

Churston Traditional

FARM SHOP

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CHURSTON FARM SHOP RECIPES FEBRUARY 2018

That old Valentine's Day thing is looming up again, giving pretentious restaurateurs an excuse to relieve the punters of even more money for indifferent food and leading a lot of people who should never be allowed near a kitchen to believe that they are natural-born cooks.

Someone should do a calculation to see how many perfectly good ingredients end up being ruined and thrown away after being selected for a 'special' Valentine's meal at home.

But here's the thing: ingredients need be neither exotic, unusual nor expensive: the important thing is getting the flavours right. So here are three ideas to form the basis of a really delicious Valentine's Day supper. Serve the chicken with potato wedges and a green salad and if you think you'll still have room for a pudding then spear small chunks of fresh mango, fresh pineapple and tinned lychees onto cocktail sticks, chill them well and serve with a bowl of cream to dip them into. What could be simpler?

SMOKED TROUT MOUSSE

Ingredients for two: 100g smoked trout fillet, tablespoon full fat crème fraiche, teaspoon of creamed horseradish, good squeeze of lemon juice, four grindings of black pepper and a few drops of Tabasco.

Method. Whizz all the ingredients in a food processor until smooth and fluffy, pack into ramekins or a decorative dish and top with some lemon slivers and a sprinkling of cayenne pepper. Serve with Melba toast: lightly toast sliced white or brown bread, remove crusts, cut through the middle with a breadknife and lightly toast the cut sides).

CIDER CAN CHICKEN

Ingredients for two. One free-range chicken as big as you think you can manage, one can of cider a bunch of thyme, a crushed clove of garlic, sea salt, freshly-ground black pepper, olive oil.

Method. Rub the chicken all over with olive oil then season generously inside and out. Open the cider, pour a little into a roasting pan then place the thyme and the garlic clove inside. Place the can in the centre of the roasting pan and set the chicken down on top of it as far as possible – its claw joints should be touching or almost touching the metal. Roast in an oven preheated to 190C gas mark 4 for two hours, remove the chicken to a serving dish, strain the contents of the cider can into the roasting pan and reduce by half over a moderate heat. Pour over the chicken and serve.

DAUPHINOIS POTATOES

Ingredients for two. 500g waxy potatoes, peeled and sliced, one garlic clove, sea salt, freshly-ground black pepper, four gratings of nutmeg, 300ml single cream, small knob of butter.

Method. Rub the cut garlic clove around the inside of a shallow baking dish and build up layers of sliced potato, seasoning each with salt, pepper and nutmeg as you go. Heat the cream until boiling, pour over the potatoes so they are just covered, dot the top with butter and place on the lower shelf half way through the chicken's cooking time.