

Churston Traditional

FARM SHOP

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RECIPES APRIL 2015

CRISPY BEEF STIR-FRY WITH PAK CHOI AND NOODLES

Ingredients for four. 500g lean rump steak, two-inch piece of root ginger, two spring onions, four large garlic cloves, one red and one green chilli, four tablespoons light soy sauce, two blocks dried medium egg noodles, three or four heads of pak choi, one large Spanish onion, small jar hoisin sauce, vegetable oil for frying.

Method. Roughly chop the spring onions, chillies, ginger and garlic and place in a blender with the soy sauce. Whizz for about 15 second to form a fairly coarse paste. Cut the beef into strips. Mix the beef and paste together in a bowl and refrigerate for two hours. Put the noodles in a large saucepan, cover with boiling water, put the lid on and leave. Finely slice the onion and wash, drain and chop the pak choi, cutting the stalks thinly and the leaves in larger pieces to ensure even cooking. Heat some oil in a wok or frying pan and when it starts to smoke add the beef a few pieces at a time and fry until crisp, reserving on a dish on a warm place. Add more oil and fry the onion and pak choi until just tender. Add the drained noodles, the beef and the hoisin sauce, stir well to coat, heat through for a minute and serve

BEEF PARCELS

Ingredients for four. Four large slices of topside, 50g smoked back bacon, one large garlic clove, 50g home-made white breadcrumbs, two tablespoons finely-chopped curly parsley, olive oil, two large onions, two tins chopped tomatoes, bay leaf, spring of thyme, large pinch of sugar, dash of balsamic vinegar, sea salt, freshly-ground black pepper, vegetable oil for frying.

Method. Place each slice of beef between two sheets of greaseproof paper or baking parchment and batter gently but firmly with a rolling pin until increased in area by about 50 per cent. Finely chop the bacon and garlic and mix in a bowl with the parsley and breadcrumbs. Add a dash of olive oil and form into four balls. Place each in the centre of a slice of beef, roll the beef up and secure with string. Brown on all sides in vegetable oil and transfer to a shallow dish. Sweat the chopped onions in a little oil and add the tomatoes, bay leaf, thyme, sugar and vinegar and a generous seasoning of salt and pepper. Incorporate well over a medium heat then pour over the beef. Cover the dish with foil and cook in the centre of an oven heated to 190C gas mark 5 for 45 minutes.

Churston Farm Shop Dartmouth Rd, Brixham TQ5 0LL

Tel: 01803 845837 | Email: postmaster@churstontraditionalfarmshop.org.uk