

Churston Traditional

FARM SHOP

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CHURSTON FARM SHOP RECIPES DECEMBER 2017

One way and another we're going to be eating quite a lot of cold meat come the end of the month. And delicious though cold turkey, pork, ham or beef can be the experience can begin to pall unless you have something really tasty to accompany them.

So here are some ideas which should come in handy from Boxing Day onwards – and which should help to use up some of the vegetables you will inevitably have over-bought.

Coleslaw has been around in various forms for centuries, and although the name is an anglicised version of the Dutch *koolsla*, or cabbage salad, salads featuring cabbage in all manner of guises were popular right across Europe.

On the other hand the version most commonly used today, where it is prepared with mayonnaise, is relatively young: mayonnaise wasn't invented until the mid-18th century.

But coleslaw had to cross the Atlantic with Dutch settlers before arriving back here as one of the Americanised European foods – including the Hamburger and the Frankfurter – which travelled 6,000 miles to complete a journey of only a couple of hundred.

For a real non-meat treat bake a couple of large potatoes, split them and stuff them while still really hot with butter and grated mature cheddar, top with a mound of coleslaw and let them stand for two to three minutes before digging in.

RED CABBAGE AND APPLE COLESLAW

Ingredients. Quarter of a red cabbage, one Spanish onion, two medium carrots, two firm eating apples (russet or Cox, preferably), juice of half a lemon, two tablespoons good-quality mayonnaise, tablespoon olive oil, two teaspoons balsamic vinegar.

Method. Beat together the mayonnaise, olive oil and balsamic vinegar in a large bowl and place the lemon juice in a separate bowl. Peel the apples and grate into the lemon juice, turn well to coat and add to the mayonnaise mix – this prevents the apple discolouring. Finely chop the onion and coarsely grate the carrot and the cabbage – after cutting away the tough central core. Mix all into the apple and mayonnaise, turn to coat, cover and refrigerate for at least two hours, stirring occasionally, before serving.

BEANSPROUT AND NOODLE SALAD

Ingredients for four. One pack beansprouts, three medium carrots, one block dried medium egg noodles, tablespoon each olive oil and soy sauce, two teaspoons rice wine vinegar, two teaspoons balsamic vinegar. For the pickling: 300ml cider vinegar and three tablespoons caster sugar.

Method. Break up the noodles and drop into a pan of boiling salted water, simmer for two minutes, refresh under cold running water, drain and reserve. Cut the carrots into julienne strips – with a mandolin, if you have one. Dissolve the caster sugar in the vinegar over a medium heat, add the carrots and simmer for six to eight minutes, drain and reserve. Whisk the oil, soy sauce and vinegars together in a bowl and add the carrots, noodles and beansprouts. Stir well to coat and refrigerate for an hour before serving.

CAJUN BAKED POTATOES

Ingredients for four. Four large baking potatoes, sea salt, 80 butter, 60g freshly-grated Parmesan, heaped tablespoon Cajun seasoning.

Method. Heat the oven to 200C gas mark 6. Wash the potatoes under a running tap, pierce with a fork and while still wet rub in plenty of sea salt. Place on a baking tray and bake for 30-40 minutes until the skins have browned and the flesh gives slightly when squeezed. Place on a chopping board. Use a cloth to protect your hand and halve the potatoes, scoop out the flesh, place in a bowl and mash. Add the butter, Parmesan and seasoning, mix well, spoon back into the skins, roughen the tops with a fork and brown under a hot grill for two minutes.

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