure vanilla extract

2 tsp cornflour

For the filling

50g dark plain chocolate (at least 70% cocoa solids), broken into pieces

200ml double cream

200g fresh raspberries

3-4 ripe peaches, stoned and cut into slices

sifted icing sugar, to decorate

Preheat the oven to 150°C/fan oven 130°C/gas mark 2. Line two large greased baking trays with baking parchment. Put the almonds on a chopping board and chop roughly.

Put the egg whites in a large bowl and whisk with an electric whisk until stiff but not dry. They are ready when you can turn the bowl upside down without the eggs sliding out.

Gradually whisk in the sugar, just a tablespoon at a time, whisking for a few seconds between each addition. Finally whisk in the vanilla extract and the cornflour until well combined. Fold in the almonds.

Place large spoonfuls of the meringue in the centre of each baking sheet and spread to make two large, flattish meringue discs, one around 25cm and the other 30cm in diameter.

Reduce the oven temperature to 120°C/fan oven 100°C/gas mark ½ .

Bake the meringues, one above the other, for 2 hours, switching between the shelves after 1 hour until very lightly coloured and crisp. (Reduce the oven temperature further if they begin to over-brown.) Turn the oven off and leave the meringue to cool for a further 2-3 hours.

Melt the chocolate in a bowl over a pan of hot water or in the microwave. Stir until smooth then leave to cool for a few minutes. It needs to thicken slightly, ready for drizzling. Whip the cream until soft peaks form.

Transfer one of the large meringue discs to a serving plate or cake stand. Spoon the cream on top. Using a dessertspoon, drizzle with a little chocolate and scatter half the raspberries and all the peach slices gently on top. Drizzle with a little more of the melted chocolate.

Top with the second meringue disk and scatter with the remaining raspberries. Drizzle with chocolate and leave to set for a few minutes before dusting generously with sifted icing sugar to serve.

This meringue can be prepared up to six hours ahead and keep cool. Alternatively, prepare the different components and then assemble just before serving.

ADRIAN WAYGOOD

Pork, sage, maple and mustard burgers.

These are even better if prepared the day before.

Serves 5

The Patties

500g pork mince (not sausage meat)
6-8 leaves of sage (chopped)
1 tablespoon whole grain mustard
1 tablespoon maple syrup
50g dried breadcrumbs (optional)
Salt and pepper

The bun

5 burger rolls
1 small bag peppery salad
5 tablespoons of apple sauce
1 table spoon garlic mayonnaise (optional) or just plain mayonnaise
3 tomatoes
1 onion thinly sliced
5 gherkins

Place all the patty ingredients in a bowl and mix together thoroughly.

Heat a frying pan with a little oil, take a small amount of the mix and cook for 2-3 minutes. Taste and adjust flavour with a touch more mustard, maple, salt or pepper. This is a good tip because remember, you can always add an ingredient but never take it away.

Divide your mixture into 5 balls, roll the ball in you hands with some downward pressure to form a patty.

Refrigerate until required

Heat a griddle, frying pan or BBQ.

Cook the patties for 5-8 minutes either side (be gentle when turning so they don't fall apart).

Fill your buns with the various relish ingredients and the patties and serve immediately.

Gooseberry and ginger cobbler

Serves 4 - 6

For the Pastry

(Ready made can be used although not as good)

175g plain flour
25g rolled oats
125g cubed butter
50g caster sugar
1 egg

Mix the flour, oats and sugar in a bowl, rub in the butter, add the egg and work until it all just comes together. Chill in the fridge for 20mins

For the filling:

500g gooseberries
1/2 inch ginger chopped (lazy ginger will also work)
60g sugar (add more if you like sweeter, reduce if you like sharper)

Mix all the above and into individual ramekins or, preferably a small to medium sized flan dish (approximately 12cm).

Roll out the pastry to 3-4cm thick. Lay the pastry over the fruit and lightly push the pastry on the fruit to create a bumpy bobbly effect. Trim around the edge of the dish.

Bake in an oven at 180°C for 15-20 minutes, or until the pastry is golden brown. Serve with a scoop of real vanilla ice cream.

Moroccan spiced lamb stuffed peppers

Serves 2

3 peppers (red, green or yellow)
3 tablespoons olive oil
1 chopped onion
1 chopped garlic clove
250g lamb mince
10g Fresh rosemary
2 teaspoon ras sal hanout spice mix

1 x 400g tin chopped tomatoes
100g hard cheese such as a good strong cheddar

Method

Heat some of the oil in a saucepan until smoking hot.

Brown half of the mince, then put it in a colander, draining off any excess liquid. Repeat for the other half of mince

Heat the oil again (not so hot this time) and sweat off the onion and garlic for 5 minutes on a low heat until translucent, Add the mince back into the pan, add the tomatoes and simmer until most of the liquid has gone. (For best results cook the day before required)

Cut peppers in half lengthways (including the stalk) remove the seeds and inner white pith. Rub the outside skins with oil

Stuff the peppers with the mince and top with the cheese

Bake in oven at 180°C/ Gas Mark 4 until the cheese golden brown and crispy

Remove and serve with a nice peppery dressed salad.

DAMIAN CALDWELL

Lime granita

Granita is a classic Sicilian dessert traditionally using the fantastic lemons from the island. Beautifully simple to make and incredibly refreshing. Serve with strawberries.

200ml lime juice
350g granulated sugar
700ml water

Mix all of the ingredients in a bowl ensuring that all of the sugar has dissolved

Place in the freezer and allow to chill for around 45-60 minutes, or until ice crystals start to form.

Use a fork to flake the ice. Repeat this process 3 or 4 times, or until you get a grainy and flakey icy granita.

Keep it frozen until serving.

Mixed mushrooms with Chellington and crostini

This dish is inspired by a trip to New York where I ate at Murrays Cheesebar. This is my take on the dish using a locally produced cheese from Wodehill Hill farm, Bedfordshire. Chellington is a cow and goats milk camembert which melts perfectly as well as being a fabulous table cheese. If you can't get hold of Chellington then a rinded goats cheese or small camembert will do the trick equally well.

400g of mixed mushrooms
Knob of butter
Garlic
Thyme or rosemary
Small Chellington or rinded goats cheese
Small baguette (cut into thick slices)
Olive oil
Sea salt

Pre-heat your oven to 180°C/ Gas Mark 4

Melt the butter in an oven-proof frying pan and sauté the mushrooms on a high heat until they begin to turn a nutty brown.

Add the minced garlic and herbs (thyme or rosemary) and sauté for another minute or so.

Mop up the oily juices from the pan with the baguette slices. Drizzle a little extra olive oil on them if they are still a little dry. Sprinkle a little sea salt too.

Pop the cheese on top of the mushroom in the pan. Put the pan in the oven on a baking tray, with the baguette slices on the baking tray too. Bake for 10/12 minutes, or until the cheese is melting inside and wobbly to the touch.

Serve hot and delve into the cheese with the now crispy and brown crostini.

NB - if you don't have an oven proof frying pan, don't worry. Simply transfer the mushrooms and the cheese to a shallow baking tin and continue as above.