

WEEKEND KITCHEN RECIPE SHEET

FEBRUARY 22nd 2014

Russell Bateman

Lamb Kidneys on Toast

Serves 4

4 Thick Slices of Sourdough
200g Lambs Kidneys
100g Butter
1 Onion
1 tbsp Grain Mustard
1 tbsp Sherry Vinegar
Salt & Pepper
A few sprigs of Watercress

Butter the bread and toast under the grill.

Place some oil in a medium heat frying pan, season your kidneys and add them to the pan.

Cook them on either side for about a minute.

Remove from the pan to rest.

Add your butter and onions and cook gently until translucent.

De-glaze the pan with your vinegar then add the water and mustard.

Return your kidneys to the pan to coat in the sauce.

Pour the contents of the pan onto your toast and serve with a few leaves of watercress.

Pork Chops with Turnip, Apple, Capers

Serves 4

4 Pork Chops
2 Turnips
2 Granny Smith Apples, peeled and diced
1 teaspoon Fine Capers
1 tbsp Chopped Parsley
100ml Chicken Stock
Salt
White Pepper

Method;

Sprinkle some salt onto a baking tray and place the turnips on top.

Bake in an oven at 180°C/ Gas Mark 4 for 1 hour. When they are cooked, peel them and dice them.

Heat up a frying pan and add some oil, season your pork chops with salt and pepper and place them gently into the pan. Colour on one side and turn over (this will take 2-3 minutes). Once the second side is coloured add the butter, let it melt and quickly baste the chop with the butter using a spoon.

Place the chops in the oven for 4-5 minutes.

Remove the chops and rest them on a plate, emptying the fat from the pan over the chop.

Add your chicken stock to the pan and bring to the boil.

Add the diced Granny smith apple and diced turnip.
Finish with capers and some chopped parsley.
Put you pork chops onto a plate and pour over the saucy garnish.

Rice Pudding with Spiced Pears

Serves 4-6 people

100g butter
180g pudding rice
120g Golden Sugar
850ml Milk
1/2 Vanilla Pod
150ml Double Cream

Put everything in a pan and bring slowly to the boil. Place a cartouche on top (folded parchment paper) and cook in an oven at 140°C for 60-75 Minutes.

Spiced Pears

Serves 4

3 Ripe Pears
50ml Dark Rum
50ml Water
20g Soft Brown Sugar
1 Cinnamon Stick
1 Star Anise
1/2 Teaspoon Ground Ginger
20g Raisins

Bring all ingredients to the boil and simmer for 3-4 minutes. This is best done the day before and left overnight. Dice the pears once cool.

Hoops Anderson

Spicy pork ragu

light olive oil
1 x red onion
100g black olives
a pinch of dried chili flakes
40g sun-dried tomatoes in oil
1 x handful fresh basil
knob of butter
1 x glug red wine
300g minced pork
200g passata
400g Fettucine
1 clove garlic
1 glug balsamic vinegar
1 squeeze tomato puree
grated parmesan to serve

Peel and finely chop the onion.

Heat some oil in a large saucepan and fry the onion until soft and golden with the crushed garlic and a knob of butter.

Add the red wine and cook to evaporate. Add the minced pork until cooked through.

Add the olives and fry for a further 5 minutes then add the chili flakes.

Mix in the drained and chopped sun-dried tomatoes and tomato puree, stir thoroughly and cook for about 10 minutes.

Add the passata (and some more red wine if you want!) and a glug of balsamic vinegar and simmer uncovered for 15 minutes (or as long as possible) stirring occasionally. Season to taste.

When you are ready to serve, cook the pasta in a large saucepan of heavily salted boiling water until al dente, drain and tip back into the same pan. Pour in the ragu and combine together over a very low heat for 30 seconds to coat - adding all a little more olive oil if necessary. Serve immediately with torn fresh basil leaves over the top and sprinkle with parmesan

Almond & Limoncello Ricotta Cake

(makes a 10 inch cake)

250g ground almonds
65g plain flour
4 x lemons
100ml limoncello
225g unsalted butter
200g caster sugar
6 x large good eggs (separated)
300g fresh ricotta cheese
handful of toasted flaked almonds

Almond & Limoncello Ricotta Cake

(makes a 10 inch cake)

Pre-heat the oven to 150°C.

Butter your cake tin and line with baking paper.

Put the almonds in a bowl with the flour and zest of the lemons.

In another large bowl, beat the butter and sugar until pale and light with an electric whisk.

Add the 6 egg yolks only one by one.

Fold the flour mixture to this.

Beat the Ricotta with a fork and mix it into the mixture too. Finally, add the limoncello*.

In another bowl, whisk the whites of the eggs until soft peaks. Fold the egg whites slowly into the almond mixture using a metal spoon.

Gently spoon the mixture into your lined tin and bake for approximately 30-40 mins until set and golden. An inserted skewer should come out clean. Remove from the tin and cool on a rack. Serve dusted with the toasted almonds and Icing Sugar

* limoncello can be substituted with the juice of the 4 lemons

Alec Goodhand

Beef Pin Wheels (Serves 4)

200g Puff pastry

400g Beef Mince

1 Small Onion

1 Heaped Tablespoon Tomato Puree

Pinch of Salt

Ground Black Pepper

Pinch Mixed Dried Herbs

Finely dice the onion and mix it together with all the other ingredients (apart from the puff pastry).

Roll out the pastry really long and thin (about 5cm wide and 50cm long). Spread the beef mix evenly over the pastry and roll it up. Cut the roll into 4 discs (of around 1 cm wide) and oven cook for 15 minutes at 200°C.

The wheels are ready when they are a little golden and the beef is fully cooked through.

Serve with tomato relish.

Succotash (Serves 4)

A Naragansett American-Indian dish

200g Diced Bacon
500g Chicken Thigh (de-boned)
The corn kernels from 1 corn on the cob (or a small tin of sweetcorn)
1 Tin Butter Beans
50ml Chicken Stock
50ml Double Cream
1 Small Onion
1 Teaspoon Chives
Salt & Pepper to taste

Cut the bacon quite small and start frying it off in a pan with a dash of oil. Cut the chicken into chunks and add to the pan.

Dice the onion and add that too.

When the onion is beginning to go translucent and the chicken then add the rest of the ingredients and bring to the boil.

The succotash is ready when the chicken is fully cooked through.

Serve with extra chives sprinkled on top.

Sicilian Cassata (Serves 4)

Ingredients

250g Ricotta
40g Icing Sugar
1 Teaspoon Vanilla Essence
Juice and Rind ½ Orange
100g Grated Dark Chocolate
125ml Strong Coffee
16 Savoiardi Biscuits

Dip the fingers in the coffee and line the base and sides of an 18cm square tin (keep back a few biscuits back to make the top).

Mix together the other ingredients and fill the tin.

Put the remaining biscuits (also dipped in coffee) on top and let the dessert set in the fridge until serving (it will need around 2 hours)