

Churston Traditional

FARM SHOP

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RECIPES JANUARY 2015

BEER-BRAISED BEEF

Ingredients for four. 750 trimmed skirt, three large onions, two medium carrots, 500ml darkish ale (Newcastle Brown is ideal), tablespoon brown sugar, tablespoon tomato puree, two teaspoons Marmite, salt, pepper, three tablespoons flour, tablespoon beef dripping or duck fat, bay leaf.

Method. Spread the flour on a baking sheet and cook in the centre of a moderate oven for 10 minutes. Mix in plenty of salt and pepper. Cut the beef into one-inch by two-inch chunks and roll in the flour. Melt the fat in a large pan and brown the beef chunks lightly over a moderate heat. Transfer to a lidded casserole and add the carrots chopped into large chunks. Thinly slice the onions, add to the pan (with a little more fat if necessary) and cook for five to six minutes or until softened. Pour in the sugar, puree and Marmite and heat for a minute or two, then pour the mixture over the beef, topping up with a little more ale to ensure all the pieces are covered. Add the bay leaf, cover and cook in the centre of an oven preheated to 180C gas mark 4 for an hour and a half, partially removing the lid for the last 10 minutes. Ideal served with the bread below.

BEER AND WALNUT CROWN

Ingredients. 500g bread flour, 100g walnut pieces, 10g salt, 7g sachet of dried yeast, 325g darkish ale warmed to blood heat and precisely weighed.

Method. Place the flour, salt and yeast in a large mixing bowl. Put the walnut pieces in a plastic bag and beat a couple of times with a rolling pin to break up any large ones. Add to the bowl with the ale. Use a plastic scraper gather the mix together then turn out onto a lightly-floured surface and start to knead, stretching the dough and folding it over on itself until it becomes smooth and elastic, which should take seven to eight minutes. Clean and flour the bowl, replace the dough, cover with a cloth and leave in a warm place for two hours. Turn out onto a floured surface, make a hole in the centre with your hand then enlarge the hole evenly until the dough looks like a big doughnut. Place on a well-floured surface, place a small, upturned basin in the central hole to stop it closing up, cover with a cloth and leave for an hour. Heat the oven to 210C gas mark 7, place an upturned baking sheet on the middle shelf and a roasting pan with an inch of water on the bottom one. Using a craft knife make several diagonal slashes around the top of the dough then carefully slide onto the baking sheet and bake for 30 minutes. Remove from the oven, turn upside down and replace on the baking sheet for a final six-minute bake. Allow to cool on a wire rack.

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