

Churston Traditional

FARM SHOP

Where you'll find the West Country's finest food and drink...

CHURSTON FARM SHOP RECIPES JUNE 2019

We're moving into the height of the barbecue season this month but there's a note of caution to be sounded about how we cook barbecue food.

All the scientific evidence now suggests that we aren't doing our health any favours if we eat anything, particularly red meat, that we have allowed to char because of the chemicals that are formed on the surface of the food when that happens.

As usual scientists are being extra-cautious but on this occasion so widely is the opinion held that it would be wrong to ignore it. And anyway there is a world of flavour difference between food that is well-cooked and something that has had the flames licking around it and is clearly blackened.

So along with our recipes this month a few words of advice. Firstly, allow your barbecue to die down a bit before you start cooking anything at all – there should be a layer of fine, white ash on the charcoal. Place food around the cooler edges of the barbecue grill to cook rather than in the centre. And if any dripping fat starts to burn remove the food temporarily until the flames die down because the smoke they give off is going to have a detrimental effect on the flavour of whatever you are cooking.

We are also suggesting marinating food before you cook it if you are going for steak, or pork or chicken because this helps to break down the meat and enables it to cook more quickly, thus avoiding the risk of burning. It's also wise to trim any excess fat and to wipe the grill with some oil-soaked kitchen paper before you start rather than brushing oil on your food.

SPICY BEEF AND PORK KEBABS

Ingredients for 16. 450g each beef skirt and lean shoulder pork, minced, one beaten egg, two tablespoons fine, home-made white breadcrumbs, two generous tablespoons fajitas spice mix, tablespoon tomato puree, two teaspoons salt, 10 grindings black pepper, two tablespoons minced shallot, olive oil.

Method. Place all the ingredients except the oil in a large bowl, mix well, and fry a small piece to check the seasoning. Cover and refrigerate for at least two hours. Take small handfuls of the mixture and roll them into sausage shapes on an oiled board or work surface then spear each one with a flat-bladed metal kebab skewer. Cook for five to six minutes on the hottest part of the barbecue, turning frequently.

HERBY BEEF BROCHETTES

Ingredients for 12. 700g rump steak, three red peppers, two red onions, three thin courgettes, 110g button mushrooms, 700g firm cherry tomatoes, juice of one lemon, four tablespoons olive oil, sea salt and freshly-ground black pepper, two tablespoons good quality herbes de Provence.

Method. Mix half the olive oil and the lemon juice with the herbs and plenty of salt and pepper. Cut the steak into one-inch cubes (or slightly smaller), turn well in the mixture and leave in the refrigerator for at least two hours. Cut the peppers into small chunks, the courgettes into thin slices and quarter the onions, separating the layers. Thread the meat and vegetables onto metal kebab skewers, brush with the remaining oil and barbecue for seven to eight minutes or until the meat is well-browned

BARBECUED PINEAPPLE WITH MINTED SUGAR

Ingredients for four. Two ripe pineapples, 175g crème fraiche, bunch fresh mint, 75g sugar, juice of three lemons, 225g strawberries.

Method. Cut the pineapples into halves leaving the leaves on top. Rinse the pineapple leaves in cold water and wrap with kitchen foil. Remove the flesh using a grapefruit knife (discard the tough core) and place the cases on the barbecue and grill for about four minutes on each side until they have charred very slightly. Remove the kitchen foil from the pineapple tops. Cut the strawberries into pieces, mix with the diced pineapple flesh and pack into the cases. Place crème fraiche into a dish, mix with a tablespoon of sugar and two tablespoons of lemon juice and spread over the top. Finally place the mint and rest of the sugar into a mortar and grind together before sprinkling over the top. Chill well before serving.

Churston Farm Shop Dartmouth Rd, Brixham TQ5 0LL

Tel: 01803 845837 | Email: postmaster@churstontraditionalfarmshop.org.uk