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NICK COFFER'S WEEKEND KITCHEN

Recipes for the 11th May 2013

James Rix

Starter / Main course *Spring minestrone*

This recipe can be changed by adding different vegetables, depending on the time of year. All of the recipes from James can be frozen.

- 1 carrot
- 1 white onion
- 1 stick celery
- 1 leek
- 1 clove garlic
- 1 red chilli
- 1 tin cooked white beans/butter beans/chickpeas
- Splash of olive oil
- Splash of white wine
- 500ml water or stock (chicken or vegetable)
 - Peel and cut the vegetables into ½ cm dice, crush the garlic clove and finely dice the chilli.
 - Cook in a large saucepan in the olive oil, on a gentle heat until the veg is soft and add white wine. Boil to reduce.
 - Now add the stock or water and cooked beans. Bring to the boil and simmer until all the veg is tender. Season with salt and pepper.
 - The soup is now ready. To serve, add the cooked peas, broad beans, pea shoots and some cooked small pasta such as tubetti or ditalini.
 - Finish with chopped fresh herbs, like parsley, chives and dill. You can even drizzle on some pesto for an extra twist.

Main course

Chicken, leek and tarragon pie with homemade suet pastry

For the suet pastry:

300g plain flour 150g suet Pinch of salt 4 tablespoons of water

- Rub the suet into the flour and add the salt and water to bind.
- Once it's come together in a ball, put it in the fridge to rest for anything between 10 to 30mins.

For the pie filling:

600g cooked chicken

1 leek, washed, sliced and lightly cooked

1 sprig of tarragon, chopped

30g plain flour

30 g butter

150 ml chicken stock

150ml milk

Salt and pepper

- Melt the butter in a small pan and add the flour. Mix together over a low heat but do not allow to colour.
- Gradually add the milk and chicken stock to the butter and flour, mixing well to avoid lumps. Bring to the boil and then simmer for6/7 minutes until the sauce doesn't taste of flour. Allow to cool.
- Add the cooked chicken meat, blanched leek and chopped tarragon to the cooled sauce and season with salt and pepper.
- Spoon in to your pie dishes and brush the edge with a beaten egg.
- Roll out the chilled pastry on a floured surface to about 4mm thick and place over the pie dish. Seal the edges by pinching the pastry and trim off any excess. Brush with beaten egg and allow the pastry to rest for 10 minutes before cooking.
- Cook in a pre heated oven on 180°C/350°F/Gas mark 4 for 20 minutes or until pastry is golden brown and crisp.
- Serve with mashed or boiled potatoes and green vegetables.

Dessert

Apple tart fine

2 cooking apples2 eating applesJuice of half a lemon100g caster sugar20g butter melted400g puff pastry

- Peel the cooking apple and dice. Cook in a little butter with lemon juice and half of the sugar until it forms a soft, puree. You can help it along with a blender but it should mush up easily by itself.
- Roll out the puff pastry into a circle the size of a dinner plate. It needs to be about 3mm thick.
- Smear the apple puree over the pastry, leaving about a ½ cm gap from the edge.
- Core the eating apples but leave the skin on and slice it as thin as possible, I use a mandolin, a very sharp food slice, but you can also use the slice side of your cheese grater. A really sharp knife will also work, but be careful!
- Arrange the apple slices on the pastry disc, overlapping them forming decreasing circles into the centre. Brush with melted butter and sprinkle with the remaining sugar.
- Allow to rest in the fridge for 10 minutes before cooking.
- Bake in a pre heated oven at 200°C/400°F/Gas mark 6 for 15/20 minutes until pastry is golden brown and the apples have started to colour.
- Serve with vanilla ice cream, crème fraiche or custard.

Emma Perrott

Main course

Chicken pasta salad with honey and mustard dressing

This is great as can be served hot or cold, useful for packed lunches or picnics too.

400g (dry weight) of pasta shapes, cooked

2 chicken breasts cooked and shredded

3 tablespoons mayonnaise

1 teaspoon honey

2 teaspoons coarse grain mustard 10-12 chopped cherry tomatoes Small tin of sweetcorn

Optional: fresh tarragon sprinkled on top

- Mix together the mayonnaise, honey and mustard to make the dressing.
- Add to the rest of the ingredients either mixed through or on the side.
- Serve with iceberg lettuce and homemade lemonade!

Homemade lemonade

4 large lemons 100g caster sugar 300ml water

Mix ingredients in a saucepan over a low heat, slowly stirring until the sugar
has dissolved. Take off the heat and allow to cool. Dilute with still or sparkling water
to taste. Lovely served with some fresh mint leaves from the garden.

Dessert

Chocolate Strawberry Trifle

1 pot fresh custard
100g good quality dark chocolate
300ml whipping cream
1 punnet fresh strawberries
1 box of supermarket brownies
Flaked chocolate to decorate

- Cut up the brownies and layer them on the bottom of the dish.
- Chop or slice the strawberries and place them on top of the brownies.
- Heat the custard in a pan on a medium heat and melt in the dark chocolate. Stir until the chocolate is mixed through.
- Pour the custard on top of the brownies and strawberries.
- Finally, whip the cream and spread on top. Crumble on your flaked chocolate to decorate.

Adele Gould

Starter/Main course

Danish Frikadeller - Danish meatballs

250g finely ground pork mince
250g finely ground beef mince
1 medium onion, ground finely along with the meat
1 large egg
350ml soda water
½ tbsp. of salt
Sprinkle of pepper
3tbsp flour (rye or wheat)
½ cup of oatmeal, breadcrumbs, spelt
A pinch or two of ground all-spice
Oil or butter to fry
Milk

- Mix all the ingredients together in a bowl, except the butter. You want to make sure all the ingredients are very well mixed together as this helps with the flavour.
- The mixture needs to be quite moist so add a little milk if it's too dry or some flour if too wet.
- Transfer to the fridge and leave for ½ hr.
- On a medium heat, melt the butter in a frying pan. Scoop out some of the chilled mixture and form a meat ball – it should be slightly flattened and about the size of a small egg.
- Fry in the pan for 6-8mins on each side or until they are cooked all the way through. They will go a lovely golden brown. Repeat, being careful not to overcrowd the pan.
- Serve with potato salad or boiled potatoes. Traditionally they are served with pickles, red cabbage and rye bread.

You could also use fish as an alternative:

2 pounds/ 1kg mild white fish such as pollock, cod, haddock or whiting

1 small cup of oatmeal or breadcrumbs or spelt

250ml milk

2 eggs lightly beaten

1/2 medium onion

3 bacon slices or 60g smoked salmon

Zest of ½ lemon

½ tbsp of salt

Sprinkle of pepper Parsley or dill small handful chopped Oil or butter for frying

- Put the breadcrumbs, milk, eggs, and pepper in a small bowl and set aside.
- Into a food processor put onions, bacon/salmon, lemon zest, and herbs. Pulse until finely ground. Add the fish and pulse until everything is mixed.
- Fold into the breadcrumb mixture.
- Use the same frying method as listed above.

Dessert

Cinnamon bars with dark chocolate topping

For the bars:

1 egg medium or large

450g all purpose flour

175g Fine packed brown sugar

2 tablespoons cinnamon

170g melted butter

2 tablespoons vanilla extract

Granulated sugar to sprinkle

1 small apple, grated (give the grated apple a good squeeze to drain off some of the liquid)

For the topping:

200g dark chocolate Nutmeg

- Beat the egg until a little fluffy. Add all the rest of the ingredients except the granulated sugar. Bring together to form a ball.
- Press the dough into a baking tray (around 18cm/13cm/3-4cm) lined with greaseproof paper.
- Add a Sprinkle of granulated sugar onto the top of the mixture.
- Bake for about 20mins at 180°C/350°F/Gas Mark 4 making sure the centre is cooked but that the outside isn't too crisp.
- Melt the dark chocolate in a bowl in the microwave for a couple of minutes (or in a bowl on top of some simmering water in a saucepan) and add in a good sprinkle of nutmeg.
- Take the "cake" out of the tin, leaving it to cool.

- Pour the chocolate mix on to the top of the baked "cake" and spread it evenly. Leave the chocolate to set.
- Cut the cake into bars and serve or keep them in an airtight container.