

Churston Traditional

FARM SHOP

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CHURSTON FARM SHOP RECIPES SEPTEMBER 2017

Mince has acquired a bad reputation, one way and another, mainly as a result of unscrupulous retailers using it as the dumping ground for offcuts and trim. Which is a shame because that has put so many people off using a tremendously versatile ingredients.

Generally speaking independent butchers have raised the bar even for ordinary mince in the last 10 to 15 years while our own customers don't seem to be able to get enough of our steak mince.

It is exactly that: the minced version of our properly-aged steak which has come from traditionally grass-fed animals and therefore delivers well over the odds on the flavour scale. Here are a couple of ideas for capturing that flavour and building on it.

ITALIAN-STYLE BURGERS

Ingredients for four. 400g steak mince, two garlic cloves, two shallots and a small bunch of basil, all finely-chopped, two eggs, 150g freshly-grated Parmesan, 75g home-made white breadcrumbs, teaspoon sea salt, 20 grindings black pepper. Olive oil for frying.

Method. Place the breadcrumbs on a baking sheet and transfer to an oven preheated to 190C gas mark 5 for five to six minutes. Remove, allow to cool then whizz to a fine crumb in a food processor. Beat the eggs and mix with the breadcrumbs and the remaining ingredients. Form into burgers and refrigerate for two hours. Heat the olive oil in a large pan and fry over a medium heat until lightly browned on all sides.

LUXURY COTTAGE PIE

Ingredients for four. 600g steak mince, two teaspoons olive oil, two medium onions, finely-chopped, two medium carrots, peeled and grated, two tablespoons flour, tablespoon each herbes de Provence, Marmite, tomato puree and Worcestershire sauce, small glass red wine, 250ml water, 700g floury potatoes, 75g butter, two tablespoons full-fat crème fraiche, tablespoon freshly-grated Parmesan, sea salt, freshly-ground black pepper.

Method. Place the wine in a small pan over a moderate heat and reduce by half. Add the olive oil to a large frying pan and coat the base evenly, set over a medium to high heat, add the meat and cook briskly until starting to take on some colour. Add the onions, carrots and herbs and cook for four minutes. Away from the heat stir in the Marmite, tomato puree and Worcestershire sauce then add the flour and mix well, replace the pan over a medium flame, add the wine and gradually incorporate the water to form a thick sauce. Check the seasoning, turn into an oven-proof dish and allow to cool. Boil the potatoes in plenty of salted boiling water and mash until smooth with the butter, crème fraiche, a teaspoon of salt and 10 grindings of black pepper. Heat the oven to 200C gas mark 6. Spread the potato over the meat, make ridges across the top with a fork, sprinkle with Parmesan and bake for 15 minutes.