

NICK COFFER'S WEEKEND KITCHEN

OCTOBER 5TH 2013

Recipe Sheet

Adam Whitlock

Baked sausages & apples

2 braeburn apples
1 large fennel bulb
8 traditional sausages
2 red onions, each cut into 6
1tsp fennel seeds
2tbsp olive oil
2tsp honey
50-75ml (2-3fl oz) white wine
2tbsp fresh rosemary

Preheat oven to 200°C (180°C fan) gas mark 6.

1. Leaving the skin on the apples, cut each into 6 wedges, and then slice off any core. Tip into a medium roasting tin.
2. Next slice the fennel in half and remove and discard any core. Roughly chop the remaining fennel and add to the tin along with the sausages and onion wedges.
3. Toast the fennel seeds in a dry frying pan on a medium heat for 30 seconds and then scatter over the sausage mixture.
4. Add the olive oil, honey, wine, rosemary and plenty of seasoning. Toss together.
5. Roast for 40min, tossing occasionally, or until the sausages are golden and cooked through and the vegetables are tender and beginning to caramelise. Serve with your favourite bread to mop up any pan juices and mashes potatoes.

Smoked Haddock & sorrel fishcake

1 kg potatoes, roughly chopped
600g un-dyed smoked haddock fillet
1 bunch chopped sorrel
2 tbsp whole grain mustard
1 onion finely diced & sautéed
Grated zest of 1 lemon
Small handful chopped fresh parsley
2 eggs – beaten with 500ml milk
300g flour
500g panko breadcrumbs
Olive oil

1. Boil your potatoes, when soft, drain, and dry before mashing and leave aside
2. Poach the haddock in milk until the fish starts to flake, remove and allow to cool before gently removing the skin from the flesh.
3. In a large mixing bowl, add the mashed potato, sorrel, mustard, onion, lemon and parsley. Combine thoroughly before adding the haddock. Gently mix in the fish to allow you to get nice big pieces of fish in the cakes.
4. Roll into balls before rolling in the flour, eggs and then breadcrumb mix.
5. Use a plain cutter to shape neat cakes or if you prefer a more rustic approach fashion into cakes with your hands.
6. Shallow fry the cakes in olive oil in a frying pan on a medium heat until they are golden brown all over.

Celeriac & apple remoulade

1 celeriac
1 lemon
2 Granny smith apples
1 tbsp grain mustard
4 tbsp crème fraiche
Salt and pepper

1. Peel the celeriac and slice into thin slices.

2. Using a sharp knife (or mandolin) slice into matchstick sized lengths, place into a bowl and squeeze the lemon juice over, leave to sit for half an hour.
3. Grate the apple and add to the celeriac, along with the mustard and crème fraiche.
4. Combine well and season. Leave to sit covered in the fridge for at least two hours before serving.
5. Is a great alternative to coleslaw!

Churros with spiced chocolate sauce

90g caster sugar

1 tablespoon ground cinnamon

125g plain flour

125g self-raising flour

A good pinch of sea salt

2 tablespoons olive oil

1 litre sunflower oil, for frying

200g dark chocolate (70% cocoa solids), roughly chopped

50g milk chocolate, roughly chopped

½ tsp chilli flakes

½ tsp mixed spice

2 tablespoons golden syrup

300ml double cream

1. Mix the sugar and cinnamon together and set aside.
2. Put all the chocolate in a heavy-bottomed saucepan with the golden syrup and cream. Heat this over a low heat, stirring continuously to melt the chocolate, being careful not to let it burn.
3. Mix both types of flour with the salt into a metal or heatproof bowl and make a well in the centre.
4. In a separate bowl, mix the olive oil and 450ml **boiling** water together, then pour into the well, beating it well with a fork to get rid of any lumps. The dough should be slightly soft and sticky to touch. Let it rest for 20 minutes.
5. Fill a large, heavy-bottomed saucepan or wok with the sunflower oil – (it should be about one-third full). Heat the oil to 170°C or until a small piece of bread browns in less than 30 seconds.
6. Add the dough to a piping bag with a star-shaped nozzle and squeeze out churros directly into the hot oil, cutting them with a pair of scissors to the length you want. Be careful not to cook more than a

few at any one time, or they will all stick together. Fry for about 3 to 4 minutes until crispy and golden.

7. Remove from the oil with a slotted spoon and drain on kitchen paper. Sprinkle with the cinnamon sugar. Serve with pot of your warm chocolate sauce!

Anne Harnan

Green Garden Soup

2-3 tbsp oil

1 onion, sliced

2 sticks celery, sliced

2 cloves garlic, crushed

Large handful of shredded kale or cabbage

1 courgette, sliced

1 leek, thinly sliced

4-5 runner beans, thinly sliced

2 pints veg stock

Salt and pepper

1. Heat the oil in a large saucepan, and sweat the onions, garlic and celery for 3-4mins. Add the courgette, beans and leek and cook for a further 3-4mins, then pour in the stock.
2. Throw in the kale or cabbage and simmer for 5mins until everything is softened.
3. Season well with salt and pepper and add some garden herbs like parsley or chives if available.
4. Blitz for a smooth soup or leave chunky.

Steak and Kidney Pie

For homemade pastry:

250g plain flour, whizzed with 140g butter until blended. Add in 1 egg yolk and 3-4tbsp cold water and mix to form a dough. Leave to rest in the fridge for 1hr before using

Or: 1 packet puff pastry

2tbsp veg oil

250g stewing beef, diced

200g lamb kidney, diced

1 onion, sliced

1tbsp plain flour

1 pint beef stock

1 egg yolk, beaten, to glaze

1. Heat the veg oil in a large sauté pan, and fry the beef to brown it. Remove from the pan and do the same for the kidney, then add the onions and fry for 3-4mins.
2. Return the beef to the pan and add the flour. Stir well to coat everything, then pour in the stock. Stir well, bring to the boil, then simmer for 1- 1 ½ hrs.
3. Place in a pie dish and let cool. Then roll out the pastry to make a lid. Use strips of pastry to make a rim round the pie dish, using a wet pastry brush to dampen the edges of the dish first.
4. Add the pastry lid, then trim and crimp the edges with a fork.
5. Brush top of pie with egg glaze and bake at 220C for 30-40mins until golden brown.

Apple Strudel

5 eating apples, peeled and sliced

Knob butter

70g sugar

50g raisins

50g flaked almonds

½ tbsp ground cinnamon

Juice and zest of ½ lemon

1tsp cornflour

1 pack filo pastry

50g butter, melted

Icing sugar to dust

1. Put the knob of butter in a saucepan and when melted add the apples. Cook for 5mins until softened, then add the sugar, raisins and almonds and cinnamon.
2. Mix the lemon zest and juice with the cornflour to make a paste then add into the apples. Stir well so the mixture thickens then take off the heat and let cool.
3. Lay out a filo pastry sheet on a damp tea towel. Brush with melted butter, then add a second sheet of filo. Brush with melted butter and add another sheet of pastry and butter again.
4. Add the apple mixture in a line along the long edge of the pastry, then carefully roll it up into a log.
5. Place it with the join downwards on a lined baking sheet, and bake at 200C for 20mins until golden.
6. Dust with icing sugar before serving.

JAMES WINTER

Lamb Balti

For extra, more authentic flavour, make the spice mix here. Alternatively use your favourite curry powder

Serves 4

2 teaspoons cumin seeds
4 teaspoons coriander seeds
2 teaspoons black mustard seeds
2 dried karrachi chillies
2 teaspoons fennel seeds
2 teaspoons fenugreek seeds
2 tablespoons vegetable oil
1 large onion, finely chopped
5cm piece of stem ginger root, peeled and grated
5 garlic cloves, crushed
1 x 400g can chopped tomatoes
15 fresh curry leaves
1kg lamb shoulder or mutton, cut into large chunks
salt
250ml water

1 teaspoon garam masala
a large bunch of coriander, chopped
3 green or red bird's eye chillies

1. Add the spices to a hot dry pan and toast for about 1 minute. Keep the pan moving to stop the spices burning and the mustard seeds should begin to pop. You will get a nutty heat from the pan to tell you spices are done. Empty the spices into a spice grinder and grind to a fine powder.
2. Heat the oil in a pan and add the onion, ginger and garlic and gently fry until the onion softens and takes on a little colour at the edges. Add the tomatoes and the curry leaves. Cook until things thicken up slightly.
3. Add the spice mixture to the pan being careful to stir and make sure it doesn't stick to the pan. Add water if it looks too dry.
4. Add the lamb and stir. Add about a teaspoon of salt. Cook for about 5 minutes stirring all the time to get the lamb coated. Add the water put a lid on the pan and simmer it for 1½ hours.
5. Heat your balti pan. Transfer the lamb to it once hot then add a teaspoon of garam masala and a big handful of chopped coriander and 3 split birdseye chillies. Cook for 3 minutes until piping hot and the chillies have just softened. **If you don't have a balti pan then just add the spices and chilli to the lamb with the coriander.**
6. Serve at the table with a pile of naan and a bucket of cold beers.

LAMINGTONS

145g unsalted butter, softened
95g icing sugar
2 tablespoons cocoa powder
80ml boiling water
170g caster sugar
1 teaspoon vanilla extract
185g plain flour, sifted
1¼ teaspoon baking powder, sifted
125ml milk
2 eggs
75g shredded coconut

1. Preheat oven to 160°C. Melt 20g of butter in a saucepan. Combine the icing sugar, cocoa powder, water and the melted butter in a bowl and whisk them together. Set aside.
2. Using an electric beater combine the remaining butter, caster sugar and vanilla until light and creamy. Gradually add the eggs then sift in the flour and baking powder and fold in. Stir in the milk.
3. Line a 20cm x 30cm tin with baking parchment and pour your mixture in. Bake for 20 minutes or until a skewer can be inserted into the middle and removed without any trace of cake.
4. Remove the cake and let it cool slightly in the tin then transfer to a wire rack.
5. Top with the chocolate icing and dust with the coconut before leaving the chocolate to set. If you wish or you are from New Zealand you could cut the cakes in half and fill with raspberry jam before topping with the chocolate and coconut.