

Churston Traditional

FARM SHOP

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RECIPES JULY 2015

BARBECUED TENDERLOIN STRIPS

Ingredients for six to eight people. Two pork tenderloins, 150ml pineapple juice, two tablespoons Thai fish sauce, tablespoon light soy sauce, few drops of Tabasco or similar.

Method. Place a dozen wooden skewers to soak in a jug of water. Trim the first tenderloin and cut a single narrow strip off one side. Lay the meat on this flat side and carefully cut it into five more strips. Repeat the process with the other. Whisk the other ingredients together in a bowl, add the pork, turn well to coat, cover with film and refrigerate for two hours. Take the strips out of the marinade and pat dry, thread onto the skewers, brush with oil and grill for a couple of minutes on each side.

BEEF AND COCONUT SATAYS

Ingredients for six. 250g minced beef skirt, two teaspoons turmeric, two tablespoons desiccated coconut, heaped tablespoon fresh grated ginger, two tablespoons light soy sauce, juice of half a lime, tablespoon sunflower oil, teaspoon sea salt, 12 grindings black pepper.

Method. Place all ingredients in a large bowl and mix well using your hands. Clean and wet your hands and take balls of the mixture and roll out around flat metal skewers. Cover with film and refrigerate for at least two hours, brush a preheated grill with a little oil and cook for no more than three to four minutes.

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