

Churston Traditional

FARM SHOP

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CHURSTON FARM SHOP RECIPES JANUARY 2020

Anyone who enjoys cooking will tell you that the post-Christmas period is one of the most enjoyable times of the year, simply because there are so many left-over bits and pieces to be used up.

There are all kinds of uses for cooked turkey from pies to curries, and a little inventiveness is all it takes to start working through the vegetables that are still hanging around.

In fact given that it makes one of the best stocks you will ever taste as well as providing the basis for so many tasty meals it always pays to buy a Christmas turkey slightly larger than you think you are going to need.

As a centrepiece for a January supper – perhaps to follow a warming soup as a starter – salmagundi is a spectacular choice. The word and the dish have been around in England since the 17th century and it's really our answer to the salade Nicoise: though an attractive array of meat and vegetables, rather than fish-based.

SALMAGUNDI

Ingredients for six. 500g cooked turkey breast, cut into strips, one large cos lettuce, six hard-boiled eggs, sticks from one head of celery, de-stringed, halved, cooked in boiling salted water for five minutes then thinly sliced, three medium carrots cut into strips with a vegetable peeler, three red peppers, one cucumber, 150g frozen peas, thawed, 500g baby new potatoes, steamed and halved, four tablespoons cider vinegar. For the dressing: two tablespoons finely chopped shallot, dessertspoon sliced pickled ginger, three tablespoons soy sauce, two tablespoons rice vinegar, half a teaspoon caster sugar, pinch of English mustard powder, tablespoon sunflower oil, tablespoon sesame oil, sea salt and freshly-ground black pepper.

Method. Wash and chop the lettuce and arrange on a serving dish topped with the peas. Boil the cider vinegar in a small pan and pour it over the celery and carrot strips in a shallow dish and allow to cool completely, then drain. Cut the red peppers into large chunks, char skin side up under a grill, wrap in foil until cool, slip the skins off and slice. Peel the cucumber and halve lengthways, scoop out the seeds and cut into thin strips. Arrange the vegetable strips on top of the lettuce with the halved potatoes around the base and the halved eggs in the centre. Add the strips of turkey breast. Place all the dressing ingredients in a jar, shake to combine, pour over the top and serve immediately.

BALSAMIC SPROUTS WITH BACON

Ingredients for four. 700g Brussels sprouts, 110g lean smoked back bacon plus some bacon fat, two tablespoons balsamic vinegar, black pepper.

Method. Trim the sprouts and steam until cooked but still firm to the touch. Cut the bacon into matchstick-thin strips. Sweat the bacon fat in a heavy frying pan for a couple of minutes then add the bacon strips, with a little olive oil if necessary. Cook over a medium heat until crisp, then add the sprouts and sauté for a couple of minutes to warm them through. Add the balsamic vinegar and continue to cook for a further minute, shaking the pan to make sure all the sprouts are coated. Season with plenty of black pepper and serve.

TURKEY BIRYANI

Ingredients. Two tablespoons sunflower oil, four diced carrots, two sliced red onions, 600g basmati rice, 1.2 litres hot chicken stock, 400g diced cooked turkey, two tablespoons Madras curry paste, two tablespoons fresh chopped coriander.

Method. Heat the oil in a large flameproof casserole, add the carrots and onions and cook for five to six minutes until softened. Add the curry paste and cook out for a minute or so then add the rice, stock and turkey, bring to the boil, reduce the heat and simmer, covered for about 15 minutes until the rice is tender and the liquid absorbed. Stir in the coriander and serve.

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