

# **NICK COFFER'S WEEKEND KITCHEN RECIPE SHEET SATURDAY 16th NOVEMBER 2013**

**SAIRA HAMILTON**

## **Cardamom, pistachio and white chocolate brownies**

Makes 10-12 brownies

185g dark chocolate  
185g butter  
3 large free-range eggs  
275g golden caster sugar  
85g plain flour  
40g unsweetened cocoa powder  
100g white chocolate chopped into chunks  
50g chopped pistachios  
½ teaspoon cardamom powder

1. Melt the dark chocolate and butter. Either in the microwave covered with cling film on high for 2 minutes, or in a bowl over simmering water. Set aside to cool.
2. With an electric whisk or mixer, whisk the eggs and sugar together until the whisk leaves a trail in the mix.
3. Pour the melted chocolate mix into the eggs and fold in carefully.
4. Sieve in the flour and cocoa powder and fold in carefully – take your time to ensure you don't lose all the air that you whisked up before!
5. Stir in the white chocolate, pistachios and cardamom powder until well combined.
6. Pour into a greased and lined brownie tin or any shallow square or rectangular cake tin. I use the disposable foil trays more often than not which measure 32x26cm.
7. Bake in a pre-heated oven at 170° (160°C fan) for approx 25 minutes. Check the 'wobble' after 25 minutes, they sometimes need a few minutes more.

Dust with icing sugar and serve with a scoop of vanilla ice cream and the home-made Irish liqueur:

1x397gm can condensed milk

1 cup single cream  
1 cup Irish whiskey  
1 teaspoon instant espresso powder  
2 tablespoons chocolate syrup  
1 teaspoon vanilla extract

Put all ingredients into a blender and whizz until well combined.  
Keep refrigerated and shake before serving. Keeps for 2 months in the fridge.

## **Cheese and spinach tarts with poppy seed pastry**

For the pastry

225g self raising flour  
115g butter  
115g margarine  
50g vegetable shortening (Trex or Crisco)  
2 tbsp poppy seeds  
1 egg yolk  
4 tbsp cold water

For the filling

1 tbsp cold-pressed rapeseed oil or vegetable oil  
¼ red onion, finely diced  
2 cloves garlic, finely chopped  
100g washed spinach, chopped  
½ tsp turmeric  
1 tsp whole cumin seeds  
75g feta cheese  
75g mozzarella cheese  
2 eggs, beaten  
splash of single cream  
salt and pepper to taste

1. Pre-heat a moderate oven (180°C/ Gas Mark 4). Place the flour in a mixing bowl. Measure out the 3 fats and cut into cubes.
2. Rub in the fat to the flour, using a pastry blade if you have one. Stir in the poppy seeds
3. Mix the egg yolk and water, and pour into the flour mix. Using a palette or dinner knife bring together as much as possible. Finally use your hands to press the pastry into a ball.

Try not to overwork the pastry. Cover with cling film and chill in the fridge for 30 minutes.

4. Roll out the pastry onto a floured surface, and use a cutter to cut rounds to fit a shallow bun tin. Alternatively, you can make one traditionally sized tart if you prefer.
5. Brush the bun tin with oil or butter and press the pastry rounds into the indents.
6. Line with baking paper and using baking beans, bake the pastry cases blind for 10 minutes at 180°C.
7. Meanwhile make the filling. Gently fry the garlic in the oil in a medium-sized frying pan for 2-3 minutes. Add in the turmeric and cumin seeds and fry for another minute. Then add in the spinach and turn over in the spiced oil until wilted. Set aside to cool.
8. Beat together the eggs and cream in a jug and season with salt and pepper.
9. Crumble the feta, and cut the mozzarella into small cubes.
10. Once the pastry cases are cooked and cooled, you can assemble the tarts. Place a teaspoon full of the spinach in the pastry case, a few cubes of both cheeses, then top up with the egg mixture.
11. Bake in the preheated oven at 180°C oven for 12-15 minutes until the filling is set. If making one large tart, you will need to cook it for around 30 minutes. The tarts can be served hot or cold.

## **Bacon and savoy cabbage penne with lemon gremolata**

For four people:

350g penne or similar

200g bacon, chopped

1 savoy cabbage (dark green outer leaves discarded), leaves shredded.

Zest and juice of 1 lemon

2 good handfuls breadcrumbs

Handful of chopped flat leaf parsley

Salt and pepper

Freshly grated parmesan

1. Cook the pasta as per the packet instructions.
2. Meanwhile, fry the bacon in a pan on a medium heat with a little oil. Once it has started to go crispy, add in the shredded cabbage. Stir for a minute, add in a good drizzle of water then cover the pan for 3-4 minutes so the cabbage steams down a little.
3. Once the bacon and cabbage are cooked, remove them from the pan and keep them on one side in a bowl (covered so they stay warm).
4. Add some oil into the pan and fry the breadcrumbs until they are golden. Mix in the chopped lemon zest and the parsley and take off the heat.

- Mix the bacon and cabbage into the cooked and drained pasta, adding in the juice of the lemon too. Season to your taste and serve the pasta in bowls with the gremolata heaped on top and freshly grated parmesan to serve.

## **SARAH-JANE LEWIS**

### **Marsala, ginger and plum cake**

5 eggs

250 grams room temperature butter

250 grams self raising flour

250 grams caster sugar

3 balls of stem ginger chopped into tiny pieces

Large splash of Marsala (I'm sure Port or any other nice fortified wine would do)

4/5 large plums

Heaped tablespoon of brown sugar

Round cake tin 22 cm in diameter (I use silicon because I am too lazy to line tins)

Heat the oven to 160°C Fan/180°C regular/Gas mark 4

- First roast the plums. Quarter and stone them and put in a roasting tin with the brown sugar and Marsala. Roast on a medium oven for about 30-40 minutes until they are soft and slopping around in thick sugary juices.
- While you are doing that make your sponge as usual with the butter, eggs, sugar and flour. Cream the butter and sugar then add the eggs one at a time then fold in the flour. When mixed add the stem ginger.
- By now you should have your plums out the oven and be ready to cook the sponge.
- Get your cake tin and spread half the mixture over the bottom, then spread the plum mixture over this, then the other half of the cake mixture. Try to completely cover the plums with the mixture so it doesn't burn. Cook for 30 minutes, and then check it and cook for longer if needed.

### **Pork stuffed with chorizo and fennel seeds**

Either one 400g tenderloin of pork, cut into 3 or 3 separate pork fillets

12 rashers of streaky bacon (smoked if you like) or 6 slices of Parma Ham

About 6 inches of chorizo, chopped in to small pieces

Half an apple, cored, skinned and chopped into small pieces

2 teaspoons of fennel seeds

A sprinkle of breadcrumbs

You will also need some cling film, food-grade string and some foil. Have 4 lengths of string ready cut, about 30cm long.

1. Start by making the stuffing. Put the chorizo and fennel seeds into a frying pan on a slow heat to release the juices, then when there is a little oil released add the apple. Let this cook down until the apple is softer and the flavours have all merged. You may feel that it looks a bit greasy, so add a few breadcrumbs to mop it up if you want.
2. You want to keep all the flavours so don't get rid of the oil, it's going to baste from the inside. When done put this aside.
3. Now start on the pork. Place each pork fillet on a wooden board, cover it with cling film and bash it flat and thin with a rolling pin or meat hammer. Season with salt and pepper on both sides.
4. Now for the interesting part. Place your rashers of bacon or ham in a overlapping row in front of you on a board or the work-top. Then place the pork in an overlapping pattern on top of the bacon, but at a different angle. This way you don't have cracks between the layers opening up and spilling the chorizo everywhere.
5. Smear the stuffing on top of the pork, don't feel that you have to use all of it, it may not all fit. You now need to roll this up into something that looks a bit like a burrito or a giant sausage roll. As you roll, keep tucking in the pork and bacon so that when you finish you have a layer of pork or bacon around the outside. Now tie the roll up with the string; 3 pieces around it's middle and 1 along it's length. This should feel reasonably secure now.
6. If you try and cook this without anything else to protect the outside you are going to end up with chorizo flavoured rubber tyre that's scorched on the outside. So wrap the whole thing up in a couple of layers of foil. Cook for about 45 minutes then take the foil off and check if it's nearly cooked, finish off cooking without the foil so that the ham or bacon gets a little crispy.
7. The cooking time is going to depend on the size of the roll. How do you know it's done? Either use a meat thermometer or gently cut into the roll and check. Then just cut through the string and slice and enjoy.

## **Traditional savoury cauliflower cheese**

1 head of cauliflower

Large knob of butter

A spoonful or 2 of flour

Cheese, I used about 100 grams of mature Cheddar and about 40 grams of Gran Padano  
Milk, about 1 pint

## Worcestershire Sauce

Heaped teaspoon of wholegrain mustard

1. Break the cauliflower up into small pieces. I then steam these but you could boil it also. Whichever you choose, retain some of the cooking water in case you need it later to loosen the sauce. This takes about 10 minutes or so, poke the florets with a sharp knife every now and then to test. While the cauliflower is cooking make the white sauce.
2. I don't weigh or measure ingredients for a white sauce, I do it by feel and with cold milk. Take a nice solid pan and a whisk. Add a large knob of butter and let this melt. Add a spoonful of flour and whisk this into the butter. If you have a sludge then add a bit more flour until you have a crumb-like consistency. Cook this for a few seconds in the pan and keep it moving with the whisk.
3. Then add a slug of milk. It will heat quickly and go lumpy. Put in some elbow grease with the whisk and get rid of those lumps. Add more milk little bits at a time and keep whisking it in. Stop adding milk when you have a sauce the thickness of single cream, and cook for a few minutes on a low heat while you add most of the cheddar cheese, splash of Worcestershire Sauce, the mustard and salt and pepper (white if you have it).
4. Keep stirring with the whisk and assess the thickness and add a little cauliflower water if needed to loosen. Then put your cooked cauliflower into the sauce pan and mash it up a little into the sauce. Then empty the whole lot into a baking dish and tip over the rest of the 2 cheeses.
5. Bake in an oven at 180°C/ Gas Mark 4, for about 20 minutes until the top has browned and the sauce is bubbling.

## **MIKE TAYLOR**

### **Stuffed omelette pancakes (two variations)**

A great recipe that came about when we had a friend come to dinner that required a Gluten Free diet as this would normally be done with traditional Pancakes. This works well as a starter with a small salad and some nice bread, a supper dish or as a main course with addition of what ever vegetables you prefer to use. The fillings can be what ever you like but these are two fillings suitable for a vegetarian. You can make both fillings at the same time, or just choose one of them.

#### **For the omelette pancakes:**

3 large eggs

3 tablespoons Milk

1 teaspoon herbs of your choice

Salt and pepper to taste

### **Mushroom Filling:**

250 g mixed mushrooms such as Chestnut, Oyster or even wild mushrooms

½ small onion chopped finely

Knob butter

1 tsp thyme (or other herbs to your taste)

Salt and pepper to taste

Worcester Sauce

### **Sauce for the top of the mushroom omelettes**

25 g CornFlour

175ml Milk

Salt and pepper

1 teaspoon dried mixed herbs

Dash Worcester Sauce

### **Ratatouille**

2 tablespoons Olive Oil

1 small onion finely chopped

1 small red pepper diced

2 courgettes diced

½ aubergine diced

4 tomatoes chopped

3 cloves garlic finely chopped

2 tablespoons tomato puree

3 tablespoons wine vinegar

2 tablespoons fresh herbs such as Rosemary, Thyme, Bay and basil or a mix of them.

Salt and pepper to taste

50 g hard cheese grates such as Gruyere, Cheddar or Parmesan

1. Make the Omelettes in a small pan one at a time.
2. Heat the frying pan and put in 3-4 tablespoons beaten egg mixture and spread around thinly as possible as you would a pancake.
3. Cook for approx. 2-3 mins and turn over to cook the other side for a further minute.
4. Turn out onto a plate and continue till all cooked. You should get 8-10 depending on the size of the pan.
5. Leave to cool in a stack

Make the fillings

### **Mushroom:**

1. Heat the butter in a saucepan and gently fry the onion until just soft.

2. Add the mushroom and gently cook until soft (approx. 10 mins).
3. Add the herbs ,Worcester sauce and salt and pepper and leave to one side of the heat.
4. Make the topping sauce by blending the cornflour with a small amount of milk. When blended mix in the rest of the milk and put in a saucepan over a low heat.
5. Add the dried herbs and stir continuously until boiling and thickened.
6. Turn down the heat and add the Worcester Sauce plus salt and pepper and simmer for 5 minutes.

### **Ratatouille:**

1. Heat the olive oil in a saucepan and gently fry the onion until soft.
2. Add the courgette and Aubergine and cook for 4 mins.
3. Add the garlic tomato, tomato puree, vinegar and herbs and cook with the lid on for 15 mins.

To assemble:

1. Put half the omelettes on the work surface and fill each with a mixture. Roll each one up as a cylinder and put in an oven proof dish.
2. With the mushroom omelettes, add the sauce to the top.
3. With the Ratatouille one spread any of the left over ratatouille mixture on the top.
4. Grate the cheese on the ratatouille ones.
5. Back in a hot oven at 180°C/ Gas Mark 4 for 10-15 mins until the cheese is melted and the sauce is bubbling.

## **Autumn Fruit Sponge Pudding**

This is a my version of the classic “Eves Pudding” which is apple and can be a adapted to suit any fruit. This one has pear, apple and blackberry with cinnamon and a ginger sponge for the top

1 Bramley Cooking Apple sliced  
 3 Conference Pears sliced  
 200 g Blackberries  
 50 g Demerara Sugar  
 1 tsp Cinnamon

For the Sponge:

125 g soft butter  
 125 g Caster Sugar  
 2 large eggs  
 125 g Self Raising Flour  
 2 pieces Stem Ginger chopped finely (from a jar)  
 2 tbsp ginger syrup from the stem ginger

1. Put the apples and pears in a saucepan with the sugar and cinnamon and place on a low heat to allow the sugar to melt for 3-4 minutes.
2. Add the blackberries and cook for a further 3 minutes.
3. Put to one side while you make the sponge.
4. Cream the butter and sugar together until light and fluffy.
5. Beat in the eggs one at a time and beat well.
6. Sift the flour and mix well.
7. Stir in the ginger pieces and the syrup.
8. Liberally butter 1 oven proof baking dish or 4 ramekin type dishes.
9. Place the fruit mixture in the bottom of the dish.
10. Spread the sponge mixture on the top.
11. Bake in the oven at 180°C for 45-50 minutes if in one dish or 30 minutes if in the smaller individual dishes.
12. Serve with custard, cream or some lovely ice cream.