

Churston Traditional

FARM SHOP

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CHURSTON FARM SHOP RECIPES MARCH 2018

Try a word association test using 'spring'. What comes to mind first? Chicken? Greens? Lamb? None of the above?

In the food world spring lamb has to be one of the best-known delicacies (even though many prefer their lamb in the autumn when it's come off herb-rich summer pastures) and Easter – with us at the end of this month – is always associated in any Christian country with eating lamb.

It's hard to image what a treat Easter would have been back in the Middle Ages when it meant the end of six weeks of going without and the first green shoots of plants were providing welcome relief to the winter-long diet of dried pulses and salted meat.

Anyway, lamb it will be for many of us this Easter and if you really fancy a change from a traditional roast then here's a menu idea using all the same ingredients but in a different style.

LAMB NECK FILLETS WITH RED WINE AND ROSEMARY

Ingredients for four. Four lamb neck fillets, three or four sprigs of rosemary, four peeled garlic cloves, olive oil, sea salt, freshly-ground black pepper, 200ml red wine, 50ml balsamic vinegar, half a teaspoon Marmite, tablespoon redcurrant jelly, 25g butter.

Method. Cut the garlic cloves into slivers, make slits in the lamb at intervals and slip a sliver of garlic into each one. Add one or two rosemary leaves into some of the slits. Heat the oven to 190C gas mark 5. Rub the fillets with olive oil, season well then place in a dry, hot frying pan, sear well on all sides, add the remaining rosemary and transfer to the oven for 25 minutes. Remove the fillets and keep warm and take out the rosemary twigs. Deglaze the pan with the wine, add the vinegar and Marmite and cook over a medium heat until slightly reduced. Stir in the jelly and reduce again and finally whisk in the butter in small pieces. Check seasoning, pour over the fillets and serve.

CRUSHED POTATOES WITH THYME AND WHOLEGRAIN MUSTARD

Ingredients for four. 700g small, waxy potatoes, leaves from a small bunch of fresh thyme, finely chopped, two tablespoons wholegrain mustard, one garlic clove, peeled and grated, two tablespoons olive oil, 20g butter, sea salt, freshly-ground black pepper.

Method. Place the unpeeled potatoes in a pan with plenty of salt water, bring to a boil and simmer for ten minutes. Drain, return to the pan and leave over a low heat for 30 seconds so they are completely dried out. Break up with a knife then crush – but do not mash – with a potato masher. Stir in the thyme, mustard and garlic, add plenty of salt and pepper and mix well. Heat the oil and butter in a frying pan and, when just smoking, add the potatoes. Cook briskly, turning now and then, for about five minutes until they are well crisped, and serve immediately.

SLOW-BRAISED SPRING GREENS

Ingredients for four. 500g spring greens, two large (preferably Spanish) onions, 250g frozen peas, butter, sea salt, freshly-ground black pepper.

Method. Generously butter the inside of a large, shallow pan with a close-fitting lid. Wash, drain and shred the spring greens. Place half in the bottom of the pan. Thinly slice one of the onions and spread on top followed by a layer of frozen peas. Season well. Repeat the process with the remaining ingredients. Cover the pan and set over a really low heat and cook for 30-35 minutes, shaking occasionally. Once the spring greens are tender, mix the vegetables together, strain, turn into a warmed dish and serve.