

*Churston Traditional*

# **FARM SHOP**

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CHURSTON FARM SHOP RECIPES NOVEMBER 2016

The price of Marmite has gone up as a result of the Brexit vote. Cries of outrage from Marmite fans and massive shrugs from the other half of the population who can't bear the stuff.

But if you're talking in terms of flavour delivered per penny of price Marmite is still phenomenally good value. And it's not just for spreading on toast. It is also the secret ingredient in this month's recipe for a classic beef stew, a dish which has become unjustly neglected as we have developed more sophisticated tastes.

Nothing, absolutely nothing, we guarantee, will beat this old family recipe for flavour despite what appear to be is ludicrously simple ingredients. And just a tip: we'll be selling joints of our finest beef around Christmas so there will be plenty of top-quality stewing beef available to buy and freeze for later use.

Coq au vin is another hearty mid-winter treat and much simpler to make than you might think. And after both of those you'll need a light and tasty pudding: our suggestion dates back to Tudor times.

## HEARTY BEEF STEW

Ingredients for four. 700g beef skirt, two large carrots, two large onions, two small turnips, a medium parsnip and a small swede, all cut into chunks, two tablespoons flour, hot water, tablespoon Marmite, salt and pepper, two tablespoons beef dripping or oil.

Method. Heat the dripping or oil and brown the meat on all sides. Add the vegetables and cook for five minutes. Sprinkle in the flour, mix well to coat and gradually add enough hot water to form a thin gravy. Stir in a heaped tablespoon of Marmite, cover and cook for an hour and 40 minutes in a medium oven or over a low flame on the stove top. Check seasoning and serve with dumplings.

## COQ AU VIN

Ingredients. Once large chicken, jointed, heaped tablespoon flour, spread on baking sheet and baked for five minutes in a moderate oven, sea salt, freshly-ground black pepper, three tablespoon olive oil, 50g diced smoked bacon, cubed, eight whole shallots, peeled, 75g button mushrooms, 50g butter, bottle red wine, reduced by one-third, 350ml strong chicken stock, bouquet garni of thyme, parsley and bay leaf, slug of brandy, four crushed garlic cloves.

Method. Mix the salt and pepper with the baked flour and coat the chicken joints with it. Heat the oil in a heavy pan and brown the bacon dice and shallots then add the chicken joints and brown them all over. Throw in the brandy and flame, then add the reduced wine, the garlic and the bouquet garni. Transfer all to a large casserole, cover and cook in an oven preheated to 180C gas mark 4 for two hours. Sauté the mushrooms in butter and add after an hour.

## SPICED APPLE PUDDING

Ingredients for four. Six large dessert apples, four thick slices white bread, crusts removed, dessertspoon icing sugar, teaspoon cinnamon, juice of half a lemon, 50g unsalted butter, crème fraiche to serve.

Method. Peel the apples, quarter, removed the cores and cut into half-inch chunks. Toss in a bowl with the lemon juice. Place the sugar and cinnamon in a freezer bag, add the apple pieces and shake well to coat. Cut the bread into similar-sized cubes. Heat the butter in a frying pan until sizzling and add the bread and cook over a medium heat until lightly browned. Place onto kitchen towel to drain, add a little more butter to the pan and fry the apple pieces until slightly browned and starting to caramelize. Immediately mix together with the bread, divide between four bowls, top with crème fraiche and serve.

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