

*Churston Traditional*

# **FARM SHOP**

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## **CHURSTON FARM SHOP RECIPES DECEMBER 2015**

There's not a lot of good news about these days but there is some, at least, on the food retail front: more consumers are turning back to traditional outlets such as butchers, fishmongers and grocers and turning their back on the weekly supermarket shop. There is even a measurable revival in the number of retail butchers trading on the high street, too. Of course the temptation at this time of the year when family entertaining is very much in our minds is to rush to the supermarkets to stock up on party food. But just beware of the fat content. And the additives. And all the other unwanted ingredients most people are too busy to stop and check for. You may be surprised when you do – and even more surprised when you find the tasty tidbits you were promised emerge from the oven considerably shrunken in size and swimming in a pool of grease.

There's no need for any of it: family and other guests will be so much more impressed if you make your own and there is nothing difficult or time consuming about knocking up a few plates of party food. Here are just a few ideas, all of them absolutely rammed with flavour. Socca, incidentally, is a popular street food sold in Mediterranean France but which goes far better with smoked salmon than the traditional blinis.

### **MINI SAUSAGE ROLLS**

Ingredients to make 100. 900g of good-quality pork sausages, tablespoon Cajun seasoning, two tablespoons Maille mustard, one pack puff pastry, teaspoon salt, one beaten egg, flour for dusting.

Method. Pre-heat the oven to 190C gas mark 5. Remove the skins from the sausages, put the meat in a bowl, add the Cajun seasoning and salt and mix well with a fork to blend. Cut the pastry block in half. Take one half and, working on a well-floured surface, roll out into a rectangle roughly eight inches by 16. Spread a tablespoon of mustard evenly over it. With the long side facing you divide into three strips lengthways with a sharp knife. Working with floured hands take half the sausage meat and roll out into thin cylinders, placing them along the top edge of each strip. Dab a little water along the lower edge of each and roll the pastry over towards you to encase the meat. Press down gently to seal. Push the strips together, brush with beaten egg, then take a sharp knife and cut across them to form small rounds. Place on a non-stick tray, chill for an hour then bake for 10-12 minutes or until golden brown. Repeat with the remainder of the meat and pastry. Turn the rolls onto a wire rack to cool. Once cold store in an airtight box or freeze in batches for up to three months.

### **SMOKED SALMON ON SOCCA**

Ingredients. 175g chickpea flour, tablespoon olive oil plus a dash more, level teaspoon each fine sea salt, ground cumin and ground coriander, cold water, olive or sunflower oil for frying.

Method. Place the flour and seasonings in a bowl and whisk in the oil plus enough cold water to make a batter that's the consistency of single cream. Cover and allow to stand for a couple of hours then whisk again just before using. Lightly oil a heavy pan and place over a moderate heat. Using a small ladle pour the batter in to make three or four small pancakes no more than two and a half inches across. Cook until bubbles start to appear on the surface then flip over and cook the other side. Both sides should be no more than very lightly browned. Place on a rack and repeat the process with the remaining batter. Serve topped with smoked salmon and tiny segments of lemon flesh.

### **SMOKED SALMON MOUSSE WITH DILL AND MUSTARD SAUCE**

Ingredients. 225g smoked mackerel, skinned and deboned, 100g full fat crème fraiche, a tablespoon of creamed horseradish, the juice of a large lemon and two teaspoons of Tabasco. For the dill sauce: two tablespoons olive oil, three teaspoons white wine vinegar, two teaspoons fresh chopped dill, teaspoon Maille mustard, pinch sugar, pinch salt, five grindings black pepper.

Method. Place the mackerel, crème fraiche, horseradish, lemon juice and Tabasco in a processor and blitz for 15 seconds. Pack into ramekins or a decorative dish. For the sauce, whisk the sugar and salt into the wine vinegar and add the oil, dill, mustard and black pepper until you have formed a thick emulsion. Serve with Melba toast (lightly toast sliced white or brown bread, remove crusts, cut through the middle with a breadknife and lightly toast the cut sides) or in split, warmed croissants.

### **CHEESE BISCUITS**

Ingredients. 75g strong farmhouse cheddar, grated, 25g freshly grated Parmesan, 100g plain flour, 150g butter, diced, dessertspoon each mustard powder and Cajun spice, teaspoon salt, 20 grindings black pepper, one egg, celery salt.

Method. Place the cheese, flour, butter, mustard powder, Cajun spice, salt and pepper in a food processor and blend until it forms a single ball of paste. Roll out on a well-floured surface to the thickness of a pound coin, cut into rounds using a one and a half inch cutter, place on a non-stick baking sheet and refrigerate for two hours. Heat the oven to 190C gas mark 5. Brush the biscuits with beaten egg, sprinkle with celery salt and bake in for 10 to 12 minutes. Place onto a wire rack to cool completely before storing in an airtight container for 24 hours before eating.

### **PISTACHIO AND PARMESAN CRISPS**

Ingredients. 150g freshly-grated Parmesan, 25g shelled pistachios, 30g flour. Method. Place the pistachios in a food blender and whizz for about 15 seconds or until finely ground. Place in a bowl, add the cheese and flour and mix well. Heat a non-stick pan over a moderate flame, take heaped teaspoons of the mix and place around the pan, using a palette knife to press them down into discs. Cook for one minute on each side and place on a wire rack to cool.

**Churston Farm Shop Dartmouth Rd, Brixham TQ5 0LL**

**Tel: 01803 845837 | Email: [postmaster@churstontraditionalfarmshop.org.uk](mailto:postmaster@churstontraditionalfarmshop.org.uk)**