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NICK COFFER'S WEEKEND KITCHEN

Factsheet for the 1st December 2012

Adam Whitlock

Main Course

Pot roasted fennel chicken

1tbsp Fennel seeds, crushed
1tbsp oregano
Small handful of chopped parsley
2 cloves garlic
8 chicken thighs
2 fennel bulbs (each cut into 4 wedges)
1 lemon - sliced
2 tbsp olive oil
4 plum tomatoes, quartered
75g black olives
150ml white wine
2tsp muscavado sugar

- Finely chop the garlic and mix with the fennel seeds and oregano.
- Rub this mix under and into the skin of the chicken. Using a little olive oil.
- Place an oven proof dish onto the stove and heat with the olive oil, when hot, carefully add the chicken pieces and brown all over.
- Add the fennel, lemons, olives & tomatoes and stir until combined.
- Finally add the white wine, chicken stock & sugar and bring to the boil.
- Place the lid on and put into a pre-heated oven at 180-200oC for 30-40mins, or until the sauce has slightly thickened.
- Check that the thighs are thoroughly cooked through before serving.
- Serve with creamy mash or fluffy couscous

Starter

Arrancini with homemade Pesto

1 medium onion
Knob of butter
300g Arborio rice
600-700ml hot chicken stock
3 tbsp grated parmesan
2 beaten eggs
200g Panko breadcrumbs
100g cream cheese
1 jar cooked Piquillo peppers

- If you are making a risotto, just make double and use the leftovers for these delicious arrancini balls.
- If not, make your risotto by gently frying the chopped onion in some butter then stir in the rice. Add the chicken stock one ladle at a time, allowing the liquid to be absorbed before adding anymore. Stir frequently. (If you prefer, you can just put the fried onions, the rice and all the stock in a baking dish with a lid and bake it in the oven at 180C/ 350F for 20 minutes!)
- Allow the risotto to cool down on a tray in the fridge. Stuff each pepper with a little dollop of cream cheese (you can actually use pretty well whatever you want as the middle filling).
- Mix the breadcrumbs and parmesan together.
- Take a small handful of risotto and squash it around the pepper into a golf-ball sized ball.
- Roll each ball in the egg and then coat with the breadcrumb mix.
- You can either shallow-fry or deep fry the arrancini in medium hot oil. They are cooked when they are nice and golden.
- Serve them either with some store bought pesto – or make your own!

For the Pesto:

½ a clove of garlic
Sea salt & pepper
3 good handfuls of fresh basil
A handful of pine nuts, lightly toasted
A handful of grated Parmesan

Extra virgin olive oil

Squeeze of lemon juice

- Take all the ingredients and simply blitz them together in a food mixer!

Starter/party food

Figs wrapped in Parma ham and stuffed with goats cheese

- For each fresh fig, you will need half a slice of Parma ham (or similar cured ham), a teaspoon size dollop of goats cheese and some honey.
- Pre-heat your oven to 180C/ 350F.
- Take the pointed end of each fig and make two cuts to about half the way down. This will open them up a little.
- Wrap each fig with a slice of the ham and drizzle some honey over the top of the fig.
- Bake in the oven for 8 minutes then add the goat's cheese into the cavity on each fig. Bake for a further couple of minutes until the goat's cheese is nice and melted.
- You can serve them warm or cold.

Dessert

Cranachan

40g medium or coarse oatmeal

30g muscavado sugar

200g raspberries

400ml double cream

2 tbsp runny honey

2 tbsp malt whiskey

- Toast your oatmeal until golden brown.
- Whip the double cream until stiff, and crush half of the raspberries with a fork.
- Fold in the crushed raspberries; honey and whiskey, and then fold in the remainder of the whole raspberries.
- Spoon the mix into bowls or whisky tumblers, and sprinkle over the oatmeal and muscovado sugar.

David Hunt

Main Course

Spicy Mexican Turkey

This is quite a versatile recipe and can be made using either left-over turkey meat or uncooked turkey thigh meat. Likewise it can alternatively be made with neck fillet of lamb. We usually serve it with a green salad and or rice, but equally it could be served in a wrap.

900g Turkey thigh meat
2 tablespoons sunflower oil
2 garlic cloves, crushed
1 large onion, sliced
2 level tablespoons plain flour
1 teaspoon ground cumin
1 teaspoon ground coriander
150 ml white wine
1 x 400 g can chopped tomatoes
2 level tablespoons tomato puree
Salt and freshly ground pepper
2 x 400 g cans black eyed beans drained and rinsed
2 generous tablespoons mango chutney

To serve:

Fresh coriander or mint
1 x 150 floz Greek yoghurt

- Preheat oven to 160 C/fan 140 C /Gas 3
- Cut turkey thigh meat into 1 inch cubes. Heat half oil and brown meat over a high heat. Remove with slotted spoon and set aside.
- Lower the heat and add remaining oil and add garlic and onion. Allow to soften, and then remove. Blend in flour and spices and allow to cook for 2 minutes.
- Add wine, tomato and tomato puree then add the onion and browned meat. Bring to the boil, season with salt and pepper, cover and transfer to the oven for about 2 hours, until the meat is tender.
- Stir in the beans and chutney, cook for a further 10 minutes.
- Serve with Greek yoghurt seasoned and mixed with 2 teaspoons chopped coriander or mint, green salad and /or rice. Alternatively serve in wraps with salad.

If using leftover turkey follow instruction 2. and 3. Just bring to the boil before adding the cooked meat, beans and chutney.