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NICK COFFER'S WEEKEND KITCHEN

Factsheet for the 27th July 2013

Phil Thompson

Starter

Grilled Sardines on Toast with Pepparade & Basil

Sardines

4 Sardines – Gutted, descaled, butterfly (or use good quality tinned sardines)

Pepparade

1 x Yellow pepper
1 x Red pepper
1 x Green pepper
1 x Large onion
1 x 6–8 Leaves basil
1 x Garlic Clove
100g of Butter

Bread

4 Slices of crusty bread

Method

- Quarter the peppers and discard of all seeds
- Lay in a tray with olive oil, and the garlic
- Cover with foil and bake until soft – Approx 20 minutes (180°C/ Gas Mark 4)) Then slice them into thin strips
- Add 100g of butter to a pan, thinly slice the onion and slowly cook until soft and golden
- Add the sliced peppers to onions then rip the basil into the mix for freshness.

- Set to one side and use when you want.

Chargrilled Bread & Sardines

- Drizzle bread with olive oil and chargrill under a grill on a griddle pan or on the BBQ
- Coat the sardines with olive oil & generous pinch of salt, grill under a grill or on a hot BBQ for 2–3 mins each side (depending on the size. If they are larger, grill for a little longer).

To Build

- Place the bread in the middle of the plate
- Place a generous spoonful of the pepparade on top
- Place the grilled/BBQ sardines on top
- Finish with a drizzle of olive oil

Main Course

BBQ Pork Belly with Sweetcorn & Appleslaw

This pork will serve at least 8 people

Pork Belly

One large pork belly (around 1.5kg)

1 Onion

Several cloves of garlic, peeled and chopped

2 x Red Chillies

50ml of Bourbon Whiskey

50ml of Brandy

2 tbsp of Tomato Ketchup

2 tbsp of Brown Sauce

4 tbsp Soy Sauce

500ml x Tomato Juice

1 tbsp of Worcester Sauce

3 Drops of Tabasco

50ml Sherry Vinegar

1 Sprig of Thyme

2 tbsp of Honey

Salt & Pepper

Corn

2 x Corn on the cob Halved

Milk to cover approx 1 pint

1 x Chilli
3 Cloves of Garlic
125g of Butter
Thyme
Peel of ½ Lemon
Salt & Pepper

Coleslaw

½ Onion
2 Carrots
3 Apples
Mayonnaise
1 x tbsp of mustard

Method

Pork Belly

- Boil the belly in gently simmering salted water for 2–3 hours.
- Remove the pork when a knife passes through easily and the meat is soft
- This can easily be done the day before

- Fry the onion in oil, then add the garlic & chilli, cook until soft
- Add in the bourbon & brandy and light the pan with a match (flambé). The flames will quickly die down. If you prefer, simply let the whiskey and brandy reduce down for about 5 minutes.
- Add the remaining ingredients and cook for 10 minutes until nice and thick.
- Blend the marinade and pour it over the meat. This can be done a minute before cooking, or a day or two before. The longer the meat marinades, the tastier it will be.
- Cook the pork on the hot BBQ for about 10 minutes either side, until it blackens nicely.

ALTERNATIVELY – if you don't want to braise the pork, you can skip that step and marinate it raw then cook it on the BBQ. You will need to cook it on a lower BBQ as it will burn. Cook it for about 20 minutes either side but make sure it is cooked through before serving.

Corn

- Put all the ingredients in a pan and bring to the boil. Simmer until cooked.

- Char the corn on the BBQ before serving.

Coleslaw

- Thinly slice the onion & cabbage
- Grate the carrot and sprinkle with a generous pinch of salt
- Rinse the vegetables under cold water for 10 minutes then squeeze out excess liquid using a tea towel.
- Mix with Mayonnaise & mustard then, at the last minute before serving, grate 1 apple into the mix to add freshness

Dessert

Summer liqueur Jelly

250ml Pimms (or other similar summer liqueur)
750 ml lemonade
1 orange juiced
5 leaves gelatine (soaked in cold water to soften)
1 granny smith (diced)
¼ cucumber (diced seeds removed)
15 strawberries (quartered)
2 oranges (peeled and segmented)
10 mint leaves (torn)

- Warm the Pimms and orange juice and dissolve in the gelatine
- Add the lemonade to the mix and strain it all through a sieve to make sure no lumps of gelatine are left
- Prepare all the cut fruit and put them into 4 high ball glasses
- Pour a small amount of the jelly mix into each glass about a third of the way and put in the fridge to set (this stops all the fruit rising to the top of the glass)
- Once starting to set fill each glass to the top of the fruit with the jelly mix and leave to set in the fridge
- To decorate, melt a little white chocolate and dip a strawberry into the chocolate then while wet dip into popping candy then chill to set in the fridge
- Serve either on its own with decoration or finish with a summery strawberry sorbet or vanilla ice cream

Jen Barber

Dessert

Lemon and Courgette Cake

200g butter
200g caster sugar
3 lemons (juice squeezed)
3 eggs
300g courgette flesh (2 medium courgettes grated)
200g self raising flour
1 tsp vanilla extract
145g icing sugar
225g full fat cream cheese

- Beat the butter, courgettes, eggs, vanilla and zest of two lemons together to a creamy batter. Stir in the flour and 1 tablespoon of lemon juice.
- Spoon into 2 x 20cm greased and lined baking tins and bake at 180°C/ Gas Mark 4 for 25 minutes.
- Mix together a tablespoon of lemon juice and 25g of icing sugar to make a drizzle. When the cakes are baked, leave to cool for 10 minutes, then prick all over and pour over the drizzle and leave to cool.
- Mix together 120g of icing sugar and the cream cheese with another tablespoon of lemon juice and grate in zest from lemon. Add more lemon juice to taste if a little runny add more icing sugar.
- When the cakes are cool spread the frosting over one half, place the other on top and spread the remaining frosting over the top.

Side

Mint and Coriander Noodle Salad

125g fine egg noodles
2 tbsp sunflower oil
1 tbsp rice wine vinegar
2 tbsp light soy sauce
4 spring onions finely chopped
Handful of finely chopped mint
Handful of finely chopped coriander
Pine nuts

- Put the noodles in a bowl of boiling water until softened, drain and place in cold water to cool them down.
- Mix the oil, vinegar and soy sauce together, add the spring onions, mint and coriander. Drain the noodles add the dressing and mix through and sprinkle in some pine nuts.

Starter

Avocado Prawn Cocktail

3 tbsps tomato ketchup
1 tbsp light soy sauce
1 tbsp Worcester sauce
Juice of half an orange
Juice of 2 limes
Handful of chopped coriander
250g king prawns
1 ripe avocado

- Mix together the ketchup, soy sauce, Worcester sauce, orange and lime juice. Add the coriander and onion and mix well.
- In 2 separate dishes layer prawns alternated with sauce and finish with chopped avocado.

Kumud Gandhi

Starter

Thai Fishcakes

Serves 2

Ingredients:

125g raw haddock or cod fillets (or any white fish) cut into chunks or 16 cooked prawns

2 lime leaves de spine & finely chopped

1tbsp red curry paste

½ tbsp fish sauce

¼ tsp Jaggery (or any other sugar)

1 tbsp corn flour

3 finger pinch of coriander leaves and stalks

30g French beans or sugar snap peas cut into thin slices (julienne)

Oil for frying

NB: Optional – May not be required – 10 ml beaten egg – about ¼ of a large egg

Cooking Instructions:

- Place the fish, jaggery, lime leaves, fish sauce and red Thai curry paste into the processor and blend for 10–15 seconds, made up of 3 second presses.
- Turn out into a bowl, now add the coriander, sugar snaps and flour and mix together.
- Divide the mixture into 7 or 8 flat cakes no more than 1 cm high and 5 cms diameter and place on a plate or directly onto the oil frying pan.
- Add the ½ tbsp of vegetable oil in non stick frying pan and place the fish cakes in and cook on a low heat for 5 minutes on either side. Remove from frying pan and serve immediately.

Cooks Hint 1: Do not over blend the fish in the processor or it will become too thin and floury in texture, you still want to see small chunks of fish.

Cooks Hint 2: If you wish to fry the fish cakes and reheat at a later time do not brown the fish cakes too much when originally frying as they will brown a little further when you reheat them in the oven.

Spice Shop: Limes are part of the starter pack – available to purchase at the end of the class – please speak to your tutor to order a pack.

Spinach, Leek and Feta Cheese Pastries

Serves 6 – should make around 12

Ingredients:

2 tbsp olive oil
100g Spinach
1 leek
1 tsp garlic
½ tsp ground roasted cumin
½ tsp ground cinnamon
¼ tsp black pepper
¼ tsp salt or to taste
3tbsp chopped flat leaf parsley
40g toasted pine nuts
200g feta cheese crumbled
Pinch of black pepper to taste
4 sheets of filo pastry
100g melted butter

- Heat the oil in a pan; add the leek and garlic and cook on a gentle heat until softened. When the leeks have softened add the spices. Cook for further few minutes till the oils in the spices has been released, stirring occasionally.
- Add the spinach and allow it to wilt.
- Transfer the mixture into a bowl and the feta first to help cool down the mixture, then the parsley and pine nuts. Lightly fold the mixture together.
- Cut the filo pastry length ways into 3 long strips
- Place 1 ½ tbsp of mixture at one end of the strip
- Fold over one corner end of the pastry diagonally across. Brush the remaining exposed pastry before folding to the other edge to form a triangle till you get to the end.
- Insure the edge of the pastry is neatly tucked in to the triangle
- Repeat with the remaining mixture
- Brush the filo pastries with butter (or egg wash if you prefer, egg wash tends to give a more golden colour)
- bake at 170’c for 15 minutes or until golden brown

Cooks Tips 1: keep the filo pastry covered under a damp cloth to avoid it from drying out

Cooks tips 2: remember feta is also quite salty so stick with a ¼ tsp of salt then season to taste

Quinoa Salad

Serves 6

Ingredients:

200g of roasted Quinoa

540g water

½ tsp salt

4 large pinches flat leaf parsley – Leaves only

4 pinches fresh mint,

8 cherry tomatoes, halved

40g grated cucumber

5 spring onions

½

pomegranate

2 tbsp lemon juice

4–6 tablespoon olive oil

¼ tsp black pepper

1 tsp of wholegrain mustard

- Roast the quinoa on a baking tray at 150°C for 8 minutes to deepen the flavour.
- Transfer the quinoa to a sauce pan, add the water and salt, bring the water temperature to the boil, then drop the temperature to the lowest point and then simmer for 15 minutes with the lid on until the water has been absorbed
- Transfer to a bowl/plate to cool
- Meanwhile make the dressing by whisking together the mustard, black pepper, lemon juice and olive oil. Set aside.
- When the quinoa is cold add the parsley and mint, tomatoes, cucumber, spring onions and pomegranate. Mix through – Add the dressing to taste

Serving tip: This dish is a great accompaniment to barbeques, particularly Kofta's and too good just to save for a Middle Eastern menu.

Date & Pistacio Parcels

Serves 8

Ingredients:

60g ground hazelnuts
60g finely chopped walnuts
90g ground almonds
40g chopped pistachio nuts
100g finely chopped fresh dates
40g caster sugar
½ tsp ground cinnamon
¼ tsp ground nutmeg
½ tsp vanilla essence or Rose water or both if you prefer
150g ghee

Orange Syrup

100g caster sugar
160 ml water
1 tsp orange zest or 50 ml orange juice if you don't have orange zest – in which case reduce the water by that amount to 110 ml of water
½ tsp ground cinnamon

- Combine all the nuts, cinnamon, nutmeg and sugar in a bowl, add the rose water or vanilla essence if you wish to use.
- Melt the ghee or butter and keep in a warm place or at ambient temperature.
- Cut the filo pastry length ways into 4 long strips
- Place 1 tsp of mixture at one end of the strip
- Fold over one corner end of the pastry diagonally across. Brush the remaining exposed pastry before folding to the other edge to form a triangle till you get to the end.
- Ensure the edge of the pastry is neatly tucked in to the triangle
- Repeat with the remaining mixture
- Brush the filo pastries with butter (or egg wash if you prefer, egg wash tends to give a more golden colour)
- bake at 170°C for 15 minutes or until golden brown
- When it's cooked brush the hot orange syrup over the parcels. Allow to cool for a few minutes then dunked into some whipped cream or serve with pistachio & Almond Ice cream.

Making the orange syrup

Combine all the ingredients in a medium pan; stir occasionally over a low heat, without boiling until the sugar is dissolved. Simmer uncovered, **without** stirring for about 5 minutes or until syrupy.

Cooks Tips: keep the Filo pastry covered under a damp cloth to avoid it from drying out