

NICK COFFER'S WEEKEND KITCHEN

BBC THREE COUNTIES RADIO

RECIPE SHEET - 12th OCTOBER 2013

JO PRATT

Baked Fish in a Bag with Tomatoes, Butter Beans and Chorizo

MAKES 2 adult or 4 kid-sized portions

PREPARATION TIME 10 minutes

COOKING TIME 20 minutes

400g/14oz/1 3/4 cups tinned chopped tomatoes
240g/8 1/2oz tinned butter beans, drained
90g/3 1/4oz/2/3 cup pitted black olives
1 bottled or tinned roasted red pepper, sliced
10–12 thin slices of chorizo (about 40g/1 1/2oz), halved
2 large handfuls of baby or young spinach leaves
2 fish fillets, such as cod, pollack, haddock or salmon
Extra virgin olive oil, for drizzling
Sea salt and freshly ground black pepper

Preheat the oven to 220°C/425°F/gas 7 and put a large baking tray in the oven to heat.

1. Take a piece of greaseproof paper about 60–80cm/24–32in long and fold in half to make it double thickness, then fold in half again. Tightly fold together to seal two of the edges, creating a pouch, making sure there are no gaps for the food to escape when cooking. Repeat with another piece of greaseproof paper. (Alternatively, you can buy greaseproof paper bags from supermarkets that are all ready to use.)
2. Divide the tomatoes between the parcels, then do the same with the butter beans, olives, red pepper, chorizo and spinach. Season inside the bags with salt and pepper, then put the cod on top of the spinach.
3. Season the fish and finish with a drizzle of extra virgin olive oil. Seal the open end of the bags by folding the edges over, leaving as much space in the bags as possible for steam to circulate when cooking. (The parcels can be prepared in advance and kept in the fridge for a good few hours before cooking.)
4. Put the parcels on the hot baking tray and bake for 20 minutes until the fish is cooked through. When cooked, split open the parcels and serve hot.

Simple Slow Roast Chicken Dinner Roast Chicken Pies

MAKES 2 adult and 2 kid-sized portions

PREPARATION TIME 15 minutes

COOKING TIME 3 hours

1.8kg/4lb free-range or organic chicken

40g/1 1/2oz butter, softened

1 butternut squash, halved, peeled, deseeded and cut into wedges

2 large carrots, peeled and cut into large chunks

2–3 parsnips, peeled and cut into chunks (central core removed if tough)

1 garlic bulb, halved through the middle

2–3 rosemary, thyme or sage sprigs

500ml/17fl oz/2 cups chicken stock

125ml/4fl oz/1/2 cup white wine

1 tbsp cornflour

2 tbsp cream or crème fraîche (optional)

sea salt and freshly ground black pepper

Preheat the oven to 160°C/315°F/gas 2–3.

1. Put the chicken in a large roasting tray and smear the butter over the chicken and the base of the tray. Put the vegetables, garlic and herbs round the chicken. Pour over 125ml/4fl oz/1/2 cup of the stock and the wine. Season lightly with salt and pepper. Cover the tin with a piece of foil and roast for 1 hour. Remove the foil, baste the chicken and vegetables with the pan juices, turning the vegetables. Return to the oven and cook, uncovered, for a further 1 hour.
2. Increase the oven temperature to 220°C/425°F/gas 7. Baste the chicken and vegetables, then cook for 30 minutes until the chicken is golden and the juices from the chicken run clear when the thickest part of the thigh is pierced with a skewer.
3. Remove the chicken from the roasting tray and leave it to rest, loosely covered with foil. Return the tray to the oven for 15 minutes to crisp the vegetables. Transfer the vegetables to a serving plate.
4. Drain off the fat and put the roasting tray over a high heat. Add the remaining stock and any resting juices from the chicken and scrape any sticky residue from the base and sides of the tray. Stir 1 tbsp water into the cornflour; then stir this into the pan and bring to the boil. Cook for 2 minutes, stirring continuously. Finish by stirring in the cream, if you like a creamy gravy. Carve the chicken and serve with the vegetables.

Sticky toffee and banana pudding

MAKES 2 adult and 2 kid-sized portions

PREPARATION TIME 15 minutes

COOKING TIME 30 minutes

FOR THE BANANA PUDDING

85g/3oz butter, softened, plus extra for greasing

250g/9oz dates, stoned and chopped

250ml/9fl oz/1 cup black tea

1 tsp bicarbonate of soda

175g/6oz/heaped 3/4 cup caster sugar

2 eggs, beaten

175g/6oz/scant 1 1/2 cups self-raising flour

2 ripe bananas, peeled and mashed

1 teaspoon ground mixed spice

ice cream or custard

FOR THE STICKY TOFFEE SAUCE

100g/3 1/2oz/heaped 1/2 cup light brown sugar

100g/3 1/2oz unsalted butter

125ml/4fl oz/1/2 cup double cream

1. Preheat the oven to 180°C/350°F/gas 4 and grease a 22cm/8 1/2in square baking dish.
2. Put the dates and tea in a small saucepan and bring to the boil. Cook for 3–4 minutes until soft, then stir in the bicarbonate of soda.
3. Beat together the butter and caster sugar, using an electric mixer, until light and creamy. Stir in the eggs, flour, bananas, mixed spice and date mixture until well combined. Pour into the prepared baking dish and bake for 40–45 minutes until the top is just firm to the touch.
4. Meanwhile, to make the sauce, put the brown sugar, butter and cream in a saucepan over a low heat and cook gently until the sugar has dissolved and the sauce is a light toffee colour. (Both the pudding and sauce can be gently reheated and served within a few days. Alternatively, a slice of pudding can be popped into lunchboxes or enjoyed with your afternoon cuppa.)
5. Once cooked, pour the warm sticky toffee sauce over the pudding and serve with ice cream or custard.

James Rix

One pot braised beef stew

1.2kg, shin of beef, skirt or short rib (this can be cut in to large chunks, or braised as a piece then cut when cool)

200g bacon, diced

300 ml red wine

500ml, beef stock,

500g tin chopped tomatoes

1 onion diced

2 carrots

2 celery sticks

2 parsnips

Sprig of thyme & bay leaf

Few peppercorns

2 star anise

1. In a casserole dish of suitable size, brown the bacon pieces, then remove from pan, set aside then brown off your piece or pieces of beef & remove.
2. Pour off any excess fat then fry off your onion until golden brown.
3. Add red wine, boil to reduce by half. Add tomatoes, your cooked bacon, browned beef, stock and water, making sure the beef is covered by liquid.
4. Cut carrots, parsnips and celery into large pieces and add to the pan.
5. Bring liquid up to a gentle simmer and put on the lid.
6. Put the pan into a pre heated oven at 140°C/ Gas Mark 2 for 3-4 hours, at a really gentle simmer, so the liquid is barely moving, until the meat is tender.
7. Remove from the oven when done.
8. The stew can be served now, but I feel at least one night in the fridge can improve its flavour further.
9. If you have cooked the meat on the bone, or in one single piece, pull it apart with a couple of fork before serving, with mashed potatoes, rice or pasta.

Victoria plum mess

500g g plums (Victoria, greengage, Mirabelle)
75g caster sugar
½ cinnamon stick
Vanilla extract or left over vanilla pod
Splash of booze such as amaretto, cointreau, brandy
4 large meringues, crushed roughly
200 ml double cream
50g caster sugar

1. Cut plums in half and remove the stones. Lay them in a single layer in a tray, sprinkle over sugar, vanilla, alcohol and a splash of water. Cover with foil.
2. Bake the plums in a pre-heated oven at 180°C/ Gas Mark 4, for 15/20 minutes until tender
3. Allow the plums to cool.
4. In a large mixing bowl, whisk cream and sugar together until it can form soft peaks.
5. Loosely mix $\frac{3}{4}$ of plum mix with cream & meringues.
6. Serve in chilled bowls, with the reaming plum mix served on t

Sweet corn soup

3 whole corn on the cob or 1 large can sweet corn
1 large onion
1 stick of celery
1 leek
1 large potato
1 garlic clove
100g diced bacon (optional)
200 ml milk or cream
200 ml chicken or vegetable stock
1 spring onion finely chopped
300g mussels, scrubbed & debearded (optional)
Splash of white wine

1. Remove outer husk from the corn and discard.
2. Using a large knife, slice off the corn kernels, keep half for making the soup and half for garnish.
3. Wash, peel and dice the potato and vegetables.
4. In a large pan start gently cooking the vegetables and bacon if using, in a little oil.
5. Allow to cook until tender, but with no colour
6. Add half the corn to the pan together with the milk and stock.
7. Bring to the boil and simmer until the potatoes starting breaking apart.
8. If you are serving with mussels, while the soup is cooking, steam mussels in a large pan with a lid. Do this by heating the pan, chucking in the mussels and adding the white wine. Cover with a lid, shake the pan and allow the mussels to steam open. This will only take 4/5 mins

9. Drain off mussels, strain their cooking juice into soup, discard any mussels that don't open and pick the meat from the shells
10. Puree or blend the soup (for an extra fine soup, you can push it through a fine sieve), then bring it back to the boil and add reserved corn kernels and picked mussels
11. Serve in warm bowls and sprinkle chopped spring onion over the top.

Christine Fellini

BOCCONCINI DI TACCHINO ALLA MEDITERRANEA 15 minute Turkey Casserole Mediterranean Style

500g Turkey Escalopes
50g Plain Flour for dusting
2 cloves of garlic
1 Tsp dried salted capers
50g green pitted olives
100g chopped peeled plum tomatoes
400ml dry white wine
Pinch of chilli flakes
Pinch of dried Oregano
Extra virgin olive oil
Salt and freshly ground black pepper

1. Cut the turkey into pieces and toss it in the pre-seasoned flour.
2. Peel and finely chop the garlic and put in a pan with 4Tbs of olive oil.
3. Fry gently until it is translucent but not browned.
4. Add in the rinsed capers, the roughly chopped olives, the chopped tomatoes, pinch of chilli flakes, a pinch of dried oregano then season to taste (bear in mind that the capers can be a little salty).
5. Simmer for about 5 mins for the flavours to absorb each other then add in the pieces of turkey and cook for a further 10 mins stirring from time to time.
6. Add in the white wine and sieve in the flour in which you previously tossed the turkey.
7. Stir well and keep it on a low heat until you obtain a nice thick sauce.
8. Serve with pasta, rice or mashed potatoes.

CROSTATA DI FICHI ALLA TOSCANA

Tuscan Fig Tart

16 Large Fresh Figs
50g Caster Sugar
300g Plain Flour
200g unsalted butter
100g caster sugar
2 egg yolks
1 unwaxed lemon – zest only
16 Large Fresh Figs
50g Caster Sugar

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

1. Cut 8 of the Figs into small pieces and place in a pan with 50g of caster sugar and a drop of water. Simmer the figs until they are tender then set aside to cool
2. Prepare your pastry by putting the flour; butter; sugar; lemon zest and egg yolks into a food processor and pulse until it gathers.
3. Form the dough into a ball and roll out until you have a good sized circle about ¼ inch thick.
4. Place the rolled out dough onto a baking tray lined with a sheet of baking parchment
5. Spread the cooked figs over the pastry leaving a 1" margin all around the outside
6. Cut the remaining figs into thin circles and place on top of the cooked figs. Crimp in the sides of the pastry to hold the figs in place
7. Bake until golden brown