

Churston Traditional

FARM SHOP

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RECIPES JUNE 2016

It may not last all summer but the official barbecue season certainly opened over the bank holiday weekend – not, as millions of Brits have shown in the past, that anything as trifling as a force nine gale and sideways rain is enough to put some people off cooking outdoors anyway.

For fans of al fresco dining the good news comes in two segments: firstly, that there are some excellent, efficient barbecues to be had for not much money these days; and secondly that while both pork and beef remain at their current low prices you can afford to treat yourself to some excellent cuts to cook on them.

If you're looking to cook just plain steak, pork chops or burgers - we can supply all of those – may we suggest marrying them up with one of our new range of home-made sauces, which are already selling extremely well.

Alternatively here are a couple of ideas for some rather more elaborate treatments. We're also suggesting there is nothing finer than home-made pitta bread to stuff with your sizzling steaks as they come off the grill.

Sadly supermarkets have put many people off the idea of pitta with leaden, tasteless loaves which bear no resemblance to the originals as eaten all around the eastern and southern Mediterranean.

This recipe will provide you with light, tasty pittas: so good you should cook a few spares for your guests. They won't last long.

DEVILLED RUMP STEAKS

Ingredients for four. Four medium-cut rump steaks, tablespoon each soft brown sugar, paprika, garlic powder, dried thyme, dried oregano, coarsely-ground black pepper and mustard powder, two teaspoons sea salt.

Method. Place the steaks on a board and score lightly on both sides with the tip of a sharp knife. Mix together the remaining ingredients and rub well into the meat. Place the steaks in a bowl over with film and refrigerate for at least two hours. Barbecue over a medium heat, basting with any marinade juices.

CAJUN PORK WITH PINEAPPLE AND CHILLI SALSA

Ingredients for four. Four large pork steaks, two tablespoons good-quality Cajun seasoning, two tablespoons sunflower oil, quarter of a pineapple and a crisp green apple, both peeled and cut into small dice, tablespoon chopped fresh coriander, one medium red chilli, deseeded and diced, juice of two limes, one medium red onion, finely chopped, pinch of sea salt, ten grindings of black pepper.

Method. Trim the steaks, place one at a time between two sheets of baking parchment and beat with a rolling pin to flatten slightly. Place in a bowl, add the oil, turn to coat, then add the Cajun seasoning and repeat the process. Cover with film and refrigerate for two hours. Combine the salsa ingredients and allow to stand for at least an hour for the flavours to develop. Barbecue over a medium flame for three to four minutes each side. Transfer to a warmed serving dish, sprinkle with lime juice and serve with the salsa.

PITTA BREADS

Ingredients for eight to 10. 500g strong white bread flour, one seven-gram sachet dried yeast, 10g salt, 75g olive or sunflower oil, 250g hand-hot water – be sure to weight these last two.

Method. Place the flour in a bowl and stir in the salt and the yeast. Add the oil and water and bring the lot together with a plastic scraper. Turn onto a lightly-floured work surface and start to knead: stretch out the dough then fold it back on itself, turn and stretch again. The dough will become smooth and elastic after a few minutes. When it forms easily into a ball, clean out and flour the bowl, place the dough in it and leave, covered with a cloth, in a warm place for two hours. Alternatively if you are planning to bake later then cover the surface of the dough in the bowl completely and tightly with cling film and leave on the top shelf of the fridge until needed. Once the dough has proved break off pieces weighing 60g each, form into balls by folding them in on themselves, using well-floured hands, then flatten out and roll into nine-inch circles. Moisten half the rim of each then fold them over and roll the seam to seal well. Heat the oven to 220C gas mark 8 and place a baking stone or an upturned baking tray on the centre shelf. Use another floured, upturned baking tray to slide the loaves in and bake for about eight minutes or until lightly browned. Remove and place on a wire rack until cool enough to handle. Split along the rolled seam using a serrated knife before filling. From cold, place the loaves under a hot grill for a minute or so to allow them to puff up again.

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