

Churston Traditional

FARM SHOP

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

CHURSTON FARM SHOP RECIPES SEPTEMBER 2018

There is a world of difference between a supermarket sausage and what we produce – and don't take our word for it, take our customers'.

We ensure ours are made from lean meat – with the necessary, but very modest amount of fat added – which is minced, to give the proper, satisfying texture that have made sausages such a popular dish in this country for centuries.

Currently our sales are climbing by the week because people just love their eating quality – quality which we believe the mass market just cannot match.

And much the same goes for our home-made black pudding, more popular today than ever before.

So this month why not get a little inventive? Here are some recipe ideas for turning our sausages and black puddings into rather more elaborate, though easy-to-make supper dishes.

BLACK PUDDING AND APPLE LOAF

Ingredients for six. Two large dessert apples, one Spanish onion, teaspoon finely-chopped rosemary, tablespoon blue poppy seeds, 300g black pudding, skin removed and chilled in the freezer for an hour, four eggs, 200ml milk, 150g flour, teaspoon baking powder, 100ml sunflower oil, sea salt, freshly-ground black pepper.

Method. Heat the oven to 150C gas mark 3. Peel, core, and slice the apples. Chop the onion and sweat in a little sunflower oil until translucent, add the apples and cook gently until softened. Add the rosemary and reserve. In a large bowl beat the eggs with plenty of salt and pepper and mix in the milk and the oil. Add the flour and baking powder. Cut the black pudding into small dice, toss them in flour and carefully fold into the mix. Pour half the mix into a greased and lined loaf tin, add the onion and apple mix in a neat layer, finish with the remainder of the mix, top with poppy seeds and bake for 40 minutes.

SAUSAGES IN A CREAM AND MUSTARD SAUCE

Ingredients for four. Eight pork sausages, 25g butter, wine glass of cider, 200ml crème fraiche, tablespoon each pink peppercorns and Dijon mustard, sea salt, freshly-ground black pepper.

Method. Season the sausages well with the salt and pepper. Melt the butter in a frying pan and cook the sausages over a medium heat until lightly browned all over. Remove from the pan, cut in half lengthways then return to the pan and cook the cut surfaces until browned. Remove and keep warm. Carefully spoon off any excess fat from the pan then add the cider and incorporate the cooking residues with a wooden spatula. Place over a moderate to high heat and reduce by two-thirds – you should have a little over a tablespoon left. Away from the heat stir in the crème fraiche, peppercorns and mustard. Replace the sausages and continue cooking over a gentle heat, stirring frequently, until the sauce has thickened and reduced. Serve with chips and a green salad.

SAUSAGE AND BEAN CASSEROLE

Ingredients for four. Eight pork sausages, teaspoon sea salt, heaped tablespoon mild paprika, two tablespoons olive oil, eight unpeeled garlic cloves, one onion stuck with four cloves, 250g dried flageolet beans, sprig of thyme, two bay leaves, litre chicken stock, 250ml dry white wine, tablespoon tomato puree.

Method. Place the beans to soak in plenty of cold water overnight. Drain and place in a deep pan with the chicken stock, onion, bay leaf and thyme, bring to the boil, skim off any impurities, cover and simmer for 30 minutes until tender. Meanwhile roll the sausages in the salt and paprika. Heat the olive oil in a casserole and add the sausages and the garlic cloves. Cook briskly for three or four minutes then add the wine and allow to bubble down. Stir in the tomato puree. Strain the beans, remove the herbs and onions. Add the beans to the casserole with enough of the cooking liquid to cover them. Cover and transfer to an oven preheated to 190C gas mark 4 for 30 minutes. Check the cooking halfway through, adding a little more stock if the contents look too dry.

HONEYED SAUSAGES WITH SPICED RED CABBAGE

Ingredients for four. Eight pork sausages or 12 chipolatas, three tablespoons runny honey, one tablespoon whole-grain mustard, one small red cabbage, two medium onions, two dessert apples, four tablespoons apple juice, three tablespoons cider vinegar, two teaspoons ground allspice, half a teaspoon ground cinnamon, one finely-chopped garlic clove, three tablespoons brown sugar, 25g butter, sea salt, freshly-ground black pepper.

Method. Heat the honey and mustard in a large saucepan, add the sausages and turn to coat well then tip the contents of the pan into a foil-lined roasting pan. Quarter, de-core and shred the red cabbage, peel and slice the onions and peel and slice the apples. In a deep casserole build up layers of cabbage, onion and apple, seasoning with salt and pepper and the spices as you go. Top with the finely-chopped garlic and the brown sugar, dot with the butter and pour in the cider vinegar and apple juice. Cover firmly and transfer to an oven preheated to 170C gas mark 3. Cook for an hour, remove and stir the contents, then replace in the oven. Add the sausages in their roasting pan and cook for another hour. Serve with crusty bread.

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