

*Churston Traditional*

# **FARM SHOP**

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## **RECIPES JUNE 2015**

### **THAI BEEF SALAD**

Ingredients for four. 750g piece of rump steak cut about an inch thick, a little vegetable or sunflower oil, tablespoon each fresh chopped coriander and mint, three lemongrass stalks, trimmed and finely chopped. For the dressing: two small red chillies, halved, de-seeded and finely chopped, two garlic cloves, crushed and chopped, two-inch piece of root ginger, peeled and coarsely grated, juice of one lime, three tablespoons light soy sauce, two teaspoons light soft brown sugar.

Method. Heat a griddle pan, rub the steak with oil and season well then grill for about three minutes each side, pressing it down with a spatula to keep it flat. Allow to rest for a few minutes. Place all the dressing ingredients in a blender and whizz for 15 seconds. Slice the beef across the grain, transfer to a bowl, add the herbs and dressing, turn several times to coat and serve with slices of mango and cucumber and steamed rice.

### **PASTRY-FREE QUICHE**

Ingredients. Ten to 12 large savoy cabbage leaves, six free-range eggs, 225g cooked ham cut into small chunks, 25g Parmesan cheese, grated, 300ml double cream, two tablespoons mixed chopped parsley, tarragon and chervil, sea salt, freshly-grated black pepper, butter.

Method. Cut away the central vein from the cabbage leaves and drop into plenty of boiling salted water for five minutes, drain, and pat dry with kitchen roll. Generously butter a deep non-stick flan or sponge tin. Line with the cabbage leaves and fill with the ham. Beat together the eggs, cream, Parmesan, herbs and seasonings and pour into the centre then fold the cabbage leaves over to enclose the mixture. Cover the top with a circle of baking parchment and cover the tin tightly with foil, place in a roasting pan, add enough boiling water to come halfway up the sides and bake for an hour and a quarter at 190C gas mark 5. Can be eaten either hot or cold.

### **PORK, APPLE AND CIDER PIE**

Ingredients. For the filling: 1.5kg pork shoulder meat, 175g lean bacon, diced, 75g dried apple rings, 275 ml farmhouse cider, tablespoon chopped fresh sage, about ten gratings of nutmeg, teaspoon of allspice, two teaspoons anchovy essence.

For the pastry: 450g plain flour, teaspoon salt, 275g butter, two eggs and one egg yolk, three tablespoons cold water, beaten egg to glaze. For the jelly: 900g pork bones and a pig's trotter, 900ml farmhouse cider, a carrot, an onion, bouquet garni of parsley, thyme and bay leaf, handful of black peppercorns, salt, pepper.

Method. The night before you plan to cook, chop the dried apple rings and leave to soak in cider overnight. Place all the ingredients for the jelly, apart from the salt and pepper, in a large pan, add enough water to cover and simmer for three hours. Strain through a fine-mesh sieve into a clean pan, reduce over a high heat to about a pint, season to taste and leave to cool. For the filling, whizz half the pork and bacon in a food processor until roughly chopped and finely dice the remainder by hand. Mix together with the seasonings and the cider-soaked apple in a large bowl. Add a little salt and pepper, then fry a small piece and taste to help you adjust the seasoning (remember: a dish that is going to be eaten cold will need to be fairly highly seasoned).

For the pastry, rub the butter into the flour and salt (or use a food processor), beat together the water, two eggs and the yolk and gradually work into the mixture to make a soft dough. Use two-thirds to line a greased eight-inch cake tin. Pack in the pork and top with the remaining pastry, brushing the edges with beaten egg to seal the lid. Brush the top with the remaining egg, make a half-inch hole in the centre and insert a tube of baking parchment. Bake for 30 minutes in an oven preheated to 200C gas mark 6, then reduce to 180C gas mark 4 and cook for a further hour and a half. Remove and leave to cool completely. Warm

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