

Churston Traditional

FARM SHOP

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RECIPES MARCH 2015

BELLY OF PORK WITH WILD GARLIC STUFFING

Ingredients for four. One piece of belly pork about a foot long, 20 leaves of wild garlic, chopped, four tablespoons home-made white breadcrumbs, 50g finely-chopped walnuts, sea salt freshly-ground black pepper, olive oil.

Method. Ask the butcher to remove any bones and flead (the thick flap of fat) from the belly pork. Place the garlic, breadcrumbs and walnuts in a bowl, season well and add just enough olive oil so that the mixture starts to bind together. Place the pork skin side up in the sink and pour over a kettle of boiling water to open up the pores. Dry it thoroughly and place skin side down on a board. Press the stuffing onto the meat along one edge then carefully roll the pork up, ensuring all the stuffing is enclosed. Tie up the joint with string at two-inch intervals, rub with more olive oil then with plenty more sea salt. Place on a rack in a roasting pan and roast for 30 minutes at 200C gas mark 7 then reduce the heat to 190C gas mark 5 and roast for a further two hours.

LAMB KOFTAS

Ingredients for eight. 500g lean lamb mince, teaspoon ground cumin, two teaspoons ground coriander, teaspoon ras-el-hanout seasoning, three finely-chopped garlic cloves, garlic cloves, tablespoon chopped mint, heaped teaspoon sea salt, sunflower oil.

Method. Place all ingredients except the oil into a bowl and mix together well with your hands. Cover and refrigerate for two hours. Form into eight balls then roll out into sausage shapes and thread on skewers. Brush with oil and barbecue until browned on all sides or cook under a hot grill on a foil-lined tray. Serve with yogurt mixed with chopped mint and a good squeeze of lemon juice.

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