

*Churston Traditional*

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# **FARM SHOP**

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CHURSTON FARM SHOP RECIPES OCTOBER 2016

If it weren't for the Portuguese we should never be able to experience chicken vindaloo. Or any other really spicy Indian dish for that matter. Because until the Portuguese got to Goa Indian cuisine relied for its heat on pepper. It was the explorers who brought to the sub-continent the fiery chillies they had encountered and brought back from earlier trips to the Americas. They also passed on one of their dishes, carne de vinha d'alhos – literally meat in a garlic and wine sauce - which eventually evolved into the fiery Indian restaurant favourite we know today. Nights are drawing in, temperatures starting to drop, so here are a few ideas for using chill in various ways to spice up supper - and the bean soup is particularly comforting if your evening out involves standing round a bonfire.

## MEXICAN WINTER PIE

Ingredients for four. 500g lean braising steak, cut into small chunks, tablespoon plain flour, two tablespoons olive oil, one medium onion, finely chopped, two cloves garlic, crushed, two green chillies, seeded and chopped, two teaspoons each ground coriander and ground cumin, one bottle strong ale, 400ml beef stock, two tablespoons tomato puree, two medium carrots, diced, half teaspoon dried oregano, small can sweetcorn, drained, sea salt, freshly-ground black pepper. For the topping: 225g plain flour, three teaspoons baking powder, half a teaspoon cayenne pepper, 125g mature cheddar, grated, two tablespoons olive oil.

Method. Add plenty of salt and pepper to the four and toss the beef in it. Heat the oil in a flameproof casserole, then add the beef and fry over a medium high heat until browned all over. Remove with a slotted spoon to a plate or bowl. Add the onion to the pan and cook gently for 10 minutes, stirring occasionally until softened. Add the garlic, chillies and spices and cook for two minutes, stirring, then return the beef to the pan. Pour 150ml of the ale into a measuring jug, then add the rest to the meat with the stock, tomato puree, carrots and oregano, cover and lower the heat to simmer for 1½ hours. Alternatively cook in a low oven 170C/150C/gas 3 for 1½-2 hours until the meat is tender. Take the casserole out of the oven and stir in the drained sweetcorn. Depending on the size of the casserole, if it is shallow, then leave the mixture in, or turn into a pie dish. Increase the oven to 190C/170Cfan/gas 5. To make the topping, sieve the flour, baking powder and cayenne into a bowl, add half of the cheese. Mix the olive oil with the reserved ale then stir into the flour to make a soft, sticky dough. Add a little milk if the dough is not soft enough. Drop spoonfuls of the mixture over the meat mixture to cover, scatter over the rest of the cheese and bake for 15-20 minutes until golden and risen.

## CHILLI CON CARNE WITH DRIED TOMATOES

Ingredients for four to six. 800g beef skirt, minced, three medium onions, finely chopped, one large can kidney beans, drained and rinsed, generous tablespoon Cajun spice) one fresh Jalapeno chilli, finely-chopped, 100g sun-dried tomatoes, one tin chopped tomatoes, 40g dark chocolate (at least 70 per cent cocoa solids), heaped teaspoon salt, sunflower oil.

Method. Heat about a tablespoon of sunflower oil in a wide, shallow pan, add the onions and fry briskly. Add the meat, a little at a time and fry until well browned. Stir in the spice mix and fry for a minute then add the tomatoes, the chilli, beans, salt and chocolate. Stir until the chocolate has melted then cover tightly and simmer over the lowest possible heat for three hours. Remove the lid for the last 15 minutes of cooking and check seasoning before serving.

## SPICY BEAN SOUP

Ingredients for six to eight. Two large onions and four sticks of celery, finely-chopped, two large carrots, grated, one tin pinto beans, drained and rinsed, one tin chopped tomatoes, 110g finely-chopped Savoy cabbage or cavalo nero, tablespoon medium paprika, 1.3 litres home-made chicken stock, tablespoon fresh chopped thyme, sea salt, freshly-ground black pepper, three tablespoons olive oil.

Method. Place the oil in a large pan, add the onion and place over a medium heat—doing it this way stops the onion browning and acquiring an overpowering flavour. Add the celery, carrots and cabbage and sweat over a medium heat, stirring frequently, for about ten minutes. Add the paprika and cook for two minutes then add the beans, tomatoes, stock and thyme. Cover and simmer gently for an hour and a half. Cook uncovered for a further 20 minutes to thicken, season with salt and pepper and serve.

**Churston Farm Shop Dartmouth Rd, Brixham TQ5 0LL**

**Tel: 01803 845837 | Email: [postmaster@churstontraditionalfarmshop.org.uk](mailto:postmaster@churstontraditionalfarmshop.org.uk)**