

Tune in to Weekend Kitchen every Saturday from 12–2pm
Go to bbc.co.uk/threecounties to listen to the show live or to listen again to it for 7 days afterwards

BBC THREE COUNTIES
95.5 FM | 103.8 FM | 104.5 FM
bbc.co.uk/threecounties



NICK COFFER'S WEEKEND KITCHEN

Factsheet for the 22nd October 2011

It's frugal cooking week on the Weekend Kitchen!!

Nick's Recipe

Frugal French Toast

Don't let good bread go to waste if it has gone stale! Dunk thick slices of old bread in an egg mixture, spoon on some sweet bananas and you have the perfect brunch or breakfast!

For 4 people

4 thickly cut slices of stale bread
3 eggs
200ml milk or cream
A drop of vanilla extract
2 bananas, sliced
A couple of tbsp of golden syrup
Butter

Mix together the eggs, milk and vanilla extract. Dunk the bread in it and leave it soak until the mixture has been absorbed.

Meanwhile, throw a knob of butter into a frying pan on a medium heat. Gently fry the banana slices for a minute or two, drizzle in the golden syrup, cook for a further minute and put to one side.

Heat some butter in a frying pan on a medium heat and cook the bread, one slice at a time, until it is golden on each side. Add more butter as and when needed.

Serve the bread immediately with with the syrupy bananas and a little dusting of icing sugar if you have a very sweet tooth!

Becky Wiggins

Starter

Butternut Squash Soup

2 tbsp rapeseed oil

1 large onion

Large pinch of salt

1 level tsp crushed dried chilli

½ tsp ground cumin

½ tsp ground coriander

1 medium butternut squash, peeled and cubed (leftover roasted squash is perfect)

2 carrots, chopped

1 large potato, peeled and cubed

1 litre chicken stock

- Heat the oil in a large, heavy based saucepan and add in the onion. Sprinkle with the salt and fry gently until softened.
- Add in the spices, stir well, then add in the vegetables, making sure they're fully coated with the spices.
- Pour in the stock, turn down the heat and let the soup simmer for about 45 minutes. Blend with a stick blender, check seasoning, then serve with plenty of crusty bread

Main Course

Spiced Lamb Meatballs in a Tomato and Leek sauce

For the sauce:

1 large leek
1 large onion
2 tbsp rapeseed oil
1 tsp salt
1 tin good quality tomatoes
The same amount of stock (a cube is fine)
1 tsp sugar

- Slice the leek lengthways and rinse under running water to remove any grit or mud. Chop finely.
- Finely chop the onion.
- Heat the rapeseed oil in a heavy based saucepan. Add in the leek and onion, sprinkle with the salt and then cook on a low heat, stirring occasionally for a good ten minutes until everything is well softened.
- Add in the teaspoon of sugar and the tinned tomatoes. Fill the tin once more with the stock (if I don't have any homemade I just pop in a stock cube and top up with water). Add in to the pan.
- Turn the heat down very low, cover and leave for 20–30 minutes.
- Taste and adjust seasoning. At this stage, you can cool down ready for freezing or move on to step 2 with the meatballs. If you like a smooth texture, blend with a stick blender.

For the meatballs:

1 teaspoon mustard seeds
1 teaspoon cumin seeds
1 level teaspoon sea salt
1 or 2 cloves garlic
500g minced lamb
2 slices bread, whizzed into crumbs
1 egg
Salt and pepper

- Put the mustard seeds, cumin seeds, salt and garlic into a pestle and mortar and grind into a paste.
- Put the lamb in a large bowl, add the breadcrumbs and egg and the spice mixture. With clean hands, squish the mixture together well. Take tablespoon sized lumps and form them into balls, placing them straight onto a non-stick baking tray or a tray lined with Bake-o-glide.
- Bake at 180 degrees/gas 4 for about 15 minutes until golden brown, then just pop them into the tomato sauce. Serve with pasta, rice or couscous.

Dessert

Goey Chocolate Fudge Brownies

200g dark chocolate

170g salted butter

3 eggs

200g soft brown sugar (caster is fine if you don't have any)

110g plain flour

1 or 2 chocolate covered fudge bars, chopped

- Preheat the oven to gas 4/180 degrees.
- Melt the butter and chocolate in a bain-marie (a bowl over a saucepan of just-simmering water – don't let the bottom of the bowl come into contact with water). Turn the water off when it's just bubbling and stir the mixture gently until it's combined. Take it off the heat and allow to cool to room temperature.
- Whisk the eggs and sugar together until light and frothy, then pour in the chocolate//butter mixture, stir well, then add in the flour and the fudgy chunks. Stir briefly until the flour disappears.
- Pour into a well-lined baking tin (I use a lasagne tin, but a square cake tin will do). Bake for about 35 minutes or until the top is cracked and shiny. The centre should still be gooey. Serve warm with ice cream or allow to cool and place in an airtight container.

Christian Carden-Maund

Main Course

Leftover Chicken/Turkey/Pork with mushrooms in a Sherry cream sauce with caramelised Red Onion mash

For the sauce:

Your leftover chicken, turkey or pork

1 large onion, finely chopped

25g mushrooms (button or chestnut – I prefer chestnut!)

2 gloves garlic, chopped

Small glass of medium sherry

500ml double cream

- Take the onions, mushrooms and garlic and fry lightly in a little olive oil until softened. Season to taste. Add a small glass of medium sherry and flambé off excess alcohol.
- Add the double cream and bring to a simmer, taste and season before adding your meat. Simmer for 10mins on a low heat until the sauce has thickened.

For the mash:

Large red onion, sliced

Dessert spoon on soft brown sugar

Salt and pepper

Mashed potatoes

Pinch of salt and pepper

- Heat oil in a frying pan and add the onion, sugar and pinch of salt and pepper. Reduce gently until the mixture goes brown and sticky like marmalade.
- Add this mixture to your mash potatoes and stir together, seasoning to taste. Place in a greased oven dish and sprinkle breadcrumbs mixed with a little grated cheddar or red Leicester and splash olive oil over the top. Bake until golden brown. Serve together.

Dessert

Limotiramalee

Zest of 1 lemon, unwaxed and squeezed

Zest of 1 lime, unwaxed

2 tablespoons of caster sugar

250 ml water

½ pint of double cream

250g Mascarpone cheese

150ml Grand Marnier

1 orange

1 tablespoon soft brown sugar

Trifle fingers

- Take the zest of the lemon and the lime and place in a saucepan with the caster sugar and water. Reduce the mixture until it forms thick syrup. Strain the zest from the syrup and set aside, the leftover zest can be used to make cookies or cupcakes!
- Whip the double cream until it's just starting to thicken and add the mascarpone and syrup.
- Start to whisk and add the juice of the lemon whilst whisking – this reacts and sets the mixture into a mousse. Place in the fridge.
- In a saucepan place the Grand Marnier, squeeze the juice of the orange, the brown sugar, and a splash of water. Heat to burn the alcohol off and set aside.
- In a glass oven dish (a lasagne dish works well) place a layer of trifle fingers across the bottom and add the Grand Marnier mixture and place in the fridge for a few hours to infuse.

- Take out of the fridge and place the mousse across on top, smooth and flat.
- To serve – make a sugar reduction in a non-stick frying pan by placing 2 dessert spoons of caster sugar and a splash of cold water. Heat until the mixture turns brown and syrupy. Using a dessert spoon, flick the sugar syrup over the mousse in thin lines to give the pudding a crunchy topping. Place in the fridge overnight before serving for the best results.

Do let us know how you got on trying out the recipes at:
ThreeCountiesKitchen@bbc.co.uk