

Churston Traditional

FARM SHOP

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CHURSTON FARM SHOP RECIPES JUNE 2018

If you're looking for some real summery food then it has to be prawns: widely available and (in contrast with how things were not that long ago) affordable.

In our grandparents' day prawns – unless you lived by the seaside – were an exclusive food and were beyond most people's pockets. But then those were also the days when most families complained about having to eat beef every Sunday and chickens were a real luxury which appeared only two or three times a year, which just demonstrates that industrial-scale farming techniques can deliver benefits, despite their bad press.

Modern processing means you can buy cooked frozen prawns with confidence – though the ones from the colder waters of the North Atlantic will always have the edge when it comes to flavour. And these recipes give just a hint of what versatile ingredients they are.

CHICKEN AND PRAWN RICE

Ingredients for four. 400g defrosted frozen prawns, 500g left-over roast chicken breast cut into small chunks, 200g Basmati rice, cooked until just al dente, one large onion and two fat garlic cloves, finely chopped, two tablespoons olive oil, two red peppers, deseeded and finely diced, 150g defrosted frozen peas, six asparagus spears, trimmed and cut diagonally into half-inch slices, sea salt, freshly-ground black pepper, 50g freshly-grated Parmesan, chilli sauce for serving.

Method. Press the prawns between layers of kitchen paper to remove as much moisture as possible. Pour the oil into a large frying pan and add the onion and garlic and start to cook over a moderate heat – this way stops the garlic from browning and going bitter. As the onions start to soften add the peppers and asparagus and cook over a moderate heat for another four minutes. Add the peas, rice, prawns and turkey, season generously and cook, turning gently, over a reduced heat for seven to eight minutes until the meat and prawns have warmed through. Finally stir in the Parmesan, turn onto a warmed serving dish and serve with the chilli sauce.

FIERY PRAWN AND SPINACH TOASTS

Ingredients for four. Four thick slices white (preferably home-made) bread; 500g spinach, cooked, squeezed dry and kept warm, 200g defrosted prawns, pressed dry, three garlic cloves, tablespoon chilli flakes, 40g butter, two teaspoons olive oil, sea salt, freshly-ground black pepper.

Method. Finely chop two of the garlic cloves and cut the third in half. Toast the bread, preferably on a griddle, until slightly charred then rub one surface of each slice with the cut side of the garlic clove and keep warm. Heat the oil and butter in a wok or heavy frying pan and when sizzling throw in the chopped garlic, chilli flakes and prawns. Season well and cook for a minute over a high heat, stirring continuously. Divide the spinach between the slices of bread and spoon over the prawns and the cooking juices. Serve immediately.

SPICY PRAWN PATTIES

Ingredients. 450g peeled, cooked prawns, thawed and drained, 225g potatoes, boiled and mashed with a little butter, one large shallot, finely-chopped, two tablespoons chopped coriander leaves, one egg, three crushed garlic cloves, one-inch piece fresh ginger, peeled and grated, two green chillies, finely-chopped, teaspoon each chilli powder, turmeric and salt, one and a half teaspoons each ground cumin and ground coriander.

Method. Coarsely chop the prawns, beat the egg and place in a bowl with all the other ingredients, mixing well to bind together. Form small patties with the mixture, refrigerate for an hour, then fry in sunflower oil until golden brown

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