

Churston Traditional

FARM SHOP

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CHURSTON FARM SHOP RECIPES AUGUST 2017

One of the best-kept secrets in London is the salt beef sandwich bar tucked away in a corner of the food hall in Selfridge's which – by way of homage to the store's American founder – offers a complete New York diner experience.

Travel a few miles east and you'll find two 24-hour bagel and salt beef shops trading at the top of Brick Lane, a reminder that before the Bangladeshis arrived this was London's most populous Jewish quarter.

Cured beef has sadly been eclipsed in this country by cured pork but salt beef in all its variations offers as much by way of flavour if not more, particularly in the case of pastrami.

Pastrama, as it was then known, was originally taken to the US by Jewish Romanian emigrants in the late 19th century and rapidly joined a plethora of Old World delicacies which the New World claimed and rebranded as its own, most famously the little beef patties that were a favourite in Hamburg and the smoked pork sausages much eaten around Frankfurt. Its name soon evolved into pastrami in imitation of the already-established salami, to which it offered a tasty kosher alternative.

We now make our own pastrami and if you've never tried it we suggest you do. And just to complete the eating experience here are two simple bread recipes. To make the perfect pastrami sandwich or roll slice the bread and spread with a mixture of two parts mayonnaise and one of wholegrain mustard, or horseradish, add some shredded iceberg lettuce, your thinly-sliced pastrami and a few thin slices of dill pickle.

RYE BREAD

Ingredients for two small loaves. 300g rye flour, 200g strong white bread flour, tablespoon caraway seeds, 325g (weighed) hand-hot water, 10g salt, seven-gram sachet dried yeast.

Method. Place the flours, seeds, yeast and salt in a large bowl, add the water, bring together with a scraper, turn onto a lightly-floured work surface and knead, stretching out the dough and turning it back on itself, until smooth and elastic. The mixture will be quite sticky at first but don't be tempted to add extra flour. Clean and flour the bowl, return the dough, cover with a cloth and leave to prove for two hours. Brush two small loaf tins with oil. Place the dough on the worktop and divide into two. Form each half into a ball then with floured hands flatten out and fold the edges into the middle pressing them down firmly. Place in the tins, cover, and leave for another hour. Meanwhile heat the oven to 220C gas mark 8, and place a roasting pan of water on the bottom shelf. Once the dough has risen above the level of the tins place in the oven and bake for 30 minutes. Turn the loaves out of the tins and return to the oven for a further five minutes. Place on a wire rack to cool.

NEWCASTLE BROWN ALE AND WALNUT ROLLS.

Ingredients for eight. 500g strong white flour, 50g chopped walnuts, 330g (weighed) Newcastle Brown Ale, warmed until hand-hot, 10g salt, seven-gram sachet dried yeast.

Method. Place the flour, nuts, salt and yeast in a large bowl and mix together with a scraper. Add the ale and gather to form a loose dough. Turn out onto a lightly-floured surface and knead, stretching the dough out and folding it back on itself. Continue the process for seven or eight minutes until the dough becomes smooth and elastic. Flour generously, return to the cleaned bowl, cover and leave in a warm place such as an airing cupboard for two hours. Turn out, shape into a rough log shape then cut into eight. With well-floured hands form into round rolls. Space out on the well-floured worktop, cover with a cloth and leave for an hour or until doubled in size. Preheat the oven to 220C gas mark 8 and place an upturned baking sheet or a baking stone on the middle shelf. Slide the rolls onto it and bake for 15 minutes. Place on a wire rack to cool.