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NICK COFFER'S WEEKEND KITCHEN

Factsheet for the 10th November 2012

Dawn Robinson

Starter

Lamb Samosas

Sunflower oil, for deep-frying, plus 1 tablespoon for shallow frying

500g Lamb Mince

½ teaspoon Cumin Seeds

1 clove Garlic

½ Red Chilli, finely chopped

2cm Ginger Root, peeled and finely chopped

½ teaspoon ground Turmeric

½ teaspoon ground Coriander

½ teaspoon Garam Masala

small handful of fresh Coriander leaves, finely chopped

½ teaspoon fine Sea Salt

1 Onion, finely chopped

Sheets of Filo Pastry, sliced lengthways, about 8cm in width

- Heat the tablespoon of oil in a frying pan and brown the lamb mince. Then add the cumin, garlic, chilli, ginger, turmeric, ground coriander, garam masala and salt. Mix well.
- Stir through the fresh coriander and onion and remove from the heat.
- Heat the oil for deep-frying.
- Lay a length of Filo pastry out, keeping the remainder under a damp cloth so it doesn't dry out. Pop a heaped teaspoon at one end and fold the corner to the opposite side, to make a triangle shape. Then fold it over. Repeat in the opposite direction until you have no pastry left and you have a neat triangular parcel. Use water to seal the edges. Repeat until you have used all your filling.
- Fry the samosas, a batch at a time, until they are golden brown. Drain on a kitchen towel and leave to cool slightly before serving.
- Serve with yoghurt or mango chutney dressing.

Main Course

Quick Butter Chicken

Makes 4 portions

30g unsalted Butter

4 Chicken breasts (about 650-700g in total), cut into chunks

2 tablespoons Tandoori Paste

160ml Whipping Cream

2 tablespoons Flaked Almonds

handful of fresh Coriander leaves, finely chopped

Sea Salt and Black Pepper

- Heat 15g of the butter in a large frying pan over a medium-high heat. Add the chicken, stirring, until lightly browned and almost cooked. Don't over cook it here or cook it at too low a heat – it'll just become rubbery. Takes about 4-5 minutes.
- Stir in the tandoori paste, coating all the chicken and cook for a minute. Then pour in the cream and simmer for about 5 minutes, until the sauce has thickened.
- Stir in the rest of the butter, the coriander leaves and the almonds. Check the seasons and add if necessary. Serve immediately with rice/cauliflower rice and spinach/wilted greens.

For the Cauliflower Rice:

Makes 4-6 side portions

A large Cauliflower, trimmed of leaves and the end of the stalk and chopped up finely in a food processor, or grated (which makes a tremendous mess, but is fun!)

60g unsalted Butter

2 Garlic cloves, finely chopped

1 teaspoon Sea Salt

2 Spring Onions, sliced

Black Pepper

- If the cauliflower is moist, squeeze out any excess water.
- Melt the butter in a large frying pan over a medium heat and add the garlic, until softened. Pop in the cauliflower and salt and stir-fry for about 10 minutes.
- Stir in the spring onions and season to taste with the pepper, plus adding a little more salt if necessary. You could also add a spot of cream at this point if you fancy it.
- Serve with anything that you would normally serve with rice!

Dessert

Chocolate Whiskey Cream

Makes 5-6 portions

1 packet of Sponge Fingers
3 tablespoons Whiskey
100g unsalted Butter
3 medium Eggs
100g Caster Sugar
100g Plain Chocolate
300ml Double Cream

- Grease either a 7" loose bottom cake tin or five to six individual ramekins.
- Cream together the butter and the sugar.
- Separate the eggs and whisk the yolks until they are creamy, then add them to the butter and sugar mixture.
- Break the chocolate into small pieces and put it with one tablespoon of the Whisky in a bowl over simmering water. When melted add to the mixture with rest of the Whisky.
- Whisk the egg whites until stiff and dry, then lightly fold into mixture – careful not to knock all the air out!
- Whisk the cream to a ribbon consistency and then fold this into the mixture too. All the ingredients should now be incorporated.
- Garnish with fresh berries, chocolate curls, squirts of cream, or all three!

Claire Belshaw

Starter

Babaganoush

1 large aubergine
1 teaspoon tahini
Juice of half a lemon
1 clove of garlic
1 tablespoon of extra virgin olive oil
2 tablespoons of thick Greek yoghurt
1/4 teaspoon of cumin powder
Sea salt and freshly ground black pepper

- Pierce 1 large aubergine once or twice with a fork, place on a baking tray and roast in a low oven (approx. 140 degrees C) for 2 hours until shrivelled and black. Leave to cool.
- When cool, slice open lengthways and scoop out all of the roasted flesh, scraping the skin lightly. The odd little bit of charred inner skin can be added too, so no need to be too precise!
- Put this flesh into a food processor with all the other ingredients (I love it when it says that!) and whiz in food processor to make a smooth paste. Taste, season if

necessary, garnish with a drizzle of olive oil and serve with toasted pitta bread and crudites for dunking.

Main Course

Beef Stifado

1kg shin of beef, large dice
1 onion, 1 large carrot & 1 stick of celery, all peeled & diced mirepoix (finely diced)
1 tablespoon of well-seasoned flour(1 teaspoon of finely ground sea salt and 1 teaspoon of freshly ground black pepper)
1 tablespoon of vegetable oil
2 tablespoons of extra virgin olive oil
50g butter
1 stick of cinnamon, snapped in 2
250ml red wine
2 tablespoons red wine vinegar
1 teaspoon brown sugar
1 pint beef stock
300g baby shallots, peeled, but left whole
1 tin of chopped tomatoes
1 tablespoon tomato purée
2 bay leaves
1 teaspoon dried oregano
1 teaspoon finely chopped fresh thyme

- Heat the vegetable oil in a large frying pan.
- Pat the beef dry with kitchen towel, then toss in the seasoned flour.
- Add the beef to the hot oil in batches until lovely and crusty and brown. Remove with a slotted spoon.
- Turn the heat right down, add the olive oil, then the mirepoix of vegetables, and cook gently until softened.
- Put the beef, and the vegetable mixture, and all the lovely cooking juices/oil into a casserole dish. Add the rest of the ingredients, except the baby onions. Bring to the boil, then reduce to a very low simmer, literally when you see a bubble plop every now and then, or in the oven at 140*c for 1 1/2 to 2 hours, until the beef is tender. Stirring occasionally.
- Melt a teaspoon of butter and heat in a frying pan. When hot, add the baby onions, and saute until glazed and tinged with brown. Take off the heat and set aside.
- When the beef is tender, remove and reduce the sauce until thick and glossy.
- Add the baby onions, and the beef back in and heat through. Check seasoning and serve.

Dessert

Apple and Mincemeat Filo Purse

1 large cox apple, peeled, cored and roughly chopped into large chunks
1 jar of luxury mincemeat (approx 410g)
2 tablespoons of melted butter
Tiny pinch of salt
Zest of 1 small orange
1 tablespoon of toasted chopped nuts, your choice, Brazil nuts are typically Christmassy, or you can omit them if you like
8 sheet of filo pastry
melted butter for brushing

- Mix all the ingredients together (excluding the butter and the filo). Pre-heat the oven to 180 degrees c
- Cut 1 sheet of filo in half lengthways. Place one half on a lightly floured surface vertically. Brush the centre lightly with melted butter, then place on top the other half to make a sort of cross.
- Using a tablespoon, scoop out a heaped amount of the mincemeat mixture. Shaping into a ball as best you can.
- Dot the ends of the sheets with melted butter. Now fold up the sheet which is touching the mixture and scrunch together in the middle. Repeat with the other strip, pressing with your fingers. You are aiming for the filo to have a raggedy top.
- Repeat until you have the four done.
- Place on a non-stick baking tray. Brush the tops with melted butter.
- Bake for 20mins until golden brown.
- Serve with dusted icing sugar and your choice of naughty accompaniment!
- Vanilla ice cream is lovely when they are hot, contrast really well. Or clotted, or thick cream, or custard is also yummy.

Tracey Bovingdon

Dessert

French Chocolate Cake

250g Caster Sugar
4 Eggs
250g Unsalted Butter (soft)
250g Dark Chocolate (melted)
3 Tablespoons Plain Flour

- Heat your oven to 180 degrees.
- Line a tin with greaseproof paper or butter (I tend to use a square tin)
- Combine all ingredients in a bowl and mix together well.
- Pour the mixture into the tin and cook for 25mins
- To test if it's ready, insert a skewer into the middle of the cake and it should come out clean.