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NICK COFFER'S WEEKEND KITCHEN

Recipes for the 20th April 2013

Phil Thompson

Starter

Pea Soup

800 grams frozen peas
800 grams Chicken stock
1 Onion (finely diced)
1 tbsp honey
12 grams salt
25 grams unsalted butter

- Gently sweat off the onions in the butter for 4/5 minutes until they soften but don't colour.
- Add the peas and honey and increase the temperature.
- Add the chicken stock and bring to the boil then remove from heat.
- Blend in a food processor adding the salt to your own taste.
- Pass through a sieve if you wish for a smooth consistency and serve.

Main course

Pork Wellington

1 Pork fillet (400 grams) sear in a hot pan to colour outside but not cook
25 grams butter
500 grams button mushrooms
1 small onion (finely diced)
1 tsp fresh thyme
100 grams double cream

4 pancakes

1 egg

30cm x 25cm of ready rolled puff pastry

- Sweat the onions in a pan with the butter on a low heat till softened.
- Blend the mushrooms in a food processor till finely chopped and add to the onions.
- Cook out till no liquid left in the pan and is almost catching on the bottom of the pan.
- Add the thyme and double cream and cook out for 2-3 minutes till thickened and remove to cool.
- Lay out the puff pastry on a lightly floured surface and place the 4 pancakes over it overlapping in the centre leaving a gap at edges.
- Spread the mushrooms over the pancakes around 1/2 cm thick leaving one inch gap at the top and bottom of the pastry.
- Brush the edges of the pastry with the egg.
- Lay the pork fillet at one edge of the mushrooms and roll from the bottom up to form a sausage.
- Seal the edges and fold the ends underneath to create a sealed parcel.
- Brush the pastry with the remaining egg to form a glaze cook at 180*C for approx 25-30 minutes leaving 5-10 minutes for it to rest before carving and serving.

If you want to make your own pancakes, here's how:

100 grams plain flour

2 Whole eggs

Pinch of salt

Pinch of sugar

200 grams milk

- Whisk together the flour, salt, sugar and eggs to a thick smooth paste.
- Slowly add the milk a little at a time this will stop lumps.
- Gently heat a frying pan and ladle in a small amount of batter turning the pan to get as thin as possible.
- Gently colour each side and turn out of the pan to cool.

Dessert

Steamed Syrup Sponge

100 grams butter

100 grams sugar

Seeds of 1 vanilla pod (or 1 tsp vanilla extract)

2 whole eggs

150 grams plain flour

10 grams baking powder

200 grams golden syrup

- Cream together the butter, sugar and vanilla till white and fluffy.
- Slowly add the egg beating all the time till smooth.
- Add the sieved flour and baking powder.
- Add 50 grams of the golden syrup and mix till smooth.
- Lightly butter and flour your mould (you can use individual 4 inch pudding moulds or ramekins or a larger 10 inch pudding basin) or for a quirky twist use your old syrup tins.
- Put a generous spoon of syrup in the base of each pot.
- Spoon the mix in just below half way and cover the top with cling film.
- Place into a steamer on a medium heat and cook for approx 15-20 minutes for individual ones or 35-45 minutes for a large one (you can use a vegetable steamer if you have one. or place in a large pan of simmering water with a lid, put an old tea towel or cloth at the base of the pan to stop the bowl from being in contact with the heat).
- To check place a knife into the centre, if it comes out clean it is cooked.
- Spoon a little more syrup over the top once cooked and serve with hot custard.

Christian Carden-Maund

Main course

Full English Frittata

3 large potatoes (skin on) sliced and boiled until soft

300 grams of black pudding slices

4 rashers of good quality rindless back bacon

400 grams good quality sausage meat

200 grams of sliced mushrooms

300 grams of small cherry tomatoes

4 large eggs

100ml of milk

Salt & pepper

- In a large oven proof frying pan add a drop of light oil and heat. Add the bacon and fry until just starting to brown, take out and set aside. Roll the sausage meat into little balls and add to frying pan with the black pudding slices and fry until just starting to crisp and brown, set aside with the bacon. Add the mushrooms to the pan and fry in the now flavoured oil until soft, set aside.

- To the pan add the sliced potatoes covering the entire base of the pan and sprinkle with a generous pinch of salt and pepper and fry gently in the flavoured oil until just starting to brown on the bottoms, now break up the bacon and arrange over potatoes, also arrange the sausage balls, black pudding, mushrooms and cherry tomatoes across the potatoes.
- Beat the eggs with the milk and another pinch of salt and pepper then pour over the breakfast mixture in the pan. Place in a hot oven, gas 6 electric 180 for about 10 minutes until the eggs have set and browned.
- Remove from oven and serve immediately in slices with hot buttered toast on the side.
- Can also be eaten cold with a green salad for a summer teatime treat.

Dessert

Classic Summer Pudding

8 slices of white bread with crusts removed

2 packs of frozen summer fruit or summer berry mix (available from all large supermarkets)

300 grams castor sugar

Splash of vanilla essence

100ml of ruby port

Knob of butter

- Take a large pudding basin and with the knob of butter grease the inside generously. Line the greased basin with the slices of bread making sure there are no gaps. Place the fruit in a large saucepan with the sugar, port and vanilla essence. Heat until the fruit starts to soften and give juice, taste to make sure the sweetness is to taste.
- Add mixture to the bread lined bowl and with the remaining bread cover the mixture making sure there are no gaps. Cover loosely with cling film and place a saucepan lid on top of the mixture to weight it down.
- Place in the fridge overnight for the fruit juices to soak into the bread and set the pudding.
- Take off cling film before laying a serving plate over the pudding and turning out to serve.
- Serve sliced, with double cream laced with vanilla sugar or melted white chocolate.

Dawn Robinson

Main course

Fish Pie

Serves up to 6

1000-1200g potatoes, boiled and mashed with lots of butter and seasoning

Salt and pepper

2 eggs – hard boiled, cooled, peeled and quartered

50g baby spinach

1 large onion, chopped

1 clove of garlic, finely chopped

1 large carrot, chopped

1 tablespoon olive oil

300ml double cream

100g grated Cheddar cheese

Heaped teaspoon of English mustard

25g finely chopped flat-leaf parsley

Juice of a lemon

450-500g mixed fish, consisting of any of the following: firm, white fish fillets (smoked or unsmoked, such as Cod, Haddock, Pollack, Basa); Salmon fillets; raw, unpeeled prawns – remove any skin and bones and cut into bite-sized chunks. You could buy the ready packaged fish pie mix that some supermarkets sell.

- Preheat your oven to 230°C/450°F/Gas Mark 8.
- In a large pan, gently fry the onion, garlic and carrot in a tablespoon of olive oil for about 10 minutes, until soft and translucent. Add the double cream and bring just to the boil.
- Remove from the heat and add half of the grated cheese, the mustard, parsley and the lemon juice. Gently mix in the boiled eggs, baby spinach and the fish.
- Tip into a baking dish and top with the mashed potato (I pipe mine on but you can just spoon it on and even it with a knife. You could even mark pretty lines in it with a fork).
- Top with the remaining grated cheese and bake in the oven for 30mins, until the potatoes are golden brown and the cheese has melted and looks delicious.
- I serve with some buttery minted peas.

Dessert

Rhubarb Fool with Custard Biscuits

Serves 4-6, with lots of biscuits left over for nibbling

To make the Fool:

400g rhubarb, chopped into 1cm pieces

75g clear honey

150g mascarpone cheese

250ml whipping cream

A few white chocolate curls or shavings

- Pop the rhubarb in a saucepan with the honey and cook gently for 20 minutes, until it's tender. Leave to cool, reserving four tablespoons in a separate bowl.
- Beat the mascarpone until loose and glossy, then lightly stir in all of the rhubarb, except for the four tablespoons, creating a nice ripple effect.
- Whip the cream to soft peaks, then fold that in too.
- Serve in a glass or bowl, topped with the remaining rhubarb that you kept to one side and decorate with the white chocolate curls.

For the custard biscuits:

125g butter, softened

225g caster sugar

1 egg

½ teaspoon vanilla extract

225g self-raising flour

75g custard powder

- 80g white chocolate, broken/chopped into small pieces
- Preheat the oven to 180 °C/350 °F /Gas Mark 4 and line two trays with baking paper.
- Cream the butter and sugar for a few minutes, until light and fluffy. Add the egg and vanilla extract and beat until well combined.
- Sift the flour and custard powder into the butter mixture; add the chopped white chocolate and form together to make soft dough.
- Roll the dough into tablespoon-sized balls and place on the prepared baking trays, leaving plenty of room for spreading. Use a fork and slightly flatten each ball.
- Bake for 10-12minutes until lightly golden. Remove from oven, leave to cool for five minutes, before transferring to a wire rack to cool completely.