

Recipes 2017

SUNDAY

Chicken paprika

Serves 6

1 kg chicken pieces	1 tbsp flour
salt	1 chicken stockpot
2 tbsp olive oil	3 tbsp chopped fresh flatleaf parsley
knob butter	2 red peppers, seeds removed and cut into 1cm/0.5in strips
1 onion, chopped	4 large ripe tomatoes, roughly chopped
2-3 cloves garlic, chopped	250ml/8fl oz soured cream
2 tbsp sweet paprika, or 1 tbsp each sweet and hot paprika	450 g rice

Rub the chicken pieces with salt. Heat the oil and butter in a large heavy-bottomed pan and brown the chicken all over for a few minutes. Remove the chicken from the pan and set to one side.

To the same pan, add the onions and garlic and sweat for about 5 minutes. Add the paprika, then the flour, and stir until combined - take care not to burn it.

Add the stockpot and ½ ltr of water and stir. Return the chicken pieces to the pan, adding a bit more water if the mixture seems too dry. Add half of the parsley and bring to the boil. Add the red pepper strips, reduce the heat and simmer for 10 minutes. Stir in the tomatoes and simmer gently for about 1 hour.

When the chicken is cooked, remove the pan from the heat. Stir in the sour cream and the remaining parsley. Check the seasoning and serve with rice.

Rude Grude

(redcurrant jelly)

Recipes 2017

MONDAY

Pasta bolognese

Serves 6

500g lean minced beef (5% fat)	glass red wine or 150ml/¼pt beef stock
handful sliced mushrooms	1 tsp dried mixed herb
2 garlic cloves, crushed	400g penne
3 tbsp sundried tomato purée	Handful basil
400g can chopped tomato	

Brown the beef in a large frying pan for 5 mins, then throw in the mushrooms and soften for 3 mins. Stir in the garlic and sun-dried tomato purée and cook for 2 mins. Add the tomatoes, wine or stock, dried herbs and seasoning. Bring to the boil, then simmer for 10 mins.

While the sauce is simmering, cook the pasta as per pack instructions, drain, then serve with the sauce and torn basil leaves scattered on top.

Gooseberry Fool (*serves 8*)

800g gooseberries	200g golden caster sugar
2 vanilla pods	500ml double cream
500ml plain yoghurt	Shortbread biscuits

Put the gooseberries and sugar in a pan over a medium heat. Split the vanilla pods, scrape out the seeds and add them and the pod to the berries. Stew for 10 minutes, until softened, then let cool.

Whip the cream to very soft peaks and fold through the yoghurt. Fold three-quarters of the cool gooseberries through the cream. Spoon the fool into bowls, and spoon over the remaining berries. Serve with shortbread biscuits for dunking, or crumble over the top.

Recipes 2017

TUESDAY

Lamb and chickpea curry

Serves 6

olive oil	3 onions
300 g diced lean lamb shoulder	10 curry leaves
1 teaspoon mustard seeds	2 x 400 g tins of chickpeas
½ teaspoon ground turmeric	1 vegetable stock cube
1 teaspoon chilli powder	1 x 400 g tin of plum tomatoes
1 tablespoon Madras curry powder	½ x 400 g tin of light coconut milk
5 cm piece of ginger	200 g baby spinach
4 cloves of garlic	1 bunch of fresh coriander
450 g brown rice	

Heat 1 tablespoon of oil in a large pan over a medium heat, add the lamb, spices and curry powder, then cook gently for 15 minutes, or until browned all over, stirring occasionally. Meanwhile, peel and finely slice the ginger, garlic and onions. Add the sliced ingredients and curry leaves to the pan, then cook for a further 10 to 15 minutes, or until softened, stirring occasionally.

Tip in the chickpeas (and their juice), then crumble in the stock cube. Pour in the tomatoes and 1 tin's worth of hot water.

Season lightly with sea salt and black pepper, then slowly bring to the boil, breaking up the tomatoes with the back of a spoon.

Cover with a lid, reduce the heat to low, and simmer gently for 1 hour 30 minutes, or until the lamb is tender and the sauce has thickened and reduced, occasionally stirring and scraping any bits from the bottom of the pan.

Add the coconut milk and spinach to the pan, stir well, then bring just back to the boil.

Have a taste and season to perfection, then tear the coriander leaves over the top.

Delicious served with brown basmati rice.

Pears and custard

Recipes 2017

WEDNESDAY

Beef Olives

Serves 6

6 slices blade steak or topside	4 oz. fresh breadcrumbs
2 Oxo cubes	1 lemon
1 onion	2 oz shredded suet
butter	1 egg
Potatoes	peas

You need cotton twine for this recipe

First make the stuffing. Put the breadcrumbs in a mixing bowl with the suet and mix together thoroughly. Grate a little zest off the outside of the lemon and stir in with the mixture. Add 1 small teaspoon lemon juice. Beat the egg and stir in. Form the mixture into a ball.

Lay out the slices of beef and place a portion of stuffing in the centre of each. Roll the beef round the stuffing and tie up with cotton twine. Finely chop the onion and fry in the butter in the dixie. Add the rolled beef and brown all over. Add enough water to cover and crumble in the oxo cubes. Bring to the boil and simmer for about an hour.

Serve with potatoes and a green vegetable.

Plums and custard

Recipes 2017

THURSDAY

Cider sausages

Serves 6

Vegetable oil for frying	3 tablespoons flour
1½ lb beef/lamb sausages	¾pt medium-dry cider
1 onion, sliced into rings	¼ pt water
3 celery stalks, chopped	1 bouquet garni
3 carrots chopped	salt and pepper
parsley	potatoes

Melt the oil in the dixie. Put the vegetables into the dixie and fry, stirring constantly until lightly coloured. Add the sausages and fry until browned on all sides. Stir in the flour and cook for 1 to 2 minutes. Pour in the cider and water and bring to boil. Add the bouquet garni, and salt and pepper. Cover and cook for 45 minutes. Sprinkle with parsley.

Serve with mashed potatoes.

Cheesecakes

Recipes 2017

FRIDAY

Chicken Marengo

serves 6.

6 chicken joints	4 fl oz. dry white wine
bay leaf, parsley & seasoning	1 lb ripe tomatoes/ 1 x 14oz can
salt and pepper	flour for coating
2 medium onions, sliced	1 chicken stockpot
1 clove garlic, finely chopped	8 oz mushrooms
2 tablespoons olive oil	pinch basil & marjoram
2 oz butter	lemon juice.
rice	

Heat the oil and butter in the dixie. Flour the chicken joints lightly and fry briskly in the dixie until golden brown all over. Add the onion and garlic and fry until the onions begin to change colour. Add the stockpot, wine, and mushrooms, $\frac{3}{4}$ cover with water and boil for 2 - 3 minutes. Add the tomatoes coarsely chopped and the herbs. Season with salt, pepper and lemon juice. Cover and cook gently for about 40 minutes until the chicken is tender. Serve with rice or pasta

Fruit salad

Recipes 2017

SATURDAY

Beef in beer

Serves 6

2 tablespoons plain flour	1 kg (2 lb) braising steak, cut into chunks
25 g (1 oz) butter	1 tablespoon oil
2 onions, chopped	2 celery sticks, sliced
several thyme sprigs	2 bay leaves
400 ml (14 fl oz) strong ale	300 ml (½ pint) beef stock
2 tablespoons black treacle	500 g (1 lb) parsnips, peeled and cut into wedges
salt and pepper	potatoes
	peas

Season the flour with salt and pepper and use to coat the beef. Melt the butter with the oil in a large, flameproof casserole and fry the beef in batches until deep brown. Drain with a slotted spoon while cooking the remainder.

Add the onions and celery and fry gently for 5 minutes. Return the beef to the pan and add the herbs, ale, stock and treacle. Bring just to the boil, then reduce the heat and cover with a lid and simmer for 1 hour.

Add the parsnips to the dish and cook for a further 30 minutes or until the beef and parsnips are tender. Check the seasoning and serve.

Eton Mess

Recipes 2017

SUNDAY

Pork and orange chop suey

Serves 6

rind of 2 medium oranges (cut into matchstick strips)	6 tablespoons vegetable oil
1 kg pork fillet, thinly sliced across the grain	2 onions, finely chopped
8 tablespoons orange juice	5 cm fresh root ginger, peeled and finely chopped
8 tablespoons clear honey	2 packets bean sprouts
4 tablespoons crunchy peanut butter	4 tablespoons light soy sauce
1 teaspoon mild chilli powder	noodles

Blanch the orange rind in boiling water for 1 minute, drain, rinse and drain again. Set aside. Heat 4 tablespoons of oil in the dixie. Add the pork and stir fry for 4 minutes until lightly browned on all sides. Set aside.

Heat 2 tablespoons of oil in the dixie. Add the onion and ginger and stir fry for 3 minutes, until soft but not browned. Stir in the other ingredients, except the orange rind. Cook for 1 minute. Return the pork to the dixie with half the orange rind, mix well, and cook until piping hot. Sprinkle the rest of the orange rind over the meal, and serve with noodles.

Brown George Pudding

serves 6

1 large apple	1 teaspoon ground ginger
½ teaspoon mixed spice	milk
3oz suet	2 oz sugar
1 teaspoon baking soda	4 oz breadcrumbs
4 oz plain flour	syrup sauce
2 eggs	

Peel and chop the apple finely. Mix together the dry ingredients, add apple, beaten egg and enough milk to make a dropping consistency. Cook individual portions in foil envelopes for about 45 minutes. Serve with syrup sauce.

Recipes 2017

MONDAY

Turkey stir-fry

Serves 6

4 teaspoons cornflour	80ml (4 tablespoons) soy sauce
80ml (4 tablespoons) seasoned rice vinegar	1 garlic clove, crushed
2 teaspoon brown sugar	60ml olive oil
50g pine nuts	1 onion, thinly sliced
2.5cm fresh ginger, cut into very thin strips	1 bunch asparagus, ends trimmed, cut on the diagonal
6 spring onions (salad onions), cut into strips on the diagonal	1 small bunch baby carrots, peeled, julienned
500g cooked turkey (white and dark meat), cut into strips	egg noodles

Place the cornflour and four tablespoons of water in a bowl and stir until smooth. Stir in the soy sauce, vinegar, garlic and sugar and set aside.

Heat one tablespoon of oil in a wok over medium-high heat. Add the pine nuts and stir-fry for one minute until golden. Set aside on paper towel to drain. Add onion and ginger to the wok and cook for 1-2 minutes. Add asparagus, spring onion and carrot and cook, stirring, for a further two minutes. Add the turkey and cook for a further minute. Add reserved sauce and bring to the boil. Cook until thickened and combined. Add the pine nuts and then serve with noodles or rice.

Yogurt corners