NICK COFFER'S WEEKEND KITCHEN RECIPE SHEET SATURDAY 9th NOVEMBER 2013

KUMUD GHANDI

Raan of lamb (gently spiced roast lamb)

The list of ingredients may seem long but this lamb will still taste amazing even if you don't have all the specific ingredients to hand.

I houlder or leg of lamb, weighing about 1.5 kg - 2 kg, trimmed of any surface flat 200g sliced onions (previously deep fried to crispy texture)

I tsp hot chilli powder

2tsp finely chopped ginger

2 tsp finely chopped garlic

50 ml malt vinegar

50g plain yogurt

2 tbsp rapeseed oil

I tsp cumin seeds

2 tsp ground cumin

2 tsp ground coriander

Itbsp fresh coriander, stalks and leaves

I tbsp rose water (optional)

3 potatoes, peeled and sliced 2cm thick

2 large red onions, sliced 2cm thick

3 bay leaves

2 cinnamon sticks, each about, 5cm long

3 green cardamom pods

200 ml chicken or lamb stock

I tsp salt

Itbsp chopped fresh coriander leaves and stalks

Extra oil to grease the roasting tray

I. With the tip of a sharp knife, cut small incisions in the lamb shoulders at approximately 5cm intervals.

- 2. In a separate bowl mix together the oil hot chilli powder, ginger and garlic, vinegar, yoghurt, fried onions, cumin seeds, ground cumin & coriander, fresh coriander, rose water and salt. Create a thick paste and using your hands, massage the spice mixture over the lamb, rubbing and pressing the spices into the gashes created by the knife. Set aside for a few hours or preferably overnight.
- 3. Arrange the sliced potato and onion on a deep well oiled baking tray. Place the shoulders on top of the potato and onion slices (create a stack), and the bay leaves, cinnamon and cardamom, then pour 200ml chicken stock around the shoulder.
- 4. Cover the tray with foil. Place in oven pre-heated to 160oc and braise for 3½ 4 hours, until the meat is very tender and ready to fall off the bone. Remove the lamb from the liquid and place on a cooking rack. Pass the liquid through a fine sieve and reserve to make the sauce.
- 5. For the sauce, just reduce the cooking liquid a little in a pan and, if you want, add a swirl of cream too.
- 6. You can eat everything in the dish the lamb, the onions, the caramelised potatoes. Serve with rice and flatbreads.

Chicken in a lemon and yoghurt marinade

50 ml Bio/ natural yoghurt

I tbsp rapeseed oil

I heaped tsp of finely grated ginger

I heaped tsp finely chopped garlic (about 4 cloves)

I hot green chilli

½ tsp turmeric

Salt to taste

I tsp ground cumin

I tsp ground coriander

1/4 tsp Garam masala

I tbsp fresh lemon juice

I tbsp fresh coriander

500 g chicken breast sliced into long thin pieces

- 1. Wash and drain the chicken, wipe dry with absorbent paper if necessary.
- 2. Place all the spices, herbs, yoghurt and oil in a bowl and mix thoroughly, adjust seasoning o taste as required, more or less heat, salt etc..
- 3. Add the chicken, mix well and leave overnight in the fridge time permitting

- 4. When ready to cook place a little oil in a wide non stick frying pan, about ½ tbsp just to oil the pan lay the strips of chicken, a few at a time to ensure you don't boil the chicken. Cook on a low heat for about 5 minutes on each side until cooked and slightly charred brown (not black) . remove from the pan and continue with the rest.
- 5. When ready to serve, squeeze a little lemon juice and fresh coriander and serve with cous Cous or pilaf rice or fold into a wrap, with a little salad.

Lemon Drizzle Tray Bake Cake

Serves 10-12

225g Butter
225g caster sugar
275g Self Raising Flour
2 tsp baking powder
4 eggs
4 tbsp Milk
Zest of 2 large lemons

For the crunchy sugar & lemon drizzle

Juice of 2 large lemons 175g granulated sugar

- 1. Cut a rectangle of non-stick baking parchment to fit the base and sides of a baking tray, about $28 \times 20 \times 4$ cm. Grease the tin and then line with the paper, pushing it neatly into the corners of the tin. Pre-heat the oven to 160° C/325°F/Gas 3.
- 2. Measure all the ingredients (except for the crunchy topping) into a large bowl and beat well for about 2 minutes. An electric mixer is best, but you can also beat by hand with a wooden spoon. Turn the mixture into the prepared tin, scraping the sides of the bowl with a plastic spatula to remove all of the mixture. Level the top gently with the back of the spatula.
- 3. Bake in the middle of the pre-heated oven for about 30-35 minutes or until the sponge springs back when pressed lightly with a finger in the centre and is beginning to shrink away from the sides of the tin.
- 4. Allow the sponge to cool in the tin for a few minutes then lift it out of the tin still in the lining paper. Carefully remove the paper and place the sponge onto a wire rack placed over a tray (to catch drips of the topping).

5. To make the crunchy topping, mix the lemon juice and granulated sugar in a small bowl to give a runny consistency. Spoon this mixture evenly over the sponge whilst it is still just warm. Cut into about squares when cold.

SEAN AUSTIN

Cheesy autumn vegetable strudel

300g butternut squash, peeled and diced

300g pumpkin, peeled and diced

100g carrots, diced

2 onions, sliced

I tsp garlic purée (or 2 garlic cloves, crushed)

5g (about 1 tsp) dried rosemary, or 1 sprig fresh rosemary

25ml olive oil

Sea salt & black pepper to season

75g butter

75g plain flour

650ml milk

250ml cream

225g goat's cheese, rind removed (you can use pretty well any cheese you want here though)

White pepper to season the cheese sauce

A little freshly grated nutmeg

8 sheets of ready-made filo pastry – two per person

20g parsley

I egg, beaten

Preheat the oven to 400°F / 200° C / gas mark 6.

- 1. Place the butternut squash, pumpkin, onions, carrots, garlic purée, rosemary, olive oil and seasoning into a roasting dish and roast for about 25 minutes, gently moving the contents around every now and then so they don't stick. Remove from the oven and leave to cool.
- 2. Make the goat's cheese sauce by melting the butter in a saucepan and adding the flour. Stir until the mixture forms a smooth paste then cook for about two minutes. Add the milk little by little, beating after each addition, until you have a smooth, thick sauce. Stir in the cream then crumble in the goat's cheese. Season with salt and white pepper and add a little grated nutmeg.
- 3. Add the goat's cheese sauce and parsley to the roasted vegetables and adjust the seasoning. Lay out I sheet of filo pastry and brush with a little beaten egg. Place a

- second sheet of filo pastry on top. Add the cheesy vegetable filling to the middle. Brush around the outsides of the pastry with beaten egg and roll. Brush the top with a little more egg and sprinkle a little sea salt and black pepper on top.
- 4. Place on a lightly oiled baking sheet and bake in the oven for around 20 minutes or until golden brown.

Fish Pie

500g potatoes, peeled and halved

375g coley

250g smoked haddock

125g prawns

25g capers

375ml milk

100g butter

50g flour

125ml double cream

I onion, sliced

125g leeks, sliced

125g fennel, stalks and root removed, quartered and sliced

50 ml white wine

1/4 tsp fennel seed, ground

2 tbsp freshly chopped parsley

100g cheese, grated

Salt & pepper

Preheat the oven to 400°F / 200° C / gas mark 6.

- 1. Put the potatoes in a saucepan and cover with water. Bring to the boil and then simmer until tender. When cooked, drain thoroughly and mash with a splash of milk and some butter. Season with ground black pepper.
- 2. Meanwhile place the fish in an ovenproof dish with the milk. Cook in the oven for about 15 minutes. Drain the milk and set aside, keeping for the sauce.
- 3. Melt 50g of the butter in a saucepan and add the flour. Stir until the mixture forms a smooth paste. Cook for about two minutes. Start adding the milk you used to cook the fish, stirring until the mixture blends smoothly. Continue adding the milk, beating well after each addition. Add the cream and season with salt and pepper.
- 4. Melt the rest of the butter in a frying pan. Fry the onion, leek and fennel until soft. Add to the sauce along with the fish, prawns, white wine, fennel seed and parsley. Mix well to coat.

5. Put the fish and sauce into a baking dish and top with the mashed potato. Scatter over the grated cheese. Pop in the oven for 20 - 25 minutes or until golden and bubbling at the edges.

Sticky toffee pudding with Guinness & sticky toffee sauce*

225g dates, stones removed
425ml Irish stout, such as Guinness
½ tbsp bicarbonate of soda
225g sugar
½ tbsp vanilla extract
85g butter, plus extra for greasing
3 eggs, beaten
225g self raising flour

For the sauce:
300 ml double cream
30g brown sugar
30g butter
I tbsp golden syrup

Preheat the oven to 400°F / 200°C / gas mark 6.

- I. Put the dates in a saucepan with the Guinness and cook until the liquid has reduced. Add the bicarbonate of soda and blitz with a hand blender.
- 2. Cream together the sugar, vanilla extract and butter in a mixing bowl, beating until combined. Add the eggs and beat into the mixture. Fold in the flour. Slowly add the date mixture, stirring gently as you go. Place in a greased, lined baking tin and bake in the oven for around 35-40 minutes, or until risen and cooked through.
- 3. To make the toffee sauce, place the double cream, the brown sugar, butter and golden syrup into a saucepan and bring to the boil. Leave to cool. Pour over the pudding when you're ready to serve.

^{*}it's his mum's prized recipe. Just don't tell her he gave it away!

RUSSELL BATEMAN

Pefect steak with simple caramelised onions, carrot ribbons and mustard

2 pieces of good quality thick beef steak (about 2cm thick). You can also use lamb leg steaks or pork steaks but the pork will need to be cooked longer to ensure it is cooked through.

I onion, cut in half and thinly sliced.

I carrot, cut into ribbons simply using a potato peeler

I large tbsp French grain mustard

50g butter

I sprig fresh thyme (or a pinch of dried thyme)

Olive oil

Salt and pepper

This will serve your steaks medium-rare. For medium, add one minute per side cooking time. For well-done, add a further minute.

- 1. Season the steaks well on both sides with salt and pepper.
- 2. Heat a frying pan on a high heat until it is very hot.
- 3. Drizzle in some olive oil and put the steaks straight in. Avoid moving them about.
- 4. Leave them to cook for 2 minutes. They will be nice and brown and caramelised on the base.
- 5. Turn the steaks over and cook for a further 2 minutes.
- 6. Chuck in the butter and let it bubble up, creating a nutty brown sauce.
- 7. Baste the steaks on both sides with the butter sauce then remove the steaks and leave them to simply rest on a plate.
- 8. Keep the oil and butter in the pan then fry the onions for 5 minutes until soft and golden.
- 9. Add in the carrot ribbons for a couple of minutes then add the thyme. Season to taste.
- 10. Put the steaks back into the pan (as well as the juice on the plate), on top of the vegetables,
- II. just to warm up for a minute.
- 12. Slice the steaks and serve the slices on top of the vegetables. It's a hearty main course in its own right but you can serve it with mashed potatoes, oven-baked potato wedges or just a simple green salad.

Velvet chocolate custard mousse with raspberries and cake croutons

For the custard:
125ml cream
125ml milk
50g caster sugar
3 egg yolks
1 tbsp cocoa powder
100g dark chocolate
A punnet of raspberries

For the croutons:

You have a few choices here:

If you have some leftover sponge cake, cut it in cubes and bake the cubes in a hot oven for 10 minutes until golden and crispy.

Or cut some bread into small cubes, toss them in some melted butter, bake in the oven until golden and brown and then dust with icing sugar.

Or simply cut up some "Lady Finger" biscuits.

- I. In a pan on a gentle heat, slowly bring the milk and cream to the boil.
- 2. Meanwhile, whisk together the sugar, yolks and cocoa powder in a separate bowl.
- 3. When the cream and milk begins to boil, take it quickly off the heat and pour it into the sugar/yolks/cocoa mixture.
- 4. Whisk it all together then pour the mixture back into the pan and cook it gently for I minute, stirring all the time. It will slowly thicken until it is thick enough to coat the back of a spoon.
- 5. Break the chocolate into small pieces in a separate bowl. Pour the hot "custard" mix on to the chocolate and stir everything together until the chocolate melts. You will get a luxurious, thick and silky mixture.
- 6. Serve in coffee cups or small bowls and sprinkle the raspberries and croutons on top.

You can serve this warm or leave it cool. If you leave it cool and put it in the fridge, it will have the lovely texture of a creamy mousse!