

Churston Traditional

FARM SHOP

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

CHURSTON FARM SHOP RECIPES JUNE 2017

It was probably the summer of 1976 and its blistering heatwave that persuaded us that cooking in the garden was (a) possible and (b) a great way to eat food and since then we haven't looked back.

Admittedly few of us have got into the habit to the same extent as the Americans with their huge gas-powered barbecues where they can roast, smoke and grill. But on the other hand that's just cooking outdoors: the real flavour in barbecued food comes from the charcoal or wood over which it is seared and charred.

At the same time each ear still sees a woefully high number of food poisoning cases arising from improperly-cooked barbecue meat, notably chicken, so it's vitally important that that initial searing processes which caramelises the outside of the meat is followed by thorough cooking.

Here are three recipes for tasty and safe al fresco lunch or supper and which need no other accompaniment than a well-tossed green salad.

BARBECUED CHINESE PORK

Ingredients for four. 750 g pork tenderloin, two tablespoons rice wine vinegar, two tablespoons sunflower oil, juice of half a lemon, two teaspoons Chinese five spice powder, small jar hoisin sauce, teaspoon finely-crushed Szechuan peppercorns, 15-18 radishes, one bunch spring onions.

Method. Trim any fat away from the pork, cut into half-inch thick slices then cut each slice in half. Mix the vinegar oil, lemon juice, spice, pepper and sauce in a bowl, add the pork, turn well to coat then cover and refrigerate for at least two hours. Thread onto eight pre-soaked wooden kebab skewers and barbecue for eight to 10 minutes, turning frequently. Meanwhile wash the radishes and trim the onions and slice as thinly as possible. Slide the pork into four individual bowls, toss in the radishes and onion and serve immediately.

PROVENCAL BEEF KEBABS

Ingredients for four. 750g rump steak cut about two centimetres thick, 20 cherry tomatoes, two red onions, two narrow-gauge courgettes, 100ml each red wine and olive oil, squeeze of lemon juice, two crushed and chopped garlic cloves, heaped tablespoon herbes de Provence.

Method. Place the wine, oil, garlic, herbs and lemon juice in a bowl, cut the steak into even cubes, add to the mix, turn well to coat, cover and refrigerate for at least two hours. Peel the onions, halve horizontally then cut each half into four and separate the chunks. Cut the courgettes into thin slices. Thread the meat and vegetables into eight pre-soaked wooden kebab skewers always ensuring a piece of onion is next to a piece of meat, and barbecue for six to eight minutes, turning frequently until the meat is evenly browned. Serve in warmed wraps or pitta bread,

CHICKEN AND ROSEMARY KEBABS

Ingredients for four. 900g chicken breast meat, 100ml sunflower oil, two tablespoons very finely chopped fresh rosemary, two crushed and chopped garlic cloves, sea salt, freshly-ground black pepper, juice of half a lemon.

Method. Chop the chicken into small chunks, place in a bowl with the remaining ingredients, cover and refrigerate for at least two hours. Meanwhile strip the leaves from eight rosemary branches. Thread the chicken onto these, first making holes in the meat with a skewer, and barbecue for six to eight minutes until the meat is browned all over. Wrap each kebab in foil, place around the edge of the barbecue and cook for a further 10 minutes before eating.

Churston Farm Shop Dartmouth Rd, Brixham TQ5 0LL

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