

*Churston Traditional*

# **FARM SHOP**

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## CHURSTON FARM SHOP RECIPES FEBRUARY 2019

Walk into any cook shop and you're likely to be overwhelmed by the range of slow cookers on sale. These devices are enjoying one of their periodic revivals and for people who are (a) out all day; (b) have time to prep a meal before they leave for work; and (c) are happy to live off soups and stews they are fine.

Otherwise they are a bit limiting, which is why many people fall out of love with them almost as soon as they have fallen in. But slow cooking as a technique almost unfailingly delivers fantastic results and these can be enjoyed without investing in yet another item of kitchen equipment.

See what we mean: try these recipes and in particular note how the right technique can transform that much-neglected and overlooked joint, brisket.

### SLOW-COOKED PORK LEG

Ingredients for four to six. 1.5kg piece of boned and rolled pork leg, tablespoon olive oil, two sprigs each thyme and rosemary, four peeled and chopped shallots, half a cooking apple, chopped, two peeled and chopped garlic cloves, half a bottle dry white wine, sea salt, one vegetable stock capsule.

The day before you want to eat heat the oven to 170C gas mark 3. Choose a casserole big enough and deep enough to hold the pork. Place over a medium flame add the oil, herbs, shallots and garlic and cook for four to five minutes until the vegetables have softened slightly. Add the pork, the apple and the wine and enough water to just cover the meat. Cover and place in the oven for three hours then remove, allow to cool completely and refrigerate the casserole overnight. The next day skim off any fat and remove the pork to a roasting pan. Heat the oven to 200C gas mark 6, rub the skin of the pork generously with salt and roast for an hour. Meanwhile strain the cooking liquid into a saucepan and reduce by half. Remove the herbs and press the apple, shallot and garlic through the sieve and add to the pan. Add the stock capsule and continue reducing the sauce until thickened. Slice the pork, arrange on a serving dish, drizzle with the sauce and serve.

### POT-ROAST BRISKET

Ingredients for six. One piece of rolled brisket weighing about 1.5kg, six banana shallots, peeled and halved lengthways, six large carrots, peeled and halved, half bottle red wine, 75g mushrooms, chopped and sautéed in butter, tablespoon Marmite, bouquet garni of thyme, bay leaf and parsley, sea salt, freshly-ground black pepper, a little olive oil.

Method. Season the brisket generously all over. Heat the oil in a large casserole, add the meat and brown on all sides. Pour in the wine and fit the shallots, carrots and mushrooms around the sides. Stir in the Marmite once the wine has warmed up, then bring to the boil, reduce to a simmer, tuck in the bouquet garni, cover and transfer to an oven preheated to 170C gas mark 3 for four hours. Strain off the cooking liquid, replace the lid and leave the meat to rest for a few minutes. Pour the cooking liquid into a small pan, allow to stand for two minutes, blot the fat off the top with kitchen towel then reduce by half over a high heat. Cut the meat into thick slices, arrange on a serving dish with the carrots and pour the sauce over.

### BEEF BRISKET WITH BARBECUE SAUCE

Ingredients. Piece of brisket weighing about a kilo, 200ml water, eight tablespoons Worcestershire Sauce, tablespoon each vinegar and beef stock granules or powder, teaspoon each mustard powder and chilli powder, two crushed and chopped garlic cloves, four tablespoons tomato ketchup, two tablespoons brown sugar, 25g butter.

Method. Place the meat in a large casserole so that it fits snugly. Combine the water, Worcestershire Sauce, vinegar, stock powder, mustard, chilli pepper and garlic and pour three-quarters of it over the meat, reserving the remainder in the fridge. Cover and place in an oven preheated to 180C gas mark 4 for four hours, removing the lid for the final 20 minutes. Remove to a serving dish. Combine the reserved marinade with the ketchup, sugar and butter in a small pan. Bring up to a simmer, pour over the meat and serve immediately.

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