

Churston Traditional

FARM SHOP

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CHURSTON FARM SHOP RECIPES JULY 2019

At last! Barbecue weather has arrived and with it our fabulous selection of barbecue specialities including burgers, sausages and other delicacies.

And if you are going for plain barbecued meat then beef is exceptionally good value at the moment, and we have one or two suggestions for preparing and cooking it

But just as important as what you cook on the barbecue is what you serve it in and best of all for this purpose is pitta bread. And if that doesn't exactly inspire you then it's no wonder: most shop-bought pittas are dry, stale and tasteless, reflecting that fact that just because you wrap something in a hermetically-sealed pack doesn't mean it will be fit to eat once opened.

The answer is to make your own pittas. It doesn't, as most people believe, require any great degree of skill. It doesn't, as most people believe, take an inordinately long time. But the result will transform almost anything that has been cooked on a barbecue.

This recipe will give you 10 pittas. If you don't require 10 immediately then make as many as you do and wrap the remaining dough in lightly oiled cling film and keep it in the fridge for up to a week. You can then cut off further bits as you need. And you aren't restricted to making pittas with it: follow the recipe just up to the point where you have rolled the dough out and you have the makings of flat breads – just cook for 40-50 seconds on each side in a hot, dry frying pan for a brilliant result.

PITTAS

Ingredients for eight. 500g strong white bread flour, 350g hand-hot water, seven-gram sachet dried yeast, 10g salt.

Method. Place all ingredients in a bowl and bring together with a scraper. Turn out onto a work surface and knead for seven to eight minutes until smooth and elastic. Flour well, return to the bowl, cover and leave for an hour. Place back on the work surface, roll out into a sausage shape and divide into 10 pieces. Form each into a ball; flatten out then keeping well-floured roll out into 12-inch circles. Fold them in half, sealing the edges tightly, and leave, covered, for 30 minutes. Place a dry frying pan over a moderate flame for two minutes then add the semi-circles of dough to the pan, two at a time, and cook for a minute each side. If using immediately keep warm under a tea towel. For later use place briefly on the barbecue or under a hot grill to warm through. To open, cut along the seam with a serrated knife.

STEAK STRIPS WITH HORSERADISH MAYO

Ingredients for four people. 700 lean rump steak, one-inch piece of peeled fresh ginger and one garlic clove, both finely grated, tablespoon olive oil, half a teaspoon sea salt, 12 grindings black pepper, four tablespoons good-quality mayonnaise and two of creamed horseradish, juice of half a lemon, two large onions, eight pitta breads.

Method. Trim the steak and cut into quarter-inch thick strips. Mix the garlic, ginger, oil and salt in a bowl, add the steak, turn to coat well, cover and refrigerate for two hours. Peel the onions, halve and slice very thinly, place in a bowl and cover with boiling water. Leave for five minutes then drain and dry thoroughly on kitchen paper. Mix together the mayonnaise, horseradish and lemon juice. When ready to cook thread the strips of steak onto flat metal skewers and barbecue for five minutes. Warm the pittas through, spit with a sharp knife, spread the insides with the mayonnaise mix, add some of the onions and finally the beef strips and serve.

PROVENCAL BROCHETTES

Ingredients for four people. 700g rump steak cut into two-centimetre cubes, tablespoon herbes de Provence, two large garlic cloves, peeled and finely grated, three tablespoons olive oil, juice of one lemon, teaspoon sea salt, two small courgettes, 24 cherry tomatoes, one large onion, two red peppers.

Method. Place the herbs, garlic oil, lemon juice and salt in a bowl, mix well, add the beef cubes, turn well to coat, cover and refrigerate for two hours. Cut the courgettes into slices the thickness of a pound coin and the peppers into pieces the same size as the beef cubes. Peel the onion, halve laterally then place each half, cut side down, on a work surface, make three vertical cuts in each and separate the segments. When ready to cook thread the meat and vegetables alternately onto metal skewers always ensuring there is a piece of onion next to each chunk of beef. Barbecue for five minutes, brushing with any left-over marinade halfway through.

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