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NICK COFFER'S WEEKEND KITCHEN

Recipes for the 23rd February 2013

Jo Pratt

Main course

Chicken, Cheese and Corn Quesa-d-easies

It's great to experiment with different filling options depending on what you like and can get your hands on. Just don't fill too much otherwise the quesadillas will be too difficult to flip over. It'll still taste good but it might look a bit battered! Our household favourite fillings include baked beans, grated Cheddar and a shake of Worcestershire sauce, or grated Cheddar with sliced avocado, fresh coriander leaves and tomato salsa.

Makes 2 adult or 4 kid-sized portions

PREPARATION TIME 5 minutes

COOKING TIME 12 minutes

4 flour or corn tortillas

1 handful of rocket leaves, to serve

For the chicken, cheese and corn filling:

2 large handfuls of grated Cheddar cheese

2 large handfuls of leftover cooked chicken, torn into small pieces

4 tbsp sweetcorn

2 tbsp sweet chilli dipping sauce, plus

Extra for serving (optional) 1 tbsp chopped parsley leaves

- Heat a frying pan to a medium heat. Put one tortilla in the pan and sprinkle over half of the filling ingredients. Cover with the second tortilla and cook for 2–3 minutes.
- Gently turn the whole quesadilla over and cook for a further 2–3 minutes until the base is golden and the cheese has melted.

- Remove the quesadilla from the pan and keep it warm while you cook the second one. Transfer them to a board and cut into quarters, using a pizza wheel if you have one. Serve hot with the rocket leaves and extra chilli dipping sauce, if you like.

Tortilla Pizzas

This is the quickest, easiest pizza that kids (and grown-ups) of all ages will enjoy. Simply spread 1 tbsp tomato purée or sun-dried tomato purée onto a piece of tortilla bread. Scatter over some grated Cheddar cheese (or half Cheddar and half grated mozzarella). Leave plain or add chopped ham, salami, shredded chicken, drained and flaked tinned tuna, sliced olives, sweetcorn, sliced onion or halved cherry tomatoes. Don't add too much or the pizza will be top heavy. Put on a baking sheet and cook in a preheated oven at 220°C/425°F/gas 7 for 8–10 minutes until melted and just how you like it.

P.S. It is well worth making one more than you think you'll need of these as they will be gone in seconds!

Main course

Salmon Gone-in-a-puff Parcels

The beauty of this recipe is that you can make the parcels small for younger children or big, using larger salmon fillets, for adults. You could also make it with filo pastry, layering three sheets together by brushing with some melted butter.

Makes 2 adult and 2 kid-sized portions, depending on the size of the fillets

PREPARATION TIME 15 minutes

COOKING TIME 20 minutes

175g/6oz mascarpone or cream cheese 2 tbsp chopped dill or chives

1 tsp Dijon mustard

finely grated zest of 1 lemon

1/2 bunch spring onions, thinly sliced 4 salmon fillets, whatever size suits

375g/13oz ready-rolled puff pastry

1 egg yolk

1 tbsp milk

Sea salt and freshly ground black pepper

Seasonal vegetables or salad to serve

cooked potatoes tossed in butter and chopped mint to serve

- Preheat the oven to 220°C/425°F/gas 7. Line a baking tray with baking paper or use a non-stick baking tray.
- Mix together the mascarpone, dill, mustard, lemon zest and spring onions, and season lightly with salt and pepper. Spread over the top of the pieces of salmon.
- Cut the pastry into four pieces big enough to wrap around each of the salmon fillets. Put the salmon fillets on the pastry and fold over the rest of the pastry to create a neat parcel. Trim any excess, if you need to. Cut a couple of holes in the top for any

steam to escape when cooking, then put them on the prepared baking tray. (You can cook straight them away or chill until needed.)

- When ready to cook the parcels, mix together the egg yolk and milk to make an egg wash and brush it over the top of the parcels. Bake for 20 minutes until the fish is cooked through and the pastry is golden.
- Serve hot with vegetables or salad, and cooked potatoes tossed in butter and chopped mint.

Marinated Five-spice Salmon

If you've some fresh salmon fillets or steaks (or any other fish fillets for that matter) that you plan on freezing, coat them in a tasty marinade first. That way all you need to do is defrost the fish in the fridge on a day you want a quick and easy meal that's not out of a packet. For 1 fillet or steak, mix together 1/2 tsp Chinese five-spice, 2 tsp soy sauce and 1 tbsp clear honey. Add to a freezer bag along with the fish and seal tightly. Move the fish around to evenly coat in the marinade, label the bag and store in the freezer. Once the fish is defrosted, grill, bake, fry or even barbecue until golden and cooked through. Add a squeeze of lime and serve with noodles or rice and stir-fried vegetables.

Dessert

Jammy Apple Tarts

Every household that includes kids has to contain jam tarts. These are simple to make and a lovely recipe to bake with the children. In the unlikely event that you don't eat all the jam tarts within a couple of days, don't let them go to waste – simply warm them through in the oven and serve with custard or transform into Jammy Apple Bakewells (see below).

Makes 12 tarts

PREPARATION TIME 5 minutes

COOKING TIME 15 minutes

Melted butter, for greasing

About 325g/11 1/2oz ready-rolled shortcrust pastry

12 tsp jam, whichever flavour you like 1 apple, peeled, cored and thinly sliced 2 tbsp

desiccated coconut or crushed flaked almonds

icing sugar, for dusting (optional)

Custard (see page 128) (optional), to serve

- Preheat the oven to 200°C/400°F/gas 6. Use a pastry brush to brush the holes of a shallow patty or bun tin with a little melted butter.
- Using a cutter, cut out 12 circles of pastry to fit the holes of the tin and lightly press into the holes. Put 1 tsp jam in each one, then lay the sliced apple on top. Scatter over the desiccated coconut or almonds and dust each one with icing sugar, if you like.
- Bake for 12–15 minutes until the pastry is golden, the jam is bubbling and the apple is becoming golden.

- While hot, carefully transfer to a wire rack and leave to cool. Serve warm or cold, dusted with more icing sugar, and with custard, if you like.

Jammy Apple Bakewells

If you don't manage to finish up all the tarts, you can use them as a base for some mini bakewells. Line a muffin tray with paper cases – about twice as many as you have leftover tarts. Roughly cut the leftover tarts into 1cm/1/2in pieces and divide evenly between the cases. Beat together 100g/3 1/2oz softened butter with 115g/4oz/1/2 cup caster sugar, then gradually add 3 beaten eggs alternately with 150g/5 1/2oz/1 1/2 cups ground almonds and 1 tsp almond extract. This quantity will make 6 generous muffins so adjust the quantities accordingly. Spoon the bakewell mixture into the muffin cases and bake in a preheated oven at 190°C/375°F/gas 5 for about 25 minutes until risen and golden. Serve hot or cold.

Nicole Bragaglia

Main course

Bolognese Al Forno

2lb mince beef or minced steak

3 gloves garlic, crushed

1 large onion, chopped

1 large glass red wine (optional)

1 large bottle of passata

Fill the empty bottle of passata with water

1 small tin of tomato puree

4-5 tbsps olive oil

Handful fresh basil

Salt and pepper to taste

You could add some porcini mushrooms as an optional extra

1 packet of pasta penne or rigatoni

1 large packet of grated mozzarella

- Fry off the onion and garlic in the olive oil, and then add the meat and brown well. Add the red wine and simmer well for a few minutes. Then put in the passata, water and tin of puree.
- Let it come up to the boil, then turn it down and let the sauce simmer for at least a couple of hours, stirring occasionally.
- Add the salt and pepper to taste and chuck in the basil towards the end of the cooking time.

- The secret to an amazingly tasty Bolognese is to let the sauce simmer for as long as possible. It tastes even better the day after, or let it cool for a few hours and reheat it before you serve. If the sauce looks too dry when you are letting it simmer, add a little more water.
- Boil the pasta al dente (not overcooked – it needs to have a slight bite). Then drain the pasta and put it in a large oven proof dish and stir in the Bolognese sauce. Make sure the Bolognese covers the pasta. Now add the mozzarella and stir through, leaving some for the topping. You could also add some freshly grated parmesan.
- Now put the whole thing in the oven at 180c until the cheese is bubbly and crispy – Yum!

Dessert

Berry delicious Biscuits and Cream

For the cream:

200g pot of mascarpone cheese

200g thick double cream or whipping cream

2tblsp caster sugar

As many mixed berries as you like – strawberries, blueberries, raspberries!

A sherry glass of your favourite liqueur – I use a sweet sherry or amaretto

- Place the mascarpone, cream and sugar together in a mixing bowl – make sure you've whipped up the cream first if you're not using thick double cream! Whisk that all together but be careful not to over whip the cream, it will become like butter.
- Stir in the alcohol and berries. Place in the fridge whilst you wait for your biscuits!

For the biscuits:

285g self-raising flour

225g soft butter

115g caster sugar

- Place all the ingredients in a bowl and work the mixture together to form a breadcrumb effect. Bring the crumbs together to form a dough.
- Line a baking tray with a sheet of greaseproof paper and take golf ball sized pieces of the dough. Give them space on the tray as they will expand in the oven. Squash them down a little with a fork to flatten the ball.
- They should only take approx. 8-10mins in the oven, or until golden brown. When they are ready, let them cool on a baking tray.
- Serve with the delicious berry cream!

David Nye

Main course

The Perfect Bangers & Mash with Cheats Gravy

(Serves 4)

For the Mash:

Eight good size potatoes (Morris pipers or King Edwards)

Fresh Garlic (thinly sliced)

Bunch of Spring onions (thinly sliced)

Splash of milk

- Peel and boil the potatoes for 20mins and drain. In a large pan soften the onions and garlic for 5 minutes.
- Mash the potato and then add to the pan with the garlic and onions and a good splash of milk and a good amount of salt and pepper, heat and stir well until piping hot.

For the Claret Cabbage:

Good size red cabbage (sliced)

Two apples (diced)

Three quarters a bottle of claret or red wine

One onion (sliced)

- Slice (not dice) the red cabbage, peel and dice the apple. In a largish pan sauté the sliced onion then add the cabbage; apple & red wine, then put the lid on a simmer for a good half hour adding a bit of water if needed.
- Serve once 70% of liquid has reduced.

For the Cheats Red Wine and Onion Gravy:

Two large onions (sliced)

Good splash of red wine

Gravy granules (three heaped table spoons)

Boiling water

- Cheats Red Wine & Onion Gravy- in a frying pan sauté the onions in some olive oil for 5 minutes, add the red wine, reduce for a couple of minutes then add the gravy granules and boiling water.
- Stir with a wooden spoon until you have the right gravy consistency/ thickness.

For the Sausages – Get some good quality pork sausages:

- You'll need 8 in total – pre heat grill/ oven. Put sausages on a tray and grill on a medium to high heat for 7 minutes on each side, if you use an oven, baste sausages in a little oil to stop skin drying. NEVER PRICK THE SAUSAGES.
- Bring all together and serve at the same time (chaps may mean some multitasking) best thing about the cabbage and mash is it tastes better the next day!

Main course

Grandma Winifred Nye's Toad in the Hole

When Grandma knew we were coming for lunch, she knew our favourite meal was Toad in the Hole. Monday was always the best day to go over, because she would use the beef dripping from the Sunday roast.

1 lb Pork Sausages
4 tblsp beef dripping

For the Batter:

4 oz plain flour + a pinch of salt
2 eggs
1/4 pint water + 1/4 pint milk

- Put the dripping into a roasting tin. Gently fry the sausages on the hob for 10 minutes while the oven warms up. While the sausages were gently frying and the roasting tin reaching the right temperature, take a large mixing bowl and measure 4 oz flour, sift it into the bowl with a pinch of salt.
- Break 2 eggs into the centre of the flour. With a hand whisk, bring the flour from the sides into the eggs gradually adding a mixture of milk and water until the batter was a smooth consistency.
- Place the mixture in the fridge for 5-10 minutes and turn up the oven to 425 degrees. Take the sausages out of the frying pan and place them into the hot roasting tray. Take the mixture from the fridge and pour it onto the sausages, quickly returning this to the hot oven.
- Thirty minutes later, enjoy the most delicious Toad in the Hole with a spoonful of creamy mashed potatoes and gravy - wonderful.