

HAWKHURST *Cooks*



With

OXO[®]

Celebrating the Centenary of the OXO Cube, created in Hawkhurst in 1910



'From Field to Fork'- recipes and stories featuring the best of local produce and food heroes





The Hawkhurst Community Partnership is a voluntary, non-political, not-for-profit organisation which exists for the benefit of Hawkhurst and its designated hinterland, including the villages of Sandhurst, Bodiam, Hurst Green, Etchingham, Ticehurst and Flimwell. It is currently run by 9 Trustees (including 3 Hawkhurst Parish Councillors), with active support from our District and County Councils and from Hidden Britain South East.

Through its projects, The Hawkhurst Community Partnership is committed to delivering an approved Action Plan and supporting the shared vision for Hawkhurst:

'Create a village where everyone is valued, and happy to live, grow, work and play; where excellent social and business opportunities combine to create a cohesive community, which aspires to reach its full potential.'

With the completion of a 'Healthcheck' exercise for Hawkhurst in 2008, the Hawkhurst Community Partnership secured funding to deliver an innovative programme of "Hawkhurst Happens" projects worth around £200,000. These projects aim to boost the economy, profile and well-being of Hawkhurst and its surrounding area.

These SEEDA-funded projects include:

- A Heritage Trail & Visitor Map leaflet for Hawkhurst (published Spring, 2009)
- 'Flix & Pix' – a Film, Photographic and Arts Festival (20th-26th May in 2011)
- A Hawkhurst Business Group
- New website – www.visithawkhurst.org.uk
- Refurbishment of the Colonnade
- Business and accommodation workshops
- 'Beefing it Up' – celebrating the Centenary of the OXO Cube
- 'Ways & Means' (2011) – a project covering Hawkhurst's smuggling and motor car heritage

We are also actively involved in:

- The Hop-Pickers Line (for recreational use)
- The retention of the direct Hastings-Cannon Street rail service

We are also grateful to the following organisations and partners for their on-going support for our projects: High Weald AONB, Bedford Park Lodge, St.Laurence Church, 1066 Country Marketing, Hawkhurst Community Hospital League of Friends, Ken Ash, Jempsons, Hidden Britain, Peter Buswell, The Co-operative, St. Ronan's School, The NFU, Hawkhurst Village Society, West Kent PCT, Kino Hawkhurst, The Wealden Group, Hawkhurst Library, Annie Watcham, Hilary Bird and Hawkhurst area residents and traders.

For more details and updates please visit: www.visithawkhurst.org.uk

The Hawkhurst Community Partnership's Core Funders are :



Hawkhurst Parish Council





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Introduction

Over 100 years before snail porridge and nitrogen chilled egg & bacon ice cream, when Gordon, Gary & Heston were mere glints in their great, great grandparents' eyes, in the majestic surrounds of the Tongswood Estate (now St Ronan's School) in Hawkhurst, a much lower profile gentleman was cooking up something that many of us take for granted and use in our everyday cooking - OXO.

Charles Gunther took over the reins of OXO (then Liebig's Extract of Meat Company Ltd) in 1895 and immediately embarked on a quest to bring the nutritional benefits of beef to everyone in the form of a product that could be sold for a penny. In 1910, the OXO cube was born and the product evolved to become one of the most recognised and well loved brands in the UK.

Gunther was a true visionary and aside from the way he steered OXO to become one of the world's most universally loved and recognised brands, he also invested heavily in Hawkhurst, building its fire station, much of what is now The Cottage Hospital and was one of the area's largest employers.

Today, OXO is available in various forms: Cubes in Beef, Chicken, Lamb or Vegetable flavours; Reduced Salt Stock Granules in Beef, Chicken or Vegetable flavour and recipe cubes in Spag Bol and Curry flavours.

You can read more about Charles Gunther, his impact on the village of Hawkhurst and his part in the history of OXO at www.visithawkhurst.org.uk



Cooking and shopping has changed radically over the intervening 100 years.

In this increasingly 'always on' world, most people do a main shop perhaps once a week, buying a combination of fresh, frozen, ready-made and often over-processed food that will last for the coming week in our fridges & freezers. Is it really cheaper to do this – and more importantly, is it good for us? The jury is probably out on both counts; certainly most research points to increases in sugar, salt and preservatives in food causing the rise in obesity, diabetes and more recently linking to heart disease and cancers.



Then we have the question of practicality; does a busy working parent have the time to prepare fresh meals every day? Realistically, probably not – but is there a middle ground; somewhere that means we can buy fresh, support our local producers and cook fresh meals without the additions of e-numbers?

When you next go through your fridge and throw away spoiled or out-of-date food, you are contributing to the incredible 8.3 million tonnes of food (source: WRAP) that is thrown away by households in the UK every year. Most of this waste is avoidable and could have been eaten if only we had planned, stored and managed it better. Less than a fifth is truly unavoidable – things like bones, cores and peelings; and bones aside these make excellent compost.

We throw away food for two main reasons; of the avoidable food and drink waste, 2.2 million tonnes is thrown away due to cooking, preparing or serving too much and a further 2.9 million tonnes is thrown away because it was not used in time. Further information can be found at www.wrap.org.uk

As a child, I loved early summer days out to pick-your-own fruit farms, where my brother and I competed to see who could eat the most; late summer afternoons spent with my mum and Nan picking wild blackberries in the fields behind our houses, then back home to make jams and jellies to last through the



winter. I loved wrapping up in hat and scarf, pulling on my wellies for autumn weekend walks in the local wood with my parents, collecting pretty leaves and sharks teeth, then gathering chestnuts to bring home and roast. I even recall with fondness the mixed emotions of walking cold and shivering back to the house having broken the frozen earth, and dug up the last of the potatoes!



Back in the kitchen, naturally I was always willing to mix the cakes...because I got to lick the spoon when the mixture was finished. But simple tasks like planting, nurturing, digging up, washing, peeling and cooking vegetables, I believe, helped me to understand the journey that food goes through before arriving on my plate.

I can recall rushing home from school to see if my beans had grown another few inches that day (which helped me to understand basic maths at an early age) – of course I was always hoping to find a beanstalk that disappeared into the clouds! I can still taste the tomatoes that my grandfather tended to every day in his greenhouse – especially those that I had sneaked over the fence and ‘scrumped’ – and the punishment I got when caught gave me a clear understanding of right and wrong!

It’s such a shame that these simple – yet exciting, educational and life-affirming experiences are being lost on a generation who think that beef only comes from



McDonalds and vegetables only come from the supermarket. It's also worth remembering that in these challenging financial times, growing and harvesting your own or wild food is cheap, often great exercise and a fantastic source of family bonding.

So try growing your own or support your local farmers – visit farm shops and buy the fruit and veg that is in season. Surely it makes ecological sense to buy vegetables that have been grown a few miles from your home, rather than those that have flown half way round the world to reach your plate. There is a list of local producers at the back of the book, which is expanded on at the website www.visithawkhurst.org.uk and includes listings for farm shops and farmers markets.

Visit your local butchers and producers – it may be a little more expensive than the local supermarket, but they will give you so much more service and almost always much better quality and flavour – which in turn means you can use less.

Lately there has been a resurgence of looking back to traditional home-cooked food, using locally sourced produce. This CookBook, whilst hopefully introducing you to some new dishes, also visits some family staples and shows how you can prepare from fresh numerous family meals that can be made in bulk, frozen and used for days and weeks ahead.

Do try some of the recipes in this volume – we have given guides on using leftovers or cooking from fresh ingredients and we hope you will rediscover the joy and pleasure that can be found from a family growing food and then cooking and eating together.

Thank you to everyone who has helped compile this CookBook, not least those of you who have submitted recipes. Congratulations to Nicci Gurr whose recipe (p23) won the prize of a meal for 2 at Thackeray's, Tunbridge Wells, designed by Richard Phillips.

Gary Dharo

Hawkhurst Community Partnership
Trustee
November 2010





Hints & Tips

Eggs

Raw eggs can be frozen successfully, but only if separated and try to label how many there are in each bag or container. Leave to thaw naturally.

To test if eggs are fresh, fill a jug with water and gently place in your eggs. If your eggs lay flat on the bottom they are fresh. If they stand on end on the bottom, they are not quite as fresh but still ok to use. If the eggs float, throw them away; as eggs go off, they produce gas and this makes them float.

Milk

Milk can be frozen, but like all liquids it will expand as it freezes, so first open and pour a little out to stop the top being pushed off when it expands.

Yoghurt

Mix yoghurt with any over ripe pureed fruit, pour into lolly moulds and freeze - a healthier alternative to Magnums and the kids will love them. You can also freeze tubes of fromage frais, kids love them as an 'ice cream'

Cheese

If you have any hard cheese such as Cheddar or Parmesan grate into a tupperware container and place in the freezer. Cheese will lose its texture when defrosted, but it can be used direct from the freezer when adding to lasagne or mixed into a risotto etc.

Vegetables, Herbs and Spices

If your veg are getting close to their use by date, chop up everything left in your vegetable drawer and sauté it all together in a big pan with olive oil, liven it up however you want with herbs, garlic, chilli etc and stir through cooked rice or pasta for a quick healthy meal, or accompaniment to meats, fish or sausages.

Peel and blanch potatoes that are getting near the end of their shelf life and freeze them. Defrost and they are ready for roasting.

Wrap vegetables and salads in kitchen paper then put them in plastic bags in the salad compartment of the fridge. The paper stops the condensation from softening the veg and stops mould.

Scrape/peel, top and tail carrots that are coming to the end of their shelf life, slice into rings or batons, pop into a plastic bag and freeze. They can be cooked from frozen.

Herbs freeze well; wash and dry then freeze whole in freezer bags, or chopped in ice cube trays covered with water. Label and store for up to six months.

To make your own flavoured oil, finely chop herbs of your choice and add to a bottle of olive oil, keep in the fridge for a week, then strain and discard the herbs.

Make herb butters by chopping and mixing with soft butter and a little salt. Wrap in cling film in the style of a Christmas cracker, twisting each end to form a cylinder, cool in fridge and

slice into rounds before freezing. Use straight from the freezer to add flavour to simple grilled meat and fish.

Root ginger lasts for ages in the freezer and is much easier to grate from frozen.

Bread

Sliced bread, crumpets, muffins etc are perfect toasted direct from the freezer.

If you buy extra French sticks or artisan bread, try freezing it and then place on a baking tray, wet your hands under a tap and shake the water over the tray. Pop into the oven for 5-10 minutes at 180c before serving...it will seem like it has just been made!

Cooking Pasta

1 adult portion of dried pasta is 100g (80g for a child)

1 adult portion of spaghetti is 75g (60g for a child)

If you don't have any kitchen scales, measure shaped pasta in handfuls. Two handfuls per adult or one and a bit per child is just about right.

Pasta needs to be cooked in plenty of boiling, salted water – there is no need to put oil in, but it does help to emulsify sauces to the pasta if you add a couple of tbsps of the cooking water back into the pasta and sauce.

Cooking Rice

Use a measuring jug for rice and once you have the right amount for the number of people, you will need roughly twice the amount in water

1 adult portion of dried rice is 70ml

1 child portion of dried rice is 40ml

Older rice can lose some of its moisture, requiring more water and a longer cooking

time than fresh rice. It's always best to rinse your rice 2 or 3 times before cooking to remove excess starch which makes it stick. Once you have measured your rice, boil the kettle and add the required amount of boiling water, stir once but no more during cooking as stirring will release starch and make it sticky. Cover with a lid, turn the heat down to the lowest setting and leave white rice for 15 minutes, brown for 30. Use a timer if possible. Once cooked, turn off the heat, remove the lid and cover with a clean tea towel for 5 minutes, then fluff up with a fork.

Meat

Freeze any meat left over from a roast, like beef, pork and lamb to use at a later date. Defrost thoroughly before using, make sure it is heated completely through and only reheat once.

If you defrost raw meat and then cook it thoroughly, you can freeze it again, but remember never reheat foods more than once. Only use a microwave to defrost if you are going to cook the meat immediately

Fish

When buying whole fish, look for bright, clear eyes; the gills should be a rich red. Smell it; a fresh fish should smell like clean water, or even like cucumbers. Under no circumstances buy a nasty smelling fish. Look for vibrant flesh, all fish fade as they age. Smell it; there should be no pungent aromas. Milky liquid on a fillet is the first stage of rot, so avoid.

When you get your fresh fish home, it's important to remove it from the wrapping and store in the fridge on a clean plate covered in cling-film and use the same day or within 2 days.

Use leftover fish for fish cakes. Mix with leftover mashed potato, season well, add some

chopped parsley (perhaps a few capers or a little pickled cucumber finely sliced): bind with a beaten egg and roll in breadcrumbs, shape and fry over a low-medium heat until golden and cooked through.

Fruit

As the saying goes 'one bad apple spoils the barrel'; so keep an eye on your fruit, separate fruit which is ripening up more quickly than the others.

To get the maximum juice from lemons, limes or oranges, put them in the microwave for 10 seconds, roll on your work top, pressing quite hard; you will be amazed at how much more juice you get.

If you have a glut of soft fruit such as strawberries, raspberries etc, to stop them becoming a big mush, lay them out individually on a tray and put into the freezer. When they are firm, put into bags. They will break down when defrosting, but are perfect in sauces, ice creams, trifles and soufflés.

Liquids & Alcohol

If you have any leftover wine, freeze in glass sized portions in Tupperware, then remove and store in bags ready for use in sauces or casseroles. You can also fill ice cube trays and just use 1 or 2 cubes to enhance gravy. White or rosé wine ice cubes can also be used to keep your wine cold in summer – just remember to use the same frozen wine as you are drinking!

Salads

To freeze tomatoes, first put a small cross on the bottom and boil for 1 minute, then plunge into iced water and peel off the skins. Blitz in a food processor and freeze in sealed bags or Tupperware. Use direct from frozen into in place of canned tomatoes in sauces, soups or

mince recipes.

If you are growing your own salads or veg, they will have insects and dirt on them. To clean thoroughly, place them in the sink or a bowl with cold water and add a couple of tbsps of table salt. Leave the vegetables or salad leaves to soak for about 30 minutes and the insects will sink to the bottom of the bowl and you can then clean as normal.

Most home grown salad leaves as well as radishes, spring onions etc will wilt once picked. To revive and crisp up, place in a bowl of iced water for an hour or so.

General Freezer Tips

A well planned and rotated freezer can be a godsend; it should not be used as a black hole. Regularly check all the contents of your freezer - list it on a spreadsheet (paper would do) and then use this to plan your menus.

Remember that liquid expands by 10% when frozen, so do not over fill containers – leave a 2.5 cm space in a 500ml container or a 1.5cm gap in a 300ml container. If you don't do this, soups, sauces and fruits in liquids will push off their lids, once frozen.

Storecupboard Essentials

A good store cupboard will allow you to make the most of fresh ingredients and utilise leftovers. At a minimum try to have the following in at all times and regularly check the dates and use before they are past their best:

Dried Goods & Flavour Enhancers

Malden sea salt, OXO stock cubes and Bisto granules will give additional flavour and allow you to thicken sauces and gravies. Dried herbs and spices will enhance flavours further and reduce the need for salt. Dried pasta, long-grain, risotto and pudding rice, plus couscous

and noodles all allow you to whip up quick delicious and nutritious meals. Flour (plain, self-raising, wholemeal and cornflour), sugar (white and brown), baking powder, bicarbonate of soda, yeast, dried fruit, nuts and seeds.

Tinned Products

Tomatoes, baked beans, chick peas, kidney beans, tuna, corned beef, evaporated milk, coconut milk.

Oils & Sauces

A good selection of oils (olive, rape-seed, vegetable & groundnut), duck or goose fat, good quality malt, wine, cider & balsamic vinegar, mushroom ketchup, Worcestershire sauce, Tabasco, tomato puree, tomato ketchup, curry pastes, pesto, soy sauce, mayonnaise, mustard, Marmite and sweet things such as jams, jellies and vanilla extract.

Fresh & Frozen Produce

Ready-made pastry, cheese (Parmesan, Cheddar, Mascarpone & goat's) milk, cream, butter, onions, carrots, potatoes, celery, peas, beans, bread, garlic, fresh root ginger, minced meat, chicken, fish, sausages, bacon, ice cream, fruit.

Essential Equipment

As a simple rule, try and buy the best you can afford, with 2 exceptions... always buy the very best set of quality saucepans & knives you can afford; they will last a lifetime.

Pots & Pans

Invest in a really good set of non-stick anodised saucepans, they will burn less, cook more evenly, clean more easily, last longer and most will go from hob to oven. Add a large

stockpot, good quality wok and a griddle pan for healthier and prettier frying of meat, fish & veg. Three good quality non-stick roasting pans of varying depth, one baking sheet, one good quality muffin/Yorkshire pan, one good quality casserole dish, set of ovenproof ceramic roasting pans, 23cm spring form cake tin, 23cm non-stick loose bottom tart/quiche tin, set of glass mixing bowls, set of plastic mixing bowls.

Knives & Utensils

Get the best set of kitchen knives you can afford – Global are fantastic but very expensive, Sabatier are a very good affordable range; with a good sharpener, they will last for life. A selection of slotted spoons, serving spoons, ladles, spatulas and whisks, kitchen scissors for poultry and fish, hand grater, large grater, fine metal sieve, colander, set of funnels, measuring jug, tin opener, veg peeler, 2 different sized sets of tongs, pastry brush, a set of 4-6 colour coded chopping boards (use separately for fish, veg, raw and cooked meat etc), set of baking beans. Where possible buy silicon utensils to avoid damaging your non-stick pots and pans.

Gadgets & Gizmos

Most are just not worth having, but invest in an oven and meat thermometer, a timer, a splatter guard (for simmering sauces this will save hours of scrubbing), good set of kitchen scales, Jamie Oliver's 'flavour shaker' (to crush whole spices and blend marinades), a blowtorch to finish dishes, a set of stainless steel rings (great for presentation and individual servings), individual silicon egg poachers (Eggs Benedict every Sunday!), a potato ricer (you haven't had creamy mash until you have used one of these), a hand blender as well as a good quality food processor (shop around, some come with juicers).

RECIPES

Poultry



Chicken, Potato & Sweetcorn Soup

Ingredients

- 2 tsp vegetable oil
- 2 skinless chicken breasts, chopped into small chunks
- 1 onion, finely chopped
- 1 leek, thinly sliced
- 250g potatoes, peeled and chopped into small chunks
- 2 OXO Chicken stock cubes
- 100g canned or frozen sweetcorn
- 2 tbsp cornflour, blended with 2 tbsp cold water
- 2 tbsp chopped fresh parsley
- Salt and freshly ground black pepper

Serves 4



Method

1. Heat the vegetable oil in a large saucepan, brushing it over the surface. Add the chicken chunks, frying them for 2-3 minutes, until browned.
2. Add the onion, leek, potatoes and 1 litre (1 $\frac{3}{4}$ pints) of water to the saucepan. Crumble in the 2 OXO chicken stock cubes and bring up to the boil. Reduce the heat and simmer, partially covered, for 15-20 minutes, or until the potatoes are tender.
3. Add the sweetcorn and cook gently for 2-3 minutes. Stir the blended cornflour and add it to the soup, stirring until thickened. Add the parsley, season to taste, then ladle into warm bowls and serve at once.

Submitted by OXO® (Premier Foods)

Chicken Casserole with Dumplings

This warming chicken casserole is a perfect supper in the colder months of Autumn or early Spring.

Ingredients

- 500g parsnips peeled, and cut into 1 cm dice
- 400g carrots peeled and cut into 1 cm dice
- 1 large leek
- 2 large onions, peeled and finely chopped
- Sprig of thyme
- 1 packet flat leaf parsley finely chopped
- 1 litre of chicken stock
- 1 large glass of white wine
- Leftover roast chicken or 4 chicken breasts cut into ½ inch cubes

For the thyme dumplings

- 250g plain flour
- 100g suet
- 3 tbsp fresh thyme, picked and run a knife roughly through it

Serves 4-6

Method

1. Heat a glug of olive oil in a large pan and add your vegetables, cooking over a low heat for 10 minutes stirring occasionally.
2. Add your white wine and boil to reduce by half
3. Add the sprig of thyme and the stock, bring to the boil and turn down to a low simmer.
4. Make your dumplings; in a large mixing bowl, sieve the flour onto the suet, add your thyme and mix thoroughly then slowly add in enough cold water to form a soft dough. Form into small balls approximately 1 inch across.
5. Add your chicken (if raw) then the dumplings. If using leftover chicken, add 10 minutes before serving to heat through thoroughly.
6. Cover and simmer for 15-20 minutes until the dumplings have doubled in size and are soft and fluffy.
7. Serve with buttery mashed potato to soak up the delicious broth.

Submitted by Barbara Weeden

Chicken Nuggets

Ingredients

- 3 chicken breasts cut into thin strips,
- 1 egg,
- 1 cup flour
- 1 OXO Chicken stock cube,
- 1 tsp Cajun spice or Jamaican Jerk or Chinese 5 spice .

Serves 4-6

Method

1. Crumble an OXO Chicken stock cube into flour and spices and thoroughly mix in a bowl.
2. Cut the chicken into strips & brush with egg yolk
3. Coat each chicken piece with the mixture and lay on roasting tin.
4. Brush with oil before roasting at 180°C for about 20 minutes, turning halfway through.

Submitted by OXO® (Premier Foods)

Hainan Chicken Rice

A simple yet surprising dish of delicate chicken & well flavoured rice, combining the holy trinity of Chinese cuisine - garlic, ginger and spring onions.

Ingredients

- 4 chicken quarters (or a mixture of breasts and thighs)
- 3 cloves of garlic (finely chopped)
- 5cm piece of peeled root ginger (half roughly sliced, half finely grated or chopped)
- 1 bunch spring onions
- Oil for frying
- 1 cup of long grain rice
- 1 OXO Chicken stock cube
- 1 tbsp light soy sauce
- 1 tbsp sesame oil
- Extra soy sauce, sesame oil and sweet chilli to accompany.

Serves 2

Handy hints

Traditionally the chicken skin is left on for extra flavour, but if you prefer; remove the skin prior to boiling the chicken.

If you have leftover stock, simply allow to cool, freeze in a sealed container and use in other Asian-inspired recipes, or to give an extra zing to the gravy with your Sunday roast.



Method

1. Bruise 2 spring onions and place in large saucepan of boiling water with $\frac{2}{3}$ of the garlic, roughly sliced ginger, and the chicken pieces.
2. Boil gently for 10 -15 minutes until the chicken is cooked through with no pinkness in the meat. Remove the chicken and set aside to cool. Strain the cooking liquid, reserving the liquid and discarding the rest.
3. In a clean saucepan add 1tbsp of oil and gently stir fry the remaining garlic, ginger and 2 chopped spring onions until fragrant. In the meantime add the OXO chicken stock cube to the reserved poaching liquid and mix well.
4. Add the rice to the pan and fry for 2 minutes stirring until all the grains are coated. Then pour in enough stock to cover the rice, bring to the boil, cover and simmer until the rice is just cooked. Drain the rice if needed and keep warm in a serving dish.
5. In the meantime remove any bones from the chicken and chop into bite-sized pieces, place in a serving dish. Combine together the soy and sesame oil and spoon over the chicken ensuring a good coating. Shred the remaining spring onions and sprinkle over the top.
6. Warm the remaining stock in another small saucepan. Then serve in soup bowls scattered with a few extra spring onions and few scant drops of sesame oil.
7. Serve a little more of the soy/sesame mixture or even some sweet chilli sauce on the side for dipping.

Submitted by James Turner

Chicken & Mushroom Pie

Ingredients

- 500g ready made shortcrust pastry
- 500g ready made puff pastry
- 300ml of béchamel sauce
- 200g mushrooms (preferably chestnut)
- 1 small onion grated
- 1tsp of mustard
- 1tbsp tarragon chopped
- 1 garlic clove finely chopped
- Leftover roast chicken or 4 chicken breasts cut into ½ inch cubes
- 1 egg beaten

Serves 4-6

Method

1. Fry the mushrooms in a knob of butter and a little olive oil, over a medium heat for 5 minutes until they take on some colour, then add the onions and continue to cook for 5 minutes until the onion softens. If using raw chicken add now and seal all over.
2. Add the garlic and tarragon, stir to combine, then add the cold béchamel sauce plus a tsp of mustard; taste and season if needed.
3. Roll out the shortcrust pastry to fit your chosen ovenproof dish and line the dish with the shortcrust. Spread out the chicken evenly over the base, then evenly pour the mushroom mix over.
4. Cover with the puff pastry lid, sealing around the edges with eggwash, then eggwash the top and make a small vent to allow steam to escape.
5. Bake for 25-35 minutes at 200°C until golden.
6. Serve with some simple boiled or steamed green veg.

Submitted by Sara Lovell

Alternative Christmas Turkey

A simple, fast cooked option that removes much of the stress on Christmas day!

Ingredients

- 4 x turkey breast escalopes
- 1lb of good quality pork sausages or sausage meat
- 12 x rashers of smoked streaky bacon
- 1 large onion, finely chopped, fried until softened and cooled
- 2 tbsp of cranberry sauce
- 2 tbsp of finely chopped fresh sage
- 2 tbsp of breadcrumbs

Serves 4

Method

1. To make the stuffing, skin the sausages and combine them well with the cold onion, cranberry sauce, sage & breadcrumbs. Form into 4 sausage shapes.
2. Place 3 of your bacon rashers onto a large sheet of cling film, cover with a second layer of cling film and roll out very flat.
3. Remove the top layer of cling film, place a turkey escalope onto the bacon, season lightly and place stuffing onto the turkey and roll, using the cling film to keep the shape. Twist each end of the cling film into a 'xmas cracker' shape to get a good cylindrical shape and repeat for the other 3 escalopes. Refrigerate for at least 1 hour to firm (can be done the day before).
4. Heat a small amount of oil in a frying pan and over a medium heat, fry the escalopes until golden all over, then transfer to a hot oven proof dish and roast at 180°C for 20-30 minutes until the juices run clear.
5. Serve with your choice of vegetable accompaniments.

Submitted by Beverley Van Winklen

Sausage & Bean Supper

Ingredients

- 6 pork sausages
- 2 tsp vegetable oil
- 1 onion, chopped
- 1 carrot, thinly sliced
- 2 celery sticks, sliced
- 1 yellow pepper, deseeded and chopped
- 1 red pepper, deseeded and chopped
- 415g can reduced salt & sugar baked beans
- 400g can chopped tomatoes
- 1 OXO Beef or Chicken stock cube
- 2 tbsp tomato purée
- Chopped chives or parsley, to garnish (optional)
- Salt and freshly ground black pepper

Serves 4



Method

1. Preheat the grill. Arrange the sausages on the grill rack and cook them for about 10 minutes, turning often, until browned. Set to one side.
2. Meanwhile, heat the oil in a wok or large saucepan, brushing it over the surface. Add the onion, carrot, celery and peppers and stir-fry over a high heat for 3-4 minutes.
3. Reduce the heat and add the can of beans, the chopped tomatoes and 300ml (½ pint) water. Crumble in the OXO stock cube and stir in the tomato purée. Simmer for 15-20 minutes, then slice in the sausages, cooking for another 2-3 minutes to heat them through.
4. Check the seasoning, then serve, garnished with chopped chives or parsley, if you like.

Submitted by OXO® (Premier Foods)

Family Minced Meat Recipes

Minced meats form the basis for many good meals. The following can be made in batches according to the meat you are using then freeze and cook when needed.

Base Tomato Sauce

You should end up with around 3-4 litres of sauce, so you will need a big pan to prepare it!

Ingredients

- 4 tins of tomatoes
- 1kg of ripe tomatoes
- 1 jar of ready roasted and skinned red peppers drained and finely chopped
- ½ bottle of red wine
- 4-8 garlic cloves (depending on how much you like garlic) finely grated or chopped
- 2 large onions finely chopped
- 2 large carrots grated
- 1 large leek halved, washed and finely sliced
- 2 sticks celery grated
- Glug of olive oil
- 1tbsp of tomato purée
- 1tbsp of tomato ketchup
- 1tbsp of mushroom ketchup
- 2 tbsp of Balsamic vinegar
- 1 x OXO beef, 1 chicken OXO and 1 vegetable OXO cube dissolved in 2 litres of water
- Sprig rosemary, thyme and oregano (or a tsp of each dried) couple of bay leaves
- 2 tbsp of chopped basil
- Seasoning to taste

Makes 3-4 Litres



Method

1. Make a small cross on the bottom of each fresh tomato, lay them cross up in a roasting tray and drizzle with olive oil, balsamic vinegar and roast at 160°C for 30 mins. Remove from the oven, allow to cool slightly, discard the skins and chop (if they are very ripe, they may well have broken down naturally).
2. Meanwhile, grate the carrot and celery, chop the onions and leeks and put into a large saucepan with a good glug of olive oil. Sweat on a low heat for around 20-30 minutes until nicely soft, but with no colour.
3. Add garlic and herbs (except the basil) and continue to sweat on a low heat for a further 5 minutes
4. Turn up the heat to full, add the wine and reduce by about a third, then add tomatoes, chopped peppers, stock and tomato purée, tomato ketchup and mushroom ketchup, bring to a boil skim off any oil or scum that rises to the surface, then cook on a low simmer for 2-3 hours.
5. Taste and adjust seasoning – you may want to add a little sugar. Discard the cooked herbs and add the reserved fresh basil

Béchamel Sauce

Ingredients

- 600ml/1 pint milk
- 1 onion
- 1 bay leaf
- 2 cloves
- 6 black peppercorns
- 55g/2oz butter
- 55g/2oz plain flour
- Grated nutmeg

Handy hints

Ensure you add cold milk to a hot roux or you risk burning the sauce.

Method

1. Melt the butter in a non-stick pan, stir in the flour, and cook over a very low heat for about 3-5 minutes – don't allow the roux to colour.
2. After 3-5 minutes, start adding some of the cold milk. If you use a silicon whisk, you will achieve a smoother sauce and not damage your pan. Add a ladle of milk at a time and ensure the milk is thoroughly incorporated before adding the next ladle. After 3 or 4 ladles, the mix will start to become a sauce consistency.
3. Continue adding the milk in small quantities until smooth.
4. Add the onion & bay leaf studded together with the cloves, 6 peppercorns and cover with a circle of greaseproof paper to stop a skin forming.
5. Cook on a very low heat for 20 minutes to ensure the flour is cooked out. Leave to cool and remove the onion, season the sauce with salt, white pepper and grated nutmeg to taste.

Moussaka

The combination of oregano, lamb & aubergine makes this a delight for all ages.

Ingredients

- 4 aubergines
- olive oil
- 1 onion, grated
- 2 cloves of garlic, crushed
- 500g minced lamb
- pinch of cinnamon powder
- 1 glass of red wine
- 150ml base tomato sauce
- 200ml béchamel sauce
- 2 eggs beaten
- pinch of nutmeg
- 100g grated cheese
- 2 tbsp fresh oregano, chopped
- Salt freshly ground black pepper

Serves 4-6

Method

1. Preheat the oven to 190°C.
2. Slice the aubergines length ways into roughly ½ cm thickness. Brush with olive oil on both sides and sear them on a griddle pan or under a very hot grill.
3. Fry your lamb in a large pan with a little olive oil, (you may need to do this in batches); when brown add the onion and garlic, cinnamon and fry for a few minutes.
4. Add the wine to deglaze the pan, reduce by half then add 150ml of base tomato sauce, and simmer for 30 minutes.
5. In an ovenproof dish, layer the aubergines and lamb mince in a few layers, finishing with a layer of aubergines.
6. Combine the béchamel with the eggs, nutmeg and seasoning. Spoon over the top of the mince and then scatter with the grated cheese.
7. Bake in the oven 20-25minutes to colour the cheese and cook through.

Submitted by Chloe Georgiou

Lasagne

Ingredients

- 400g of minced beef (or left over roast beef finely chopped)
- 200g minced pork
- 4 rashers of smoked streaky bacon finely diced
- 1 onion finely chopped
- Small glass of red wine
- 1 garlic clove minced
- 400ml of base tomato sauce
- 400ml of béchamel sauce
- 300g of Mozzarella finely sliced
- 400g of fresh lasagne sheets
- 40g Parmesan cheese

Serves 4-6

Handy hints

if you are using dried lasagne sheets, boil for 5 minutes, then remove from the water, brush and allow to cool on a clean damp tea-towel

Method

1. Heat a glug of olive oil in a large pan on a medium heat and add the bacon and onion, cook for 5 minutes, stirring occasionally. Both the bacon and onion can take on some colour, but not too much. Remove with a slotted spoon and reserve for later.
2. Turn up the heat and add the meat (in batches if need be, reserve each batch with the bacon and onion) and fry quickly for 3-5 minutes getting some colour
3. When all the meat has been cooked, add the wine to deglaze the pan and reduce by half, then return all the meat, onion, bacon, add the garlic and tomato sauce, slowly bring to the boil, then turn down to a very low simmer and cook for 2 hours stirring occasionally– if the sauce becomes too dry add a little water
4. After 2 hours, taste and adjust seasoning, but remember the Parmesan will add some salt, so do not over season.
5. Now start to assemble the dish. Spread $\frac{1}{3}$ of the meat sauce into the base of an ovenproof dish, then drizzle over 50ml of the béchamel, sprinkle on $\frac{1}{3}$ of your Parmesan then add a layer of lasagne sheets.
7. Add another $\frac{1}{3}$ of the meat sauce, another 50ml of béchamel and $\frac{1}{3}$ of Parmesan then a layer of pasta
8. Add the remaining meat sauce, 50ml of béchamel the final $\frac{1}{3}$ of Parmesan then a layer of pasta.
9. Pour on the remaining béchamel spread the sliced Mozzarella over and either freeze ready for use later or bake in an oven at 180°C for 40-45 minutes until golden on top (if freezing, defrost thoroughly and bake as above).

Submitted by Bruce Cova

Homemade Burgers

Homemade burgers are easy to make and far healthier than anything ready-made. Chill for 30 mins or freeze in batches. Serve with potato wedges (P.40)

Method

Combine well 500g of good quality lean minced meat of choice, $\frac{1}{2}$ a grated onion, 1 tbsp Dijon mustard, 1 tbsp olive oil, 1 free range egg yolk and 2 tbsp of finely chopped fresh herbs of choice. Divide into 4 and form into burger shapes. BBQ or grill to your liking.

Grilled Kofta Kebabs

A wonderful mixture that can be made hotter if you wish by adding a little extra chilli or the chilli sauce.

Ingredients

- 600g minced lamb
- ½ tsp ground chilli
- 1 level tsp ground cumin
- 1 level tbsp sumac, (if you can find any), or finely grated zest of 1 lemon
- Sea salt and freshly ground black pepper
- Handful of fresh mint, leaves finely chopped
- Handful of fresh coriander finely chopped
- 1 red onion, peeled and grated
- 1 garlic clove, grated

Serves 4-6



Method

1. Grate the onion and garlic into a large bowl, then add the minced lamb, the herbs and spices and seasoning.
2. Break off a small piece of the mix, the size of a walnut, flatten and dry fry for a couple of minutes each side and taste for seasoning – adjust if required.
3. When happy with the flavour, divide the mixture into 4 or 6 even portions and mould each portion around a metal skewer - don't worry about getting them perfectly cylindrical, imperfections will crisp up and give texture.
4. Ideally cook on a hot BBQ for 10-15 minutes (or on a griddle or under a hot grill) turning regularly until nicely coloured and cooked through.
5. Serve with warm pitta breads, salad, chilli sauce and Tzatziki.

Submitted by Steve Fleming

Chilli Sauce

Method

1. 100ml of base tomato sauce blended with 1 or 2 whole red chillies 10ml cider vinegar. Add extra sliced fresh chilli if desired.

Quick Tzatziki

Method

1. 150ml greek yoghurt, 4-6 garlic cloves grated, ¼ of a large cucumber grated, 1 tbsp olive oil, juice of half a lemon all mixed together – if you want a thinner sauce, add a little water until it reaches the desired consistency.

OXO BBQ Steaks or Burgers

Ingredients

- 4 beef burgers or beef steaks
- 1 OXO Beef stock cube
- 2 tbsp tomato purée
- Squeezy honey

Serves 4

Method

1. Crumble the OXO Beef stock cube into the tomato purée and add a little honey so the mixture is slightly runny.
2. Brush about half of the mixture over one side of your burgers or steaks and place under a moderate grill, glaze side up or on the BBQ, glaze side down.
3. After a few minutes, turn the meat and brush more of the mixture on the other side and continue cooking until cooked to your liking.

Submitted by OXO® (Premier Foods)

Cottage Pie with Vegetable Topping

Ingredients

- 500g potatoes, peeled and cut into chunks
- 1 large carrot, sliced
- 1 medium parsnip, sliced
- 250g swede, cut into chunks
- 400g extra lean minced beef
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 100g mushrooms, sliced
- 1 tsp dried mixed herbs
- 1 OXO Beef stock cube
- 2 tbsp cornflour, blended with 2 tbsp water
- Salt and freshly ground black pepper

Serves 4

Method

1. Cook the potatoes, carrot, parsnip and swede in a large saucepan of lightly salted boiling water until tender, about 20 minutes.
2. Meanwhile, heat a large saucepan and add the minced beef, a handful at a time, cooking it over a high heat until seared and browned. This is important to give a good flavour.
3. Stir in the onion, carrot, mushrooms and mixed herbs. Add 400ml (14 fl oz) water and bring up to the boil. Crumble in the OXO Beef stock cube, then simmer, partially covered, for 20 minutes.
4. Preheat the grill and warm a large baking dish under it for 1-2 minutes. Meanwhile, drain and mash the potatoes, carrot, parsnip and swede, seasoning with a little salt and pepper.
5. Stir the blended cornflour and add to the mince mixture, stirring until thickened. Season if needed, then tip into the baking dish. Spoon the mash on top, spreading it out to cover the mince. Grill until browned, then serve.

Submitted by OXO® (Premier Foods)

Savoury Beef Cobbler

A simple, yet satisfying dish to use up leftover beef or you can prepare from fresh beef mince.

Ingredients

- 400-500g beef - you can use meat or mince (although you can use lamb or any other meat really!)
- 1 large onion grated
- 2-3 large carrots grated
- 1 garlic clove grated
- Large handful of garden peas, you can use frozen or fresh
- 1 tin of chopped plum tomatoes
- 2 OXO Beef stock cubes dissolved in 1 pint of water
- 6oz self raising flour, sifted so there are no lumps
- 2oz Stork margarine
- A pinch of salt
- Water to mix
- Optional 1 tbsp of dried herbs or 2 of chopped fresh herbs – whatever takes your fancy!

Serves 4-6

Method

1. Heat a drizzle of oil in a frying pan and cook the mince in batches if need be, until it's all brown. (omit this step if using leftover meat)
2. Add the onions and carrots to the mince in the pan. Continue to fry for another 5 minutes or so on a medium heat until the onions are cooked, stirring regularly.
3. Add your garlic and cook for another minute, then add your tomatoes
4. Make up your stock cube with boiling water and add this into the mince mix. You'll want quite a thick gravy. Simmer for 10 minutes, then add the peas
5. Pour the meat and veg into an ovenproof dish that has a lid (you can cover with foil if you have no lid) the larger the better, giving you the largest surface area to fit more cobbles onto
6. Place the casserole lid onto the dish and place it in a pre-heated oven (190°C) for 30 minutes
7. Meanwhile, make the Cobbler Mix
8. Rub the flour, margarine, and salt together, to the consistency of breadcrumbs; you can use a food processor. Add your herbs if using.
9. Mix water slowly into the mix until you have firm scone-like dough. If you add too much water it will become sticky (add a bit more flour).
10. When the dough's in one firm ball/lump, place your cobbler dough onto a floured worktop to roll it out so it is about 1cm thick and cut it into 2-5cm circles.
11. Remove the mince mix from the oven and give it a stir. The gravy needs to be quite thick so the cobbles don't sink; if your gravy's a bit thin then add in some gravy granules.
12. Place your cobbles on top of the mince; they will expand as they cook, so leave some space between them.
13. Return the casserole to the oven, without the lid
14. Cook at 190°C for 15 minutes, until the cobbles have risen and are a lovely golden brown.

Submitted by Richie Laybourne



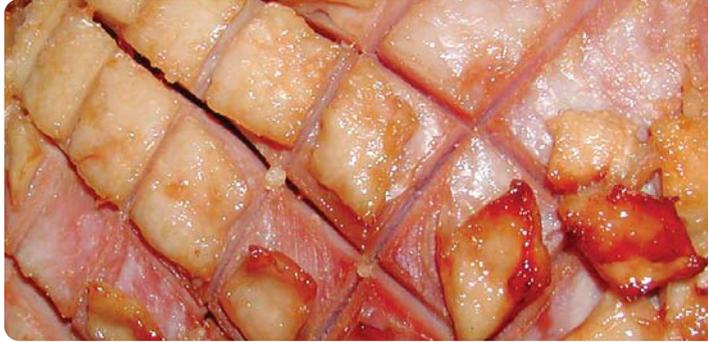
Gammon in Strong Spiced Cider

Made with Biddenden Monks Delight Spiced Cider, delicious hot or cold

Ingredients

- 1 x 2.5-3kg (5-6lb)
 - Gammon joint (pre-soaked in cold water for 24 hours)
 - 600ml of Biddenden Monks Delight Spiced Cider
 - 1 chopped onion
 - 6 allspice berries
 - 4 cloves
 - 2 bay leaves
 - 1 tsp of OXO reduced salt
 - Vegetable stock granules
- Basting mixture
- 1 tsp of mixed spice
 - 2 tbsps of Demerara sugar
 - Squeeze of honey
 - 1 tsp of mustard
 - 1 cup of Biddenden Monks Delight Spiced Cider

Serves 8-12



Method

1. Place joint and all of the above except the basting mix into a large pan and bring to the boil, then simmer for approx 1 hour.
2. Remove the joint, place in a roasting pan, remove the skin leaving the fat on the joint and make a diamond pattern in the fat. Stud with cloves and baste with the basting mixture.
3. Roast at 200°C for 10 minutes per ½ kg or 1lb, basting every 20 minutes. If it colours very quickly, cover with foil to prevent burning

Submitted by Biddenden Vineyards



Beef & Vegetable Pie

Use leftover roast beef instead of the corned beef if you prefer. Serve with steamed veg of your choice.

Ingredients

- 1 small onion diced
- 2 medium carrots diced
- 3 medium potatoes diced
- One tin of Fray Bentos corned beef (cubed)
- 2 OXO Beef stock cubes
- 1 tbsp of cornflour
- 500g of ready rolled shortcrust pastry

Serves 4-6

Method

1. Place all the diced vegetables in a saucepan and add enough water just to cover.
2. Sprinkle in the OXO cubes and a pinch of salt then simmer until veg are just cooked.
3. Strain the vegetables reserving the liquid, put the liquid back into the saucepan and thicken with the cornflour, then take off the heat.
4. Return the vegetables to the liquid, add the corned beef, stir gently so as to avoid breaking and leave to cool completely.
5. Line a suitable sized ovenproof enamel or pie dish with $\frac{2}{3}$ of the pastry.
6. Spoon in the filling and cover with the remainder of the pastry.
7. Decorate the top with any pastry trimmings, brush the pastry lid with milk and make a small vent in the centre to allow steam to escape.
8. Bake for 30-40 minutes in the middle shelf of a pre-heated oven at 220°C.

Submitted by Pat Westgate

Suet Layered Pudding

Ingredients

- 1lb (454g) minced beef
- 1 onion finely-chopped.
- 1 Beef OXO stock cube.
- 2 tsp mixed dry herbs
- 6 oz. Plain flour
- 2 oz Suet
- Pinch dry mustard
- Water to mix

Serves 4-6

Method

1. Put the flour, suet and dry mustard and some of the herbs in a bowl. Mix together with water to make a paste (not too wet). Line a 2lb pudding-basin with some of the paste reserving the remainder
2. Mix the beef, onion and remainder of the herbs together with the OXO cube dissolved - again, not too much liquid, just enough to make it manageable
3. Then, with the meat-mixture start to layer it in between the suet mixture making sure it has a lid of paste on the top
4. Cover with a pudding-cloth, and boil in a saucepan for 1 hour, topping up the water as required

Submitted by Anne Moore

Lamb Shanks with Plum Sauce

Best made when fresh local plums are in season.

Ingredients

- 6 lamb shanks
- Salt and pepper
- 25g unsalted butter and a glug of olive oil
- 200g onions diced
- 3 cloves of garlic finely chopped
- 75g lardons of bacon
- 2 carrots chopped
- 180ml of full bodied red wine
- 50ml brandy
- 12 plums

For the plum sauce

- 60g unsalted butter
- 1 onion chopped
- 600g plums, peeled, halved and stoned
- 1 apple, peeled, cored and quartered
- 1 OXO Chicken stock cube dissolved in 150ml of water

Serves 6



Method

1. Season the lamb with salt and pepper
2. Heat the butter and a dash of olive oil in a casserole dish or ovenproof saucepan (either way one that has a lid) over a medium heat and fry the lamb until golden all over, remove and reserve
3. Add the onions, bacon and carrots, fry for 2 minutes over a medium heat, then reduce the heat, add the garlic and fry for another minute
4. Pour in the wine and return the lamb to the dish, cover and either cook at a very slow simmer on the hob or in a slow oven at 150°C for 2 hours until the lamb is very soft. Add the plums and brandy for the last 5-10 minutes of cooking.
5. Meanwhile make the plum sauce. Place 30g of butter into a heavy based frying pan over a medium heat, add the onion and fry for about 5 mins until the onion is soft and translucent.
6. Add the plums and apple quarters, stir well, cover and cook for gently for 10 mins.
7. Place all the sauce ingredients into a blender and whizz until puréed.
8. Return the mix to the saucepan, add enough stock to produce a sauce consistency and heat through.
9. Remove from the heat, whisk in the remaining butter and serve immediately along with the lamb shanks.

Submitted by High Weald AONB Unit

Lamb Stifado ★ Winning Recipe ★

This is a really easy dish to make, either serve with boiled potatoes or, by adding some fresh pasta and a roast vegetable salad, it's a very special dinner party staple.

Ingredients

- 1 whole leg of lamb dice
- 1 medium onion, peeled and finely chopped
- 6 garlic cloves, peeled and finely chopped
- 2 beef tomatoes, roughly chopped
- 2x 400g can chopped tomatoes
- 100ml olive oil
- 250ml red wine
- 125ml red wine vinegar
- 1 tsp OXO reduced salt Vegetable granules dissolved in 100ml water
- 4 bay leaves
- 2 sprigs rosemary
- 3 sprigs of thyme
- Salt and freshly ground black pepper

Serves 4-6



Method

1. Preheat the oven to 180°C. Seal / brown the meat in a pan that can be also placed in the oven.
2. Sweat the onion and garlic with the meat then add beef tomatoes and canned tomatoes. Stir in the olive oil, wine, vinegar, herbs and stock. Season to taste with salt and pepper and bring to the boil, place in preheated oven. Cook for about 1½ hours, and rest until ready to serve, garnished with lots of chopped flat leaf parsley.

Submitted by Home GURR'own

Glazed Lamb Chops

Ingredients

- 3 tsp redcurrant or mint jelly
- 1 OXO Lamb stock cube
- 4 Lamb chump chops or leg steaks

Serves 4

Method

1. Warm redcurrant or mint jelly for 20 seconds in the microwave so it's just soft.
2. Crumble an OXO Lamb stock cube into the jelly and mix well.
3. Brush jelly mixture over lamb chops or steaks and grill or oven bake until cooked through
4. If using redcurrant jelly, finely chop a few sprigs of rosemary and add to the jelly mixture before glazing the meat for an even tastier result

Submitted by OXO® (Premier Foods)

Fruity Pork Casserole

Ingredients

- 2 tsp vegetable oil
- 500g lean pork chunks (such as leg or shoulder)
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 2 carrots, sliced
- 250g swede, chopped
- 250g potatoes, chopped
- 1 OXO Chicken stock cube
- 100g ready-to-eat dried apricots, halved if large
- ¼ tsp ground ginger
- 2 tsp dried mixed herbs
- 2 tbsp cornflour, blended with 2 tbsp of water
- Chopped fresh parsley or coriander, to garnish
- Salt and freshly ground black pepper

Serves 4

Method

1. Preheat the oven to 190°C / fan oven 170°C / Gas 5.
2. Heat a large flameproof casserole dish on the hob and add the vegetable oil, brushing it over the base. Add the pork chunks, letting them sear and brown before turning them over. Cook for 3-4 minutes until browned on all sides.
3. Add the onion, garlic, carrots, swede and potatoes, stirring well. Pour in 450ml (¾ pint) water. Bring up to the boil, then crumble in the OXO Chicken stock cube. Add the apricots, stir in the ginger and mixed herbs, then cover with a tight-fitting lid. Transfer to the oven and bake for 1 hour.
4. Stir the blended cornflour, and then add it to the casserole, stirring until thickened. Cook for 2-3 minutes. Serve, garnished with chopped fresh parsley or coriander.

Submitted by OXO® (Premier Foods)

Fidget Pie

A fabulously named, very old recipe, normally made with any leftover vegetables

Ingredients

- ¾ lb streaky bacon cut into small pieces
- 1 lb of potatoes, peeled and thinly sliced
- 2 large apples, peeled cored and thinly sliced
- 2 large onions, peeled and thinly sliced
- 1 OXO Beef stock cube dissolved in ½ pint of boiling water
- Shortcrust pastry to cover

Serves 4

Method

1. Take a suitable sized pie dish and place in a layer of apples, season with salt and pepper, then add a layer of potatoes, season again and add a layer of onions and then a layer of bacon. Repeat layers until all has been used, ending with a layer of bacon.
2. Pour in the stock which will keep the pie moist.
3. Cover with pastry, make a small slit in the top and brush with beaten egg or milk.
4. Bake at 175°C for 30-40 minutes. If the pastry browns too quickly, cover with foil.

Submitted by Hazel Lawrence

Sunday Lunch

Sitting down to a long family meal isn't always practical, but Sunday lunch is a wonderful occasion that shouldn't be stressful, and shouldn't be rushed. As with any dinner party, timing is the key here, and the best way to work out timings is simply to decide what time you want to eat – and work backwards! Roasted joints of all descriptions will benefit from 20-30 minutes resting time – which gives plenty of time to finish veg, Yorkshires, gravies etc and frees up oven space to reheat roast potatoes, parsnips etc. Spoil yourself with a great joint of meat from the butchers and then use up any leftovers in the other recipes within this book. Check the Veg section for accompaniments & Yorkshire Puddings (p39).

Roasting Meats

Whatever you are roasting, try not to have the meat in contact with the roasting tin, or it will fry on the bottom. Sit it on a bed of veg; onions &/or carrots are best, peel the onion and slice into ½ inch rounds, peel and halve the carrots. You can add leeks, celery, garlic and herbs if you are making gravy in the pan. You can serve the veg with the meal or use to make superb gravy.

All roast meat improves with resting – ideally for half the time it has been roasting. If you

have an oven with a grill above, the grill area will get nice and warm and makes an excellent place to rest meats or warm plates.

Chicken

Try to choose a chicken that is free range – there will be so much more flavour. To add to that flavour, try mixing some herbs of your choice (thyme, lemon thyme, tarragon, oregano all work well) with some soft butter (around 100g) salt, pepper and a tbsp of olive oil and mix well. Then carefully use your finger to separate the skin from the breast at the open end...try not to split the skin. Insert the butter mix under the skin and massage down the breasts and into the legs. The skin will shrink from the breasts once it has been separated, so cover the top of the breast area with any spare skin from the neck end of the chicken or a couple of rashers of bacon.

Bash a couple of garlic cloves and insert into the cavity along with any residual butter, a few sprigs of your chosen herb and half a lemon if you have one lying around. Place on top of onion rounds and roast in the oven for 20 minutes per 500g plus an additional 20 minutes (1 kg will take 1 hour, 2 kg will take 1hr 40 etc). Check to ensure it is cooked by pushing a leg away from the body and check the meat around the hip bone is cooked

through with no blood in the juices. Allow the chicken to rest in a warm place for 20 minutes and serve with your chosen accompaniments.

Beef

If you are happy with medium rare roast beef, take yourself down to the butchers and buy a rib of beef, which is the most sublime joint of meat that gives a wonderful crispy crust of fat and 2 muscles that give totally different textures on the plate. A 2 rib joint should feed 6-8.

In a mortar and pestle or hand blitzer, put 2 tsp of sea salt, 1 tsp of fresh peppercorns, 1 tbsp of fresh thyme and 4 tbsp of oil. Blitz or crush together then rub all over the meat. Place on a bed of onions in a roasting pan and pour in 1 large glass of red wine and the same amount of water.

Cook as below. Make sure you rest for 30-45 minutes in a warm place before carving. The juices in the pan can be strained to add to and improve your gravy. You can use a cheaper cut of meat such as sirloin or topside. Roast at 180°C for the following times:

- Medium Rare: 20 mins per 500g plus 20 mins
- Medium: 25 mins per 500g plus 25 mins
- Well done: 30 mins per 500g plus 30 mins

Lamb

Lamb can be quite chewy, which tends to put off children, so my preferred method for large joints of lamb is slow roasting. Many recipes for lamb include studding the joint with herbs and garlic; these can sometimes burn and or leave you with big lumps of plant and garlic in the meat which many people do not like. A 2kg leg will feed 4-6 people.

Take your leg of lamb and using a sharp knife cut lengthways just through the fat layer, try not to cut into the meat. Carefully separate the fat and skin from the meat, work out from the

centre both ways until you have almost removed the skin (you can ask your butcher to do this for you).

Blitz together 2 cloves of garlic, a small sprig of rosemary a good pinch of salt & pepper, 4 tbsp of olive oil, the juice and zest of an orange and 2 tbsp of apricot jam. Paint this over the meat of the lamb with a pastry brush and then wrap the skin back over the lamb. Secure with string, drizzle with a little olive oil and place on a bed of onions, carrots and whole garlic cloves in a roasting tray. Roast at 180°C for 30 minutes, then turn down to 160°C for a further 2 ½ hours, basting every 30 minutes.

At the 2 hour point, bring 3-400ml water, a bottle of red wine (less a glass for the cook!) and 1 OXO Lamb stock cube to a slow simmer in a saucepan. Add this to the roasting pan and cook for a further hour. Remove the lamb to a warm place to rest for 30-40 minutes, pass the juices from the pan through a strainer, cool slightly and skim off excess fat, taste, season and if preferred, thicken with cornflour.

If you prefer your lamb to be cooked pink or want to cook for a shorter period - roast conventionally at 180°C for the following times:

- Medium: 25 mins per 500g plus 25 mins
- Well-done: 30 mins per 500g plus 30 mins

Pork

Pork should be roasted at 190°C for 25-30 minutes per 500g plus 25 minutes. There is a trend now for serving pork slightly pink...but I prefer my pork to be cooked very slowly over a long time. This gets maximum flavour from the wonderful fat and if your crackling hasn't crackled at a low heat, then remove it from the meat and crisp it in the oven at 180-200°C whilst the meat is resting.

Slow Roast Pork Belly

with thyme, butter, white wine and peaches. Serve with mashed or boiled potatoes.

Ingredients

- 1.5kg belly of pork
- 3 fresh ripe peaches or 6 tinned peach halves
- 100g butter
- 1 tbsp chopped fresh thyme
- 4 large carrots
- 2 large red onions
- 2 large leeks
- 4 parsnips
- 4 cloves garlic
- 1 OXO Vegetable stock cube
- 400ml white wine

Serves 6

Handy hints

For best results try and use unoaked white wine in this dish.



Method

1. Blitz ½ a ripe peach (keep the rest for later) with a tbsp of thyme, 100g butter, salt & pepper.
2. Take a 1.5kg belly joint of pork, with a sharp knife make an incision in the side of the meat right across one of the fat layers and fill with your thyme, butter and peach mix.
3. Tie the joint back together; score the skin with a sharp knife rub with a little oil and salt.
4. Put the pork onto a rack in an oven tray and put into an oven pre-heated to 200°C turn down immediately to 180°C and leave for 1 hour.
5. Meanwhile, peel the carrots, halve lengthways and cut into 1 inch pieces, peel and quarter the onions, halve lengthways the leeks, wash and cut into 3 pieces, peel and quarter the parsnips, stone and quarter the other peaches and bash (but leave whole) 4 garlic cloves.
6. Bring to a simmer 400ml white wine with 300ml of water and your OXO Vegetable stock cube.
7. After an hour, remove the pork from the oven (and turn down to 160°C). Take the pork out of the tray and if there is a lot of fat, pour some off. Add all your veg and coat well in the oil in the pan, then place your pork on top of the veg (tuck the thinner pieces of the parsnips under the joint) pour over the wine and stock and put back into the oven to roast for a further 2 hours.
8. When cooked, rest the pork for at least 15-20 minutes in warm place and serve sliced with the veg and the juices from the pan.



Hawkhurst celebrates the Centenary



The famous OXO cube was created by the Gunther Family from their Tongwood Estate (now St. Ronan's School) in Hawkhurst in 1910.



Over the weekend of July 24th and 25th, 2010 Hawkhurst celebrated the Centenary of this iconic little cube with a programme of special events, which also show-cased the finest of local produce from the Hawkhurst area.



On **Saturday, 24th July**, St. Ronan's School (www.saintronans.co.uk) opened its doors to over 2,000 visitors who enjoyed free admission to the School's stunning surroundings with a special OXO Exhibition in the Library, picnic demonstrations and a farm-trail. There was also archery in the School grounds, refreshments and cream teas in the Great Ballroom.




Hawkhurst's Celebration of **Local Food**
Grand Market Here
10am - 4pm

www.visithawkhurst.org.uk

On Sunday, 25th July, over 30 local producers participated in Hawkhurst's 'Grand Market on The Moor', which attracted over 2,000 visitors. The producers all enjoyed bumper sales, and voted unanimously for the market to become an annual event.

For more on this and other events visit the website at: www.visithawkhurst.org.uk

of the OXO Cube - 24/25 July 2010

From 6 p.m. on Saturday at St. Ronan's school, guests at a ticketed evening event were treated to a live cookery demonstration by Richard Phillips, inspiring celebrity chef of Chapel Down, Thackeray's and *Ready Steady Cook* fame.

The St. Ronan's School catering team largely recreated Richard's menu which was served to 120 guests at a Gala Dinner in the School's Great Ballroom.

The menu consisted entirely of locally-sourced ingredients, and was accompanied by the best of local wines and beers.

We have simplified some aspects of the menu on the following pages to allow you to recreate these wonderful dishes at home.



www.richardphillipsatchapeldown.co.uk

All the events over the Centenary weekend were organised and presented by the dedicated volunteers of the Hawkhurst Community Partnership and supported and funded by local and regional organisations and businesses.

The second Local Producers market will be organised by the NFU and will take place on The Moor, Hawkhurst, on:
Sunday, 24th July, 2011



Smoked Salmon & Crab Roulade

This was the starter for the OXO Centenary Gala Dinner, created by Richard Phillips, prepared and served by St Ronan's catering team from Holroyd Howe

Ingredients

- 110g smoked salmon
- 450g double cream
- Juice of half a lemon
- Cayenne pepper
- Salt to taste
- 50g smoked salmon cut into julienne (very thin strips)
- 50g picked white crab meat
- 200g of long slice Weald Smokery Smoked Salmon
- 10g chopped dill
- 50g creamed horseradish whipped with 25g double cream to ribbon stage
- 1tsp caviar
- Mixed salad leaves and toasted brioche to serve

Serves 4

Method

1. Puree the 110g of smoked salmon in a food processor with 50g of the cream and refrigerate for 30 minutes.
2. Place the puree in a large round bottomed bowl and fold in the rest of the cream a little at a time.
3. Add a generous pinch of cayenne and the lemon juice.
4. Fold in the 50g julienne of smoked salmon, crab and chopped dill.
5. Test for seasoning, place in a piping bag and refrigerate.
6. Place an 18" piece of cling film on a work surface and lay a slice of smoked salmon on top.
7. Pipe the mousse down the centre of the slice and roll into a roulade (cylinder), tighten each end like a christmas cracker and refrigerate for at least 1 hour.
8. To serve, slice the roulade, place a quenelle of the horseradish cream on top, then a little caviar and serve with some salad leaves and a slice of toasted brioche.

Kindly supplied by Richard Phillips



Roast Rack of Park Farm Lamb

*with Roast Baby Artichokes, Fondant Potatoes, Basil Pesto, and Nicoise Jus .
This was the main course for the OXO Centenary Gala Dinner*

Ingredients

- 2 x rack of lamb (4-6 bone) French trimmed and cut in half (ask your butcher to do this if unsure)
- 4 tbsp of Dijon mustard
- 4 tbsp chopped chives
- 12 roasted baby artichokes
- 4 x braised baby gem lettuce
- 200ml lamb stock
- 2 x roasted peeled red pepper finely diced
- 2 x courgette finely diced and quickly fried to colour
- 2 x Handfuls of diced black olives
- 400ml Lamb jus or lamb gravy
- 4 x round fondant potatoes (see p40)
- Basil Pesto (see below)
- Baby Basil leaves to garnish

Serves 4

Handy hints

To make Basil Pesto, blend together in a food processor: 3 parts fresh basil leaves, 1 part toasted pine nuts, 1 part grated Parmesan, ½ garlic clove & enough extra virgin olive oil to loosen. Season to taste.

The artichokes and peppers are available ready roasted and prepared in good deli's



Method

1. Pre-heat the oven to 200°C
2. Seal the lamb in a hot frying pan on all sides until golden all over and place skin side down into the oven for 8 minutes medium rare, 10 minutes medium.
3. Remove from the oven and allow to rest for 4-5 minutes
4. Meanwhile, cut the baby gem lettuce into half lengthways, wash and pat dry with kitchen paper. Heat a little olive oil in a sauté pan, add the lettuce halves to the pan, cut-side down. Season and cook over medium heat for until lightly caramelised. Add a knob of butter, then the lamb stock, cover and braise on a low heat for about 6-8 minutes
5. For the Nicoise Jus, place the pepper, courgette and olives into the lamb jus or gravy, bring to the boil and reduce the heat to gently heat through for 2 minutes
6. Quarter the artichokes and cook in foaming butter until golden brown.
7. Brush the lamb with Dijon mustard and sprinkle with the chopped chives. Place the baby gem in the centre of the plate, then the lamb on top. Place the fondant potatoes and artichokes around the lamb, drizzle with the pesto and Nicoise Jus and garnish with baby basil leaves.

Kindly supplied by Richard Phillips

Summer Fruits in Wine Jelly

*made with Carr Taylor Rosé Sparkling wine and Elderflower Syrup
This was the dessert course for the OXO Centenary Gala Dinner*

Ingredients

- 1 punnet of blackberries
- 1 punnet of cherries (deseeded and cut in half)
- 1 small punnet raspberries
- 1 bottle of Carr Taylor Rosé Sparkling Wine
- 300g caster sugar
- 7 gelatine leaves (soaked in cold water to soften)
- Elderflower syrup
- 1 Vanilla pod
- 200ml double cream

Serves 8-12

Method

1. Dissolve the sugar in the wine over a gentle heat. Remove from the heat, add the gelatine and stir until dissolved, then pass through a fine sieve and allow to cool.
2. Pour a little of the cooled jelly into your moulds, place the raspberries point down into the jelly and place in the fridge to set.
3. Then do the same with the blackberries and finally the cherries, adding some liquid jelly to each layer and allowing each layer to set. (you may need to warm the jelly to dissolve for each layer).
4. When all the fruit is in, fill the moulds to the top with jelly, cover with cling film and allow to set for 12 hours.
5. To make the vanilla cream, de-seed a vanilla pod, add the seeds to 200ml double cream and beat until thickened.
6. To serve, warm the moulds in hot water and turn out, garnish with elderflower syrup, and the vanilla cream and a strip of the vanilla pod.

Kindly supplied by Richard Phillips





Roasted Sea Bream with Pancetta

Great flavours of the sea combined with the earthy taste of mushroom and salty pancetta

Ingredients

- 4 fillets of bream (or other white fish)
- 4 slices of pancetta
- 50g parsley & 25g chives
- Zest of 1 lemon
- 4 large field mushrooms
- 1 OXO Vegetable stock cube dissolved in 200ml of boiling water
- 1 glass of white wine
- 100g frozen peas
- 300g of finely sliced runner beans
- Boiled new potatoes
- Butter
- Olive oil

Serves 4

Method

1. Preheat your oven to 200°C
2. Chop the parsley, chives and lemon zest together in a blender with a tablespoon of olive oil and a pinch of white pepper.
3. Roll the fish fillets into cylinders
4. Lay out a slice of pancetta and paint on ¼ of the herb and lemon zest, then place on a fish fillet and roll up. Repeat with the other 3 fillets and refrigerate until needed.
5. Clean the mushrooms and remove the stalks, drizzle with olive oil, dot with butter, season with salt and pepper, place in an ovenproof dish and put into the oven for 10 minutes.
6. After 10 minutes, remove from the oven and place a fish fillet on top of each mushroom, return to the oven for 10 minutes.
7. Reduce the white wine by half in a medium saucepan, add the stock, bring back to the boil and add the runner beans. Cook for 10 minutes then add the peas.
8. To serve, remove the mushroom topped with fish, garnish with the beans and peas and serve with boiled new potatoes.

Submitted by Andrew McTrusty

Tournedos of Wild Salmon

Marinated in Maple Syrup and Star Anise with Bok Choy

Ingredients

- 4 wild salmon fillets, skinned and boned
- 100ml maple syrup
- 2 pieces of star anise
- 2 tbsp dark soy sauce
- Salt and pepper
- 4 bok choy

Serves 4

Method

1. Mix star anise, maple syrup and soy sauce in a bowl
2. Place salmon fillets in the bowl and marinate in the fridge for 30 mins.
3. Slice the bok choy in half down its length sprinkle with sea salt and set aside
4. Remove salmon from marinade and place into a pre-warmed frying pan, fry for 2 mins until golden brown, turn over then place into a oven at 150°C for a further 5 mins, allow to rest.
5. Place the bok choy cut side down in a hot pan with a little oil and fry until wilted, remove. Add the remaining marinade to the pan and reduce.
6. Place the bok choy cut side up on the plate, take your rested salmon and slice each piece into 3 and lay over the bok choy, drizzle reduced marinade around plate and serve.

Submitted by Holroyd Howe

Rye Bay Scallops

A taste of the sea which shows that sometimes, simplicity is the best policy. Pour yourself a cold Sauvignon Blanc to accompany...heaven!

Ingredients

- 4-12 Scallops
- 6 slices pancetta
- 300-500g rocket
- 75ml dry sherry
- Unsalted butter
- Salt & pepper to taste

Serves 2

Method

1. Fry the pancetta in a small amount of butter until crisp. Set aside & keep warm.
2. Wash & dry the scallops.
3. Add a pile of rocket to the serving plates.
4. Add a further small amount of butter to the bacon pan, fry the scallops (3 min a side) - set aside & keep warm.
5. Deglaze the pan with the dry sherry & reduce by half, adding more knobs of unsalted butter, season to taste.
6. Divide the scallops between the two plates.
7. Pour reduced juice over the scallops and rocket, crumble the crispy pancetta over the plate.

Submitted by John Buckles

Vegetarian

Winter Warming Vegetable Curry

Does exactly what it says on the tin!

Ingredients

- 2 tsp vegetable oil
- 1 large onion, chopped
- 1 eating apple, cored and chopped
- 1 garlic clove, crushed
- 3 tbsp Tikka, Korma or mild curry paste
- 2 carrots, sliced
- 1 red pepper, deseeded and chopped
- 400g can chopped tomatoes
- 250g cauliflower, broken into florets
- 410g can chickpeas, drained
- 2 OXO Vegetable stock cubes
- 200g long grain rice
- 50g frozen peas
- 2 tbsp chopped fresh coriander, plus extra to garnish
- Salt and freshly ground black pepper

Serves 4



Method

1. Heat the vegetable oil in a large saucepan, brushing it over the surface. Add the onion, apple and garlic and stir-fry for 2-3 minutes. Stir in the curry paste and cook for a few seconds.
2. Add the carrots, pepper, tomatoes, cauliflower, chickpeas and 900ml (1 ½ pints) water. Bring up to the boil and crumble in 2 OXO Vegetable stock cubes. Reduce the heat and simmer, partially covered, for 25-30 minutes.
3. About 15 minutes before the curry is ready, put the rice on to cook in plenty of lightly salted boiling water for 12 minutes, until tender.
4. Add the peas and coriander to the curry and heat for a few moments. Check the seasoning, adding a little salt and pepper if needed. Serve with the hot cooked rice and garnish with extra coriander.

Submitted by OXO® (Premier Foods)

Vegetarian Cannelloni

Cannelloni can have all sorts of fillings – you could use the same mix as for lasagne for a meat filling and finish as below.

Ingredients

- Handful of Parmesan, grated
- 2 x 250g tubs of mascarpone
- 100g Taleggio cut into cubes (you can substitute Fontina cheese or even a washed Camembert)
- Zest and juice of 2 lemons
- Handful of roasted chopped pine nuts
- 100ml of base tomato sauce (from the minced meat section)
- 100ml of béchamel sauce (from the minced meat section)
- 200g baby spinach, chopped
- Pack of fresh sage
- Butter
- Salt, pepper and nutmeg
- 12 sheets of fresh lasagne (or dried; prepare as for the lasagne recipe as they will need to be pliable)

Serves 4

Method

1. Preheat the oven to 180°C.
2. In a dry frying pan toast the pine nuts over a medium heat until they have taken on some colour – keep watching them as they will change from golden to burnt very quickly! Once they have become golden and the kitchen is full of their lovely aroma remove to a cold dish, cool and then chop roughly.
3. Mix half the Parmesan with the mascarpone, the taleggio, the lemon zest and juice, and the pine nuts.
4. Mix $\frac{1}{4}$ of the mixture with the béchamel sauce, then season with some more nutmeg, then combine the remaining cheese mixture with the spinach and season to taste.
5. Fry the sage leaves in butter until crisp and crumble $\frac{1}{2}$ into the cheese and spinach mixture, save the rest for the top.
6. Spread half the tomato sauce mixture in the base of an oven proof dish and drizzle over $\frac{1}{4}$ of the béchamel mix.
7. Put a good spoonful of the cheese and spinach mixture along one of the longer edges of each lasagne sheet and roll up. Put them joint side down onto the dish
8. When you have made all 12, pour over the remaining béchamel and then the remaining tomato sauce and sprinkle with the remaining Parmesan and crispy sage leaves. Cover with foil and bake in the preheated oven for 20 minutes.

Submitted by Jill Fitzpatrick



Vegetable Stir Fry

Ingredients

- 2 tbsp vegetable oil
- 1 pack (350g) prepared vegetables for stir-fry (or 350g of any suitable vegetables chopped into small strips)
- 1 clove garlic - peeled and finely chopped
- 1 red chilli (optional - either omit completely or put in less according to taste) seeded and finely chopped
- 1 tbsp soy sauce
- Juice of 1 lime
- 1 OXO Vegetable stock cube
- 1 tbsp honey
- 1 tbsp sesame seeds

Serves 2



Method

1. Heat a wok over a high heat and then add the oil.
2. Add the vegetables and stir fry for 2 minutes, moving them around constantly and coating with the oil.
3. Add the chilli and garlic and cook for 2 minutes.
4. Add the soy sauce and lime juice, sprinkle over the OXO Vegetable stock cube and stir well.
5. Cook for a minute more, add the honey, stir through and remove from the heat.
6. Sprinkle over the sesame seeds and serve immediately with rice or noodles

Submitted by OXO® (Premier Foods)

Szechuan Spicy Aubergine

If you aren't a chilli buff then reduce the amount of the Chilli Bean Sauce by half.

Ingredients

- 4 aubergines, cut into 5cm chunks
- Groundnut oil
- 1 tbsp chilli bean sauce *
- 2 tsp root ginger, grated
- 2 tsp finely chopped garlic
- ½ OXO Vegetable stock cube
- 1 tsp sugar
- 1 tsp light soy sauce
- 3 spring onions finely chopped

Serves 4

Method

1. Heat a wok over a high heat and then add the oil. Fry the aubergine for 3-4 mins until lightly browned, remove and drain on kitchen paper.
2. Dissolve the OXO cube in a cup of boiling water.
3. Clean the wok and add 2 tbsp of oil. Add chilli bean sauce, garlic & ginger and fry until fragrant
4. Add sugar, soy, 3 tbsp of stock and return aubergine to pan. Simmer for 3-4 minutes.
5. Add spring onions, remove from heat & serve with rice

* Chilli bean sauce is available from most Asian stores, but if unavailable replace with ½ - 1 chopped red chilli and 1 tbsp of black bean sauce.

Wild Mushroom Risotto

If fresh wild mushrooms are not available, use 200g of chestnut or field mushrooms and use 25g of dried wild mushrooms.

Ingredients

- 300g mixed fresh wild mushrooms, sliced
- 25g butter plus a little olive oil
- 15g dried ceps (porcini), soaked in 2 OXO Vegetable stock cubes and 1.5 litres of water
- 1 medium onion, finely chopped
- 1 clove garlic grated
- ½ stick celery grated
- 400g risotto rice
- 150ml dry white wine
- 50ml dry vermouth preferably Noilly Prat
- 2 tbsp of Mascarpone cheese
- Salt and pepper

Serves 4-6



Method

1. Boil water, add the OXO cubes and dissolve then add the dried mushrooms. Leave to soak for 20-30 minutes, remove the mushrooms with a slotted spoon and pour off most of the soaking liquid, leaving behind any grit or sediment.
2. Heat the butter & oil in a medium saucepan, add the onion & celery and cook on low heat for 5 minutes until soft then add the garlic and cook for a further minute.
3. Add the rice and stir well for a couple of minutes until the rice is evenly coated with butter and oil and starts to look a little opaque.
4. Add the chopped soaked wild mushrooms (not the liquid yet!) stir well to incorporate. Add the white wine & vermouth, increase the heat and reduce by half
5. Heat the stock used to soak the dried mushrooms to simmering and begin to add a ladle at a time, stirring all the time. Once the rice has absorbed a ladle of liquid, add the next. If you need more liquid, add a little water at the end.
6. Meanwhile, in a separate pan, fry the fresh mushrooms in a little butter and olive oil, for a couple of minutes.
7. When the rice is cooked but still *al dente* (about 15-20 minutes), remove from the heat.
8. Add the Mascarpone, fold through $\frac{3}{4}$ of the fresh mushrooms, cover and leave to rest for 5 minutes, season to taste and serve with a topping of the fresh mushrooms and a little chopped parsley.

Vegetables & Side Dishes



Boiling

As a rule of thumb, anything green or that grows above ground should be cooked in boiling, salted water to preserve the colours and will be ready in 5-10 minutes. Anything grown below ground should be started in cold water and will be ready in 20-30 minutes. In either case, use as little water as possible to reduce nutrient loss

Steaming

Any vegetables that you would normally boil you can steam. Boiling veg causes a lot of the nutrients to be lost in the water, steaming locks them all in. Steamers vary so check the instructions for cooking times.

Sautéing

Cut firm veg into ½-inch cubes, make sure your pan is hot, then add 2 tbsp olive oil and your vegetables. Leave it to fry for 30 seconds then give it a couple of good tosses. Repeat until cooked, even a firm vegetable will take just a couple of minutes. It should come out of the pan firm but not mushy. For greens, follow the same method as firm vegetables. Greens cook quickly, a quick toss and they are ready.

Roasting

Most veg can be roasted...not just potatoes! Roasting gives flavour because the high heat enhances the veg's natural sugars. Squash, sweet potatoes, carrots and onions are all delicious simply roasted in a little olive oil. Try mixing some whole tomatoes with peppers, courgettes, peeled whole garlic cloves and aubergine cut into ½ inch cubes, drizzle with olive oil, sprinkle on a little rosemary and thyme, some salt and roast for 20-30 minutes.

Roast Potatoes

Peel and cut into roughly the same size – a few differences in size and shape will give some crispier roast potatoes. Boil for 10 minutes then strain and leave to steam and cool in the colander. Drizzle a little olive oil, duck or goose fat onto a roasting tray, put in your potatoes and then drizzle over some more oil. Bake in an oven pre-heated to 180°C for 30 minutes, then turn the potatoes over and baste thoroughly. Return to the oven for a further 30 minutes. If you are lacking oven space, remove and then return to the oven for 20-30 minutes to finish off whilst your meat is resting.

Hedgehog Potatoes

A great alternative to standard roast potatoes or as an accompaniment to a BBQ – kids love them and in my experience, no matter how many you cook they all get eaten! Choose a variety of salad or new potato, wash thoroughly but do not peel. Place each potato in a wooden spoon and cut down at 2-3mm intervals – the spoon should stop you cutting right through the potato. Drizzle a little olive oil over the base of a roasting tray and place the potatoes cut side down, then thinly slice 250g of butter and place on top of the potatoes.

Bake for 40 minutes at 180°C, then remove from the oven and turn the potatoes over so the cut side is topmost. Baste with the butter and oil, then season liberally with sea salt. Leave to cool and then 30 minutes before serving, return to the oven for 30 minutes. You will end up with the tops very crisp and the base meltingly soft.

Fondant Potatoes

Peel the potatoes and square off the two largest sides of each potato then, using a pastry cutter, cut into cylindrical shapes. In a saucepan melt 200g of butter over a moderate heat and, once it has started foaming, put in the potatoes. Cook until the bases are golden brown, then turn them over. Pour in 150ml chicken stock and be careful as it may spit furiously for a short time, season with salt & pepper and simmer for 15 minutes. Then add another 150ml of chicken stock, couple of sprigs of thyme and simmer for 30-45 minutes. They are cooked when a knife can be easily inserted into the potato

Potato Wedges

Far healthier than chips and children love them. Thoroughly wash the potatoes, but don't peel them. Then slice into wedges, coat

with olive oil season with salt and pepper and bake at 190°C for 40-50 minutes.

Mashed Potatoes

Prepare as for roast, but cook through 20-30 minutes. Drain and leave to steam. Heat a little cream in a clean pan, add a good knob of butter and season with salt and pepper. Push the potatoes through a potato ricer over the pan, stir to combine, taste and adjust seasoning.

Roast Parsnips

Peel and quarter the parsnips, removing the woody core. Place immediately in a saucepan of cold water, bring to the boil and then strain and allow to steam and cool in the colander. Drizzle a little olive oil over the base of a roasting tray add your parsnips and then drizzle over a little more olive oil. Roast at 180°C for 30-40 minutes turning over halfway through cooking.

Vichy Carrots

Peel your carrots then slice thinly using a mandolin or the slicing tool on a grater. Put into a saucepan, just cover with water add a pinch of salt, a tsp of sugar and a large knob of butter. Boil vigorously until the water has evaporated and then toss to distribute the butter glaze and serve.

Purée of Root Veg

You could use just carrots, parsnips, turnip, potato, celeriac or a mixture of any that you prefer. In any case, peel and cut into ½ inch pieces then boil until soft – roughly 20 minutes. Drain in a colander and leave until they stop steaming, then transfer the veg to a food processor and blitz to a smooth purée with a good knob of butter. Return to the pan, reheat and season to taste.

Cabbage with Shallots & Garlic

An excellent accompaniment to a roast or Christmas dinner, you can use any variety of green or white cabbage. To prepare, remove the outer darker leaves (4-6 normally) then on a chopping board quarter the cabbage using a sharp knife, then cut out the core in each quarter. Cut out the cores from the outer leaves, roll and slice as thinly as possible, along with the quartered cabbage (for 2 to 3 portions you only need a quarter, you can store the rest in clingfilm in the fridge). In a saucepan, sweat the shallot and garlic for 5 minutes in a little olive oil, add finely sliced cabbage then add a little water (about 1 cm) and a knob of butter. Cover with a lid and cook on a high heat for 5-10 minutes, stirring every couple of minutes replacing the lid each time.

Cauliflower Cheese

Remove the green outer leaves and break the cauliflower into florets. Steam over a pan of boiling water for 5 minutes then cool. Place the florets in a single layer into suitable oven proof dish. Heat approx 1 pint of béchamel (p15), add 50g grated cheese to the sauce and stir until melted. Pour the sauce over the cauliflower ensuring all the florets are covered. Sprinkle with grated cheese and bake at 190°C for around 30 mins until the sauce is bubbling and golden brown on the top. NOTE: To get the kids to eat their veg, you can use any cooked veg such as broccoli, carrots, cabbage or a mixture. If so, it needs less cooking, so steam the veg until tender, place in a suitable dish, cover with the hot sauce then brown under a preheated grill and serve.

Yorkshire Puddings

This mix will make 10-12 puddings; the additional egg white gives light, crisp puds

Ingredients

- 225g/8oz plain flour
- Pinch of salt
- 3 large free-range eggs
- 1 large free-range egg white (optional)
- 300ml/10fl oz milk (you may need a little extra)
- Cooking oil, lard or dripping, for cooking

Makes 10-12

Handy hints

For a twist, add chopped rosemary or thyme to your batter just before baking. This recipe is also a good base for Toad in the Hole

Method

1. Sift flour and salt into a large bowl.
2. Beat the eggs and egg white separately and mix into the flour.
3. Whisk in half the milk initially, then add the remainder slowly until you have a good thick batter that will coat the back of a spoon.
4. Leave in the fridge to rest covered in cling film for at least an hour, preferably overnight.
5. Remove from the fridge and allow to come to room temperature for 15-20 mins, give another whisk to bring it all together and if you have left overnight, it will probably have thickened so thin with extra milk.
6. Put a tbsp of oil, lard or dripping into each mould in your pudding tray and place in the oven at 220°C to get very hot.
7. Carefully remove the tray and add a ladle of the batter to each mould as quickly and safely as you can, return to the oven and cook for 25-40 minutes depending on the depth of your moulds, until the puddings have risen and are crispy.

RECIPES

Desserts

Apple and Blackberry Crumble

Could there be a more autumnal way to serve dessert on a Sunday?

Ingredients

- 10 large cooking apples
- 750g blackberries
- Pinch of cinnamon
- Pinch of ginger

Crumble mix

- 300g plain flour
- 200g demerara sugar
- 200g butter
- 200g porridge oats
- Pinch of cinnamon
- Pinch of ginger

Serves 8-10



Method

1. Slice apples into a large oven proof dish and mix in the blackberries, sprinkle cinnamon and ginger on top
2. Combine all crumble mix ingredients together and mix into a crumb like consistency, sprinkle over the top of the fruit and cook in a medium hot oven (180°C) for 40 mins.
3. Serve with Simply Ice Creams' Cinnamon or Vanilla flavour ice cream.

Submitted by Simply Ice Cream

Kent Gypsy Tart

This traditional dessert is a little on the rich side. To cut through the sweetness, serve with slices of fresh apple or pear from the Garden of England.

Ingredients

- 6" – 7" pastry case – available ready baked
- 170g tin of evaporated milk
- 200g dark brown sugar

Serves 4

Method

1. Warm pastry case in oven at 200°C
2. Whisk evaporated milk and brown sugar together until a thick consistency – should flow and resemble softly whipped cream.
3. Pour mixture slowly into pastry case when warm, and then put back into oven for 3 minutes until set
4. Remove from oven and allow to cool, serve at room temperature.

Submitted by Jempsons

Sussex Pond Pudding

Ingredients

- 225g self raising flour
- 110g shredded vegetarian suet
- 50ml water
- 75ml full fat milk
- 110g cold butter - cubed
- 115g soft brown sugar
- 1 large lemon

Serves 4

Method

1. Sift the flour into bowl; add the suet and pinch of salt. Mix well, then add a little of the water and milk until the mix comes together.
2. Work the dough to an elastic consistency. Keep back a quarter of the pastry (for the lid) and on a lightly floured surface, roll out the rest to fit a 1.5 litre pudding basin.
3. Grease your basin with butter and line with the round of pastry to just above the rim. Place half of the butter and sugar into the suet lined basin. Prick the lemon with a fork, place on top of the sugar and butter, then add the remaining butter and sugar around the lemon.
4. Roll out the reserved pastry to form a lid. Moisten edges of the lid and place over the pudding and pinch together well to seal. Trim off any excess pastry.
5. Cover with a double sheet of foil, form a pleat across the middle to allow for expansion. Tie in place.
6. Place pudding in a large saucepan, keeping it off the bottom with a metal ring and pour in boiling water until it comes halfway up the pudding bowl.
7. Cover with a lid and steam for 3 - 3.5 hours. Check the water regularly and top up when needed.
8. When cooked, remove carefully, place a serving plate on top of the pudding and turn the pudding and plate over, then gently lift off the basin. Slice and serve immediately with single cream.

Submitted by Ian Jenkins



Sticky Toffee Pudding

Ok, not an everyday pudding, but this will put a smile on everyone's face!

Ingredients

- 85g softened unsalted butter, plus extra for greasing
- 225g soft medjool dates, pitted and coarsely chopped
- 100ml dark rum
- 175g plain flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- ½ teaspoon of mixed spice
- 150g dark muscovado sugar
- 2 large eggs

For the toffee sauce

- 300ml double cream
- 200g dark muscovado sugar
- 1 vanilla pod (split) or a teaspoon of vanilla extract
- 60g unsalted butter
- 50ml dark rum

Serves 6-8



Method

1. Preheat the oven to 180°C. Butter 6 x 200ml individual pudding moulds.
2. Put the dates, rum and 100ml boiling water into a small pan and bring to the boil over a medium heat, simmer gently for about 5 minutes, stirring occasionally, until dates are very soft. Set aside to cool.
3. Sift the flour, baking powder, bicarbonate of soda, mixed spice and a pinch of salt into a bowl and mix together well. In another bowl, beat the softened butter and the sugar together for 5 minutes with a whisk until creamy. Add the eggs, 1 at a time, mixing well after each addition.
4. You will now have 3 mixes; butter, sugar & eggs, the flour mixture and dates
5. Combine all 3 together a little at a time, mixing in each addition well before adding the next.
6. Spoon evenly between the moulds, smoothing the tops. Bake for 15-18 minutes or until a skewer inserted into the centre of each pudding comes out clean. Cool for 5 minutes before serving (note, the puddings can be frozen at this point and used when required, just defrost and heat at 180°C for 10 mins).
7. Meanwhile, make the toffee sauce. Put the cream, sugar, vanilla pod and butter into a pan and slowly bring to the boil. Cook for 3 minutes, then stir in the rum and cook for a further minute, until the sauce is smooth and thickened. Pour the sauce over the warm puddings and serve immediately.

Submitted by Katie Banks

Cherry Batter Pudding

A traditional Kentish style cherry batter, pays homage to its classic French origins.

Ingredients

- 250ml red wine
- 300g light brown caster sugar
- 500g cherries, pitted (can use frozen)
- 2 whole eggs
- 4 egg yolks
- 250ml double cream
- 50ml cherry liquor
- 50g plain flour
- 4 buttered individual ramekins
- 300ml crème fraiche

Serves 4



Method

1. Place the wine and 200g of sugar in a saucepan and gently bring to the boil, stirring to help the sugar dissolve. Turn off the heat, add the pitted cherries and leave to cool.
2. Preheat the oven to 170°C.
3. Put the 4 egg yolks and 2 whole eggs in a large mixing bowl, add the remaining 100g of sugar and whisk together.
4. Add the cream and the cherry liquor, mix well and then gently fold in the flour. The mixture should look like a Yorkshire pudding batter.
5. Remove the cherries from the wine mix with a slotted spoon and divide into the individual buttered ramekins. Pour over the batter mix and bake in the oven for 15-20 minutes.
6. Meanwhile, put the wine mix back on a high heat and reduce by half, then cool completely.
7. Put your crème fraiche into a bowl and add 3 or 4 tablespoons of the cold wine mixture and a splash more cherry liquor. Fold through the crème fraiche to give a 'ripple' effect. Chill in the fridge until needed.
8. After 15 minutes check the puddings are cooked (leave for a little longer if necessary).
9. Serve dusted with icing sugar and with a quenelle of the cherry ripple crème fraiche on the side.

Submitted by Sarah Garrett

Lighthouse Chocolate Bread

A fantastic alternative breakfast to shop bought 'pain chocolat'; but delicious any time of day!

Ingredients

- 20g fresh yeast or 2½ teaspoons dried yeast
- 600g unbleached white bread flour
- 10g salt
- 30g cocoa powder
- 125g caster sugar
- 1 egg yolk
- 25g softened butter
- 250g plain chocolate buttons or bars broken into pieces
- 325ml warm water

Makes 2 small loaves

Method

1. Pre heat the oven to 220°C
2. Combine the yeast, water and a generous pinch of the sugar in a bowl and leave to sit for 5-10 mins until bubbly. Add egg and butter to the yeast mixture
3. If using a stand mixer, place all the remaining ingredients in the bowl of the mixer and mix for 1 minute on a low speed with the paddle to combine. Add the yeast mixture and mix with the paddle until well blended. Switch to the dough hook and mix first on a low speed and then on a medium speed until the dough is smooth and elastic – about 4 minutes in total.
4. If working by hand, combine the dry ingredients in a separate bowl and mix briefly with a spoon to blend. Then add the dry ingredients to the yeast mixture in 3 batches, stirring well with a spoon between additions. Add the chocolate pieces last. Knead the dough on a lightly floured surface for 8-10 minutes until the dough is smooth and elastic.
5. Place the dough in a lightly oiled bowl, cover with cling film and let rise in a warm, draught free area until doubled in size – about 2 hours.
6. Turn the dough out onto a lightly floured surface and punch down. Divide into 2 equal pieces and shape each into an oval. Place each oval onto a greased or parchment lined baking sheet, cover with a clean damp tea towel and let rise until doubled in size – about 1 hour.
7. Place the baking sheet in the oven and bake for 15 minutes at 220°C, then reduce the heat to 190°C for an additional 25 minutes. Watch the loaves carefully during the last 5 minutes to avoid scorching the tops. Cool on a wire rack.

Submitted by Lighthouse Bakery

(Adapted from 'The Italian Baker' by Carol Field)



Biddenden Poached Pears

A light and delicious way to enjoy any firm pear.

Ingredients

- 4 firm English pears
- 300ml Biddenden Red Wine
- 100g golden caster sugar
- 1 tsp powdered cinnamon
- 1 cinnamon stick

Serves 4



Method

1. Peel the pears leaving the stalks on.
2. Place them in a suitable saucepan so they fit snugly
3. Pour over the wine, add the sugar and cinnamon
4. Gently bring to the boil, then simmer until tender all the way through (this can take anywhere between 15-30 minutes depending on the variety and ripeness)
5. Remove the pears and allow them to cool, then refrigerate to chill (this can be done a day in advance)
6. Reduce the cooking liquor until syrupy, cool and refrigerate until ready to serve.
7. Serve cold with cream or vanilla ice cream

Submitted by Biddenden Vineyards

Baked Spiced Apples

An easy and inexpensive way to use and serve local Bramley or cooking apples in the Autumn and Winter months

Ingredients

- 4-6 large apples
- 100g dried fruit - currants, sultanas or raisins
- 1 tbsp brown sugar per apple
- 1 large knob butter per apple
- 1 squeeze of honey per apple
- 1 pinch cinnamon per apple

Serves 4

Method

1. Rinse and core the apples - either with a corer or a sharp knife - to remove pips and kernels. Some varieties of apple can 'explode' when cooking, so score through the skin around the centre of the apple to stop this.
2. Fill the hole in each apple with the dried fruit, honey and a pinch of cinnamon.
3. Top with the brown sugar and the butter
4. Place on a greased baking tray, cover with baking foil and bake for 30 minutes at 150°C, then remove the foil for a further 15-20 minutes to crisp the skin.
5. Half-way through the cooking time, check the apples, and spoon some of the juice over each one.
6. Serve with warm custard.

Submitted by Ray Harding

PRODUCERS STORIES

The High Weald

The High Weald Area of Outstanding Natural Beauty (AONB) is a landscape of rolling hills, small irregular-shaped fields, abundant woods and hedges, scattered farmsteads and sunken lanes. Its special features were largely established by the 14th century – what you are looking at is, essentially, a medieval landscape.

Its unique features having arisen from a long history of human interaction with the natural environment. The droving of pigs by farmers from the South Downs, North Downs and coastal plains to the High Weald in the late summer or early autumn, to fatten them on acorns and beech mast, is the interaction that has played the most important part in creating the area's unique features.

The woodland pastures - known as dens - became permanent farmsteads, hamlets and villages creating the area's distinctive pattern of scattered settlements. The north-south tracks created by droving live on in the area's roads, lanes, bridleways and footpaths. The woodland pastures have gradually been opened up into the small, irregularly shaped fields and the farmed landscape we know today.

Thin, sandy soils and heavy clays have always made growing crops difficult, discouraging woodland clearance and agricultural intensification. As a result, the landscape has changed very little over the centuries and its woods, hedges, shaws, heathlands and grasslands remain rich in wildlife. Rearing livestock is still the most productive land use and grassland covers much of the area.

High Weald farming facts

- Agriculture is the main AONB land use, in 2007 accounting for 67.5% of the total farmed area.
- 38.8% of the High Weald is agricultural grassland, 14.2% arable and 1.5% horticulture.
- 41.5% of the farm workforce comprised part-time farmers in 2006.
- 30% of farm holdings are under agri-environment schemes (winter 2007).
- There are only 655 hectares of wildflower grasslands left in the area.

Did you know that ...

One of the best ways to help conserve the High Weald's landscape is to buy products from local farmers who manage their land in an environmentally friendly way? Demand for their products helps them farm in a way that benefits the area's landscape and the rare animals and plants that live within it.

To find out more visit:
www.highweald.org



PRODUCERS STORIES

Meat & Fish

Stephen Wood of Hawkhurst is a fifth generation butcher and grazier. Stephen's great-grandfather apparently once said that all the land, as far as the eye could see inland from Beachy Head, was farmed by a member of the Woods' family. Maintaining that longstanding tradition - albeit now on 120 acres - the Woods' family continues to run a very traditional butchers and, as much as possible, their produce comes from their own animals. From 7a.m. to 5.30p.m. work is concentrated on the butchers shop, and they then tend their stock until dark.

Founded on the heritage of the ancient food preserving method of smoking over oak logs, **The Weald Smokery** has grown considerably to become one of today's leading smokehouses. Great pride is taken in the traditional methods that have remained largely unchanged for hundreds of years. All products are smoked in traditionally built brick kilns and prepared by the team of experienced Smokers who have generations of expertise and knowledge between them. This has proven to be a winning combination as they continue to receive Gold Awards at the Great Taste Awards year after year and were voted Britain's Best Delicatessen in the South by the

Guild of Fine Food Retailers!

Sheep aren't just for eating, their wool is also in high demand! For the past 30 years, **Hugh and Pauline Skinner have owned and run Aragon Farm** near Sissinghurst, which is home to their large pedigree flock of Aragon Romney sheep. The farm consists of grassland, woodland, ponds, and the Crane Brook runs through it, from which the nearby town of Cranbrook takes its name. Romney's, (or Kent's as they are otherwise known), are an ancient breed with origins on Romney Marsh and are among the breeds most sought after by domestic and professional spinners.

Andy and Anne Clarke own Park Farm in Hawkhurst, land that was originally owned and used by Charles Gunther, Chairman of OXO to rear cattle. They sell their free range, locally produced beef, pork, lamb and eggs at their butcher's shop in Hawkhurst and supply many restaurants. Their methods of production from farm to table ensure a good animal welfare practice and excellent, quality stock to sell through the shop. Their free range meats are also used in homemade pies, pasties and other delicatessen items sold at the shop and at the farmers' markets.



Did you know that ...

Native breeds of sheep and cattle can still be found within the High Weald. The most common are the Romney Sheep (see above) and Sussex Cattle, with their dark, conker-coloured coat, a gentle nature and are a hardy breed that can thrive on poorer grassland.

PRODUCERS STORIES

Dairy & Cheese

Cliff and Julie Dyball acquired The Traditional Cheese Dairy in November 2002, but had been an integral part of its success for several years prior to the purchase. The dairy, located in the picturesque village of Stonegate, East Sussex, has been in operation for many years, and has always maintained traditional, handmade methods to make a varied selection of quality English cheeses. All their award winning premium cheeses are made using unpasteurised, cow's, ewe's and goat's milk, all of which, are suitable for vegetarians.

Arthur Alsop and Nicholas Walker specialise in Artisan Cheese making at their factory in Five Ashes, East Sussex, aiming to produce a complete cheese board of handmade cheese that will do everything from introducing the youngest in our families to satisfying the adults. Arthur Alsop has always been involved with food, growing up in farming and the meat trade.

Sally Newall and her mother have successfully run a catering business for over 20 years, serving her indulgent homemade ice cream as a dessert. More and more people kept asking where they could buy her fantastic ice cream. Based on this feedback, Simply Ice Cream was born. Sally wanted to create a product that used seasonal fruits, locally grown and most importantly free from any additives or preservatives. The company has gone from strength to strength over the past three years and Sally has created 22 fantastic flavours and now supplies over 180 outlets across the South of England, continuing to source locally grown natural flavours and ingredients.

Northiam Dairy, situated in the parish of



Northiam, on the border between Kent and Sussex is run by fourth generation farmer Rupert Cyster. His land has been organic for 5 years and the herd was certified organic in 2004. They have been processing milk since the early 1980's and aspire to produce the finest dairy products in a professional fashion. All milk comes from cows living in Sussex or Kent; much coming from their own cows, the balance sourced direct from neighbouring farms. The current range consists of fresh milk, fresh cream, various live yoghurts, crème fraiche, soft cheese and other cultured milks.

Did you know that ...

If we wish to see colourful wildflower grasslands, we need to maintain the traditional grazing practices that have created and maintained the habitat over centuries. By buying produce from animals that have been used for conservation grazing, you will be helping farmers look after these rare and fragile habitats.

PRODUCERS STORIES

Fruit & Wine

Linda and David Carr Taylor bought their farm at auction in 1969 and for the first two years continued with the existing crops of corn and hay, but it wasn't as rewarding as they had hoped, either financially or in any other sense of the word. They decided to search for something pioneering and enterprising- they had the soil analysed which showed the best crops to be onions, white roses or vines. Linda and David decided that wine would more fun than the other options - and so Carr Taylor Vineyard, one of the longest established commercial vineyards in England was born.

Peter Reeve's family have been farming in the area since the 1750's and on their current farm in Flimwell, East Sussex since 1860. They grow cereals, grapes, apples and blackcurrants. The latter are made into Arena Gold and Arena Black (apple and apple & blackcurrant juice) and they are a contracted blackcurrant grower to Ribena. In addition, Peter runs Arena Pursuits on the farm; the leading Corporate Entertainment, Team Building & Outdoor Pursuits company in South East England.

Julian Barnes left school at 15 to work on the

family apple farm in Biddenden, Kent, which at the time was diversifying into a vineyard. Biddenden Vineyard is Kent's oldest commercial vineyard; starting with one acre the vineyard has grown to 22 acres with nine varieties of grapes grown. Alongside wine making, they also produce Strong Kentish Ciders and Farm Pressed Apple Juice, made from the juice of locally grown culinary and dessert apples.

Michael Dallaway's father grew apples, but when he inherited the farm in Northiam on the Kent/East Sussex border in 2000, he decided to specialise in growing cherries and came up with the pioneering idea of renting out his trees. For a yearly fee, anyone can adopt a tree, visit during blossom season if they wish, and then come and pick their harvest in early to mid-July. Michael's cherries are available at farmers' markets, Jempsons, Spitalfields wholesale market in London, all local farm shops and at www.rentacherrytree.co.uk.



Did you know that ...

Fruit beds and hop gardens became a significant land use in the Victorian period, so are a relatively new landscape feature compared to the area's woodlands, grasslands and heathlands which have been around for hundreds of years! By buying orchard products such as fruit, hops, juice and beers you will be helping to keep these distinctive crops as a local feature.

PRODUCERS STORIES

Other Produce

Simpson's of Hawkhurst produce GOUPIE: a devilishly moreish chewy chocolate confection, topped with fine Belgian chocolate and available in a range of natural flavours including hazelnut, ginger, orange, chilli, lavender and cardamom. Joe and Janet's two teenage daughters persuaded them that there would be a market for a long-loved family recipe that they had always made for parties - they were right!

Sally Harrington had worked in the food industry for years as a food consultant and running her own outside catering business. She was tired of the same old salad dressing, did some experimenting and came up with Benenden Sauce. After giving away many bottles to friends and family she was finally persuaded to try selling them and tentatively took 12 bottles in a wicker basket, to the village butchers. They sold out within the hour. The rest, as they say, is history.

Jules and Nicci Gurr are Home GURR'own they produce fine cooked food and have flowers that come straight from the ground. It's very simple, 'Jules grows it, Nicci cooks it.' As well as using local ingredients such as locally grazed and free range meat, they use Hastings fresh fish, local free range eggs, Cranbrook windmill flour, and their own South Down lamb, seasonal vegetables and fruit. They then create and sell quiches, seasonal salads, hand raised pies, original Scotch eggs, handmade short crust pies and ready meals.

Little Orchard sits in the heart of the Weald of Kent outside the small village of Benenden and is the inspiration of Hannah Miles-Watson. Hannah's unequivocal love of fresh home



grown food and palette for both traditional and modern tastes has enabled her to create her own label unique preserves that you can buy at farmers' markets, food festivals and retail outlets. Every preserve is hand made in small batches. No additives are used, only home grown fruit and vegetables, produced under organic principles.

The Lighthouse Bakery School is part of the award-winning Lighthouse Bakery, an independent artisan bakery founded in London in 2000. 'Artisan' simply means that they use few automated processes, relying instead on traditional methods. After seven years of owning and running a retail shop in Battersea, co-owners Rachel Duffield and Elizabeth Weisberg decided to move to Bodiam, East Sussex to set up the bakery school and a small wholesale bakery. Offering expertise and experience, they want to inspire a new generation of bakers.

Read the full stories and plenty more at:
www.visithawkhurst.org.uk

PRODUCERS STORIES

Where to Buy

Alsop & Walker
Mayfield
Cheese
01825 831810

Aragon Yarns
Sissinghurst
Wool
01580 714400

Arena Gold
Flimwell
Fruit Juice
01580 879614

Biddenden Vineyard
Biddenden
01580 291726

Bosney Farm
Iden
Meat Farmer
01797 280282

Busters Farm Produce
Salehurst
Butcher
01580 882020.

Carr-Taylor Vineyard
Westfield
01424 752501

Colonnade Produce
Hawkhurst
Greengrocer
01580 753816

D G Woods Butchers
Hawkhurst
01580 753238

Dallaway Cherries
Northiam
Fruit
07905 671114

David Budd of Stevens
Farm
Hawkhurst
Fruit
01580 753341

Harrington Foods/
Benenden Sauce
Benenden
Salad Dressings
01580 240203

Hartley Dyke
Cranbrook
Farm Shop
01580 712546

Hinxden Farm
Benenden
Dairy
01580 240685

Home GURR-own
Cranbrook
Prepared foods
0774 7816541

John Botterell
Rye
Fish
01797 222 875

Lightfoot Alpacas
Hawkhurst
Wool
07802 263589

Lighthouse Bakery
Bodiam
Artisan Bakery
01580 831 271

Little Orchard Preserves
Benenden
Preserves, Jams &
Pickles
01580 241 809

Maynards PYO
Ticehurst
Fruit
01580 200394

Northiam Dairy
Northiam
Dairy
01797 252445

Orchard Farm Shop
Hurst Green
01580 860501

Park Farm Butchers
Hawkhurst
Butcher
01580 753558

Ringden Farm
Etchingham
Fruit Juice & Farmshop
01580 879385

Sandhurst Farm Shop
Sandhurst
01580 850890

Sandhurst Vineyard
Sandhurst
01580 850296

Sedlescombe Organic
Vineyard
Sedlescombe
0800 980 2884

Simply Ice Cream
Ashford
Ice Cream
01233 720 922

Simpsons / GOUPIE
Hawkhurst
Confectionery
05603 140116

South Coast Fish
Friday and Saturday at
Hartley Dyke Farm
Shop
07866 741288

Taywell Farm Shop
Goudhurst
Farm Shop
01892 835555

The Weald Smokery
Flimwell
Smoked Fish, Meat &
Cheese
01580 879601

Traditional Cheese
Dairy
Stonegate
Cheese
01580 201610

There are also regular local farmers markets including; Battle, Cranbrook, Hastings, Rolvenden, Rye, Sissinghurst, Stonegate & Tunbridge Wells. Full details of these and others can be found at:

www.visithawkhurst.org.uk

Conversion Tables

Temperature

Centigrade	Fahrenheit	Gas Mark	Heat
110	225	¼	Very Cool
130	250	½	
140	275	1	Cool
150	300	2	
170	325	3	Moderate
180	350	4	
190	375	5	Moderately Hot
200	400	6	
220	425	7	Hot
230	450	8	
240	475	9	Very Hot

Weight

Metric (grams/kg)	Imperial (oz/lb)
25g	1 oz
50g	2 oz
75g	3 oz
100g	4 oz = ¼ lb
125g	4½ oz
150g	5 oz
175g	6 oz
200g	7 oz
225g	8 oz = ½ lb
250g	9 oz
275g	10 oz
300g	11 oz
325g	11½ oz
350g	12 oz = ¾ lb
375g	13 oz
400g	14 oz
425g	15 oz
450g	16 oz = 1 lb
675g	22 oz = 1 ½ lb
1kg	2.2 lb

Liquid

Metric (ml/L)	Imperial (fl.oz/pts)
30ml	1 fl.oz.
60ml	2 fl.oz.
90ml	3 fl.oz.
120ml	4 fl.oz.
150ml	5 fl.oz. = ¼pt
180ml	6 fl.oz.
210ml	7 fl.oz.
240ml	8 fl.oz.
270ml	9 fl.oz.
300ml	10 fl.oz. = ½pt
330ml	11 fl.oz.
360ml	12 fl.oz.
390ml	13 fl.oz.
420ml	14 fl.oz.
450ml	15 fl.oz. = ¾pt
480ml	16 fl.oz.
600ml	20 fl.oz. = 1pt

Standard Measures

1 teaspoon (tsp) = 5ml

1 dessertspoon = 10ml

1 tablespoon (tbsp) = 15ml

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The High Weald Sustainable Development Fund

This fund is managed by the High Weald Joint Advisory Committee, a partnership between Natural England and 15 local authorities. The Committee furthers understanding of the High Weald and enables action to conserve it.

www.highweald.org

Through the production of this Cookbook, the Hawkhurst Community Partnership salutes the quality and efforts of our local producers in the beautiful High Weald and the Garden of England.

The Hawkhurst Community Partnership would like to thank the following for kindly supplying the photography used throughout this publication:

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Whether you live in Hawkhurst on the beautiful Kent/Sussex border, or further afield, we hope that you will enjoy preparing and savouring the easy-to-follow recipes and using the tips in this 'Hawkhurst Cooks with OXO' CookBook.

Just as this CookBook was inspired by the Centenary of the OXO Cube - which was created by the Gunther Family in Hawkhurst in 1910 - we hope that, in turn, you may also find some inspiration and motivation, either to get cooking, or to try something different.

There is nothing quite like the enjoyment of a tasty meal which has been prepared 'from scratch', using home-grown or locally-sourced fresh produce and ingredients.



"Hawkhurst cooks with OXO" was supported by

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For more recipes, stories and local information, visit:
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