

FOOD NEWSLETTER

WINTER 2022 EDITION



Sausage, chicken and squash traybake



Muffin-topped beef stew



Beetroot & red onion tarte tatin



Chestnut, spinach & blue cheese en croute

SAUSAGE, CHICKEN AND SQUASH TRAYBAKE

Ingredients

4 chicken thighs, skin on, bone in
4-6 meaty pork sausages
500g/1lb 2oz pumpkin or squash, cut into wedges
2 red onions, cut into wedges
few sprigs thyme, or 1 tsp dried thyme
2 tbsp olive oil
50ml/2fl oz red wine
1 tbsp maple syrup
1 tsp red wine vinegar
½ tsp chilli flakes (optional)
200g/7oz chestnut mushrooms, halved
salt and freshly ground black pepper
fresh parsley, roughly chopped to serve (optional)

Method

Preheat the oven to 220C/200C Fan/Gas 7.

Arrange the chicken thighs (skin-side up), sausages, pumpkin and red onions in a roasting tin and season with salt and pepper. Sprinkle over the thyme and drizzle over 1 tablespoon of the oil.

Mix the red wine with 100ml/3½fl oz of water and pour this in. Roast for 30 minutes. Turn the sausages over halfway through cooking to help them brown.

Mix the maple syrup with the red wine vinegar and then drizzle it over the roasting tin. Sprinkle over the chilli flakes, if using. Add the mushrooms and drizzle with another tablespoon of oil.

Roast for a further 25-30 minutes, or until cooked through and well browned. Serve with any pan juices spooned over, sprinkled with parsley if using

STAINED GLASS WINDOW BISCUITS



Ingredients

150g/5½oz butter, softened
100g/3½oz muscovado sugar
1 large free-range egg
250g/9oz plain flour, plus extra for flouring
1 tsp baking powder
pinch salt
1 tbsp mixed spice
1 tsp vanilla extract
1 pack boiled coloured sweets

Method

Preheat the oven to 180C/350F/Gas 4 and line a baking tray with parchment paper.

Using an electric hand whisk, whisk together the butter and sugar in a large bowl. Once lightened and creamy add the egg and mix thoroughly.

Sift in the flour, baking powder, salt, and mixed spice and then add the vanilla extract and mix with a wooden spoon until you reach a biscuit dough consistency.

Turn the dough onto a floured work surface and roll out to about 1cm/½in thick. Cut out biscuit shapes (such as stars or Christmas trees) and place onto the lined baking tray (you may need more than one tray, or to cook in batches).

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2 red onions, cut into wedges
few sprigs thyme, or 1 tsp dried thyme
2 tbsp olive oil
50ml/2fl oz red wine
1 tbsp maple syrup
1 tsp red wine vinegar
½ tsp chilli flakes (optional)
200g/7oz chestnut mushrooms, halved
salt and freshly ground black pepper
fresh parsley, roughly chopped to serve (optional)

Method

Preheat the oven to 220C/200C Fan/Gas 7.

Arrange the chicken thighs (skin-side up), sausages, pumpkin and red onions in a roasting tin and season with salt and pepper. Sprinkle over the thyme and drizzle over 1 tablespoon of the oil.

Mix the red wine with 100ml/3½fl oz of water and pour this in. Roast for 30 minutes. Turn the sausages over halfway through cooking to help them brown.

Mix the maple syrup with the red wine vinegar and then drizzle it over the roasting tin. Sprinkle over the chilli flakes, if using. Add the mushrooms and drizzle with another tablespoon of oil.

Roast for a further 25-30 minutes, or until cooked through and well browned. Serve with any pan juices spooned over, sprinkled with parsley if using

CHRISTMAS JOKES!

What do you call
Santa Claus when
he doesn't move?

Santa Pause



What did the cow
get for Christmas?

A COWculator!



Why is it always
cold at Christmas?

Because it's
Decemberrrrrrrr!



What do elves learn
in school?

The elf-abet.



What's Santa's
favorite candy?

Jolly Ranchers!



What did the
Gingerbread Man
put on his bed?

A cookie sheet!



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What's red and white,
red and white,
red and white?

Santa Claus rolling
down a hill.



What do you call a
snowman in the
summer?

A puddle!



CHRISTMAS CUPCAKES

Ingredients

125g/4½oz butter, softened

175g/6oz caster sugar

2 free-range eggs

200g/7oz self raising flour

2 tbsp cocoa powder

100ml/3½fl oz milk

100g/3½oz dark chocolate (70% cocoa solids), melted

For the chocolate icing

50g dark chocolate, chopped

3 tbsp double cream

To decorate

giant chocolate buttons

crisp-coated chocolates (such as Smarties or M&Ms)

mini pretzels

black writing icing

mini marshmallows, sliced

Method

Preheat the oven to 170C/325F/Gas 3. Line a 12-hole muffin tray with paper cases.

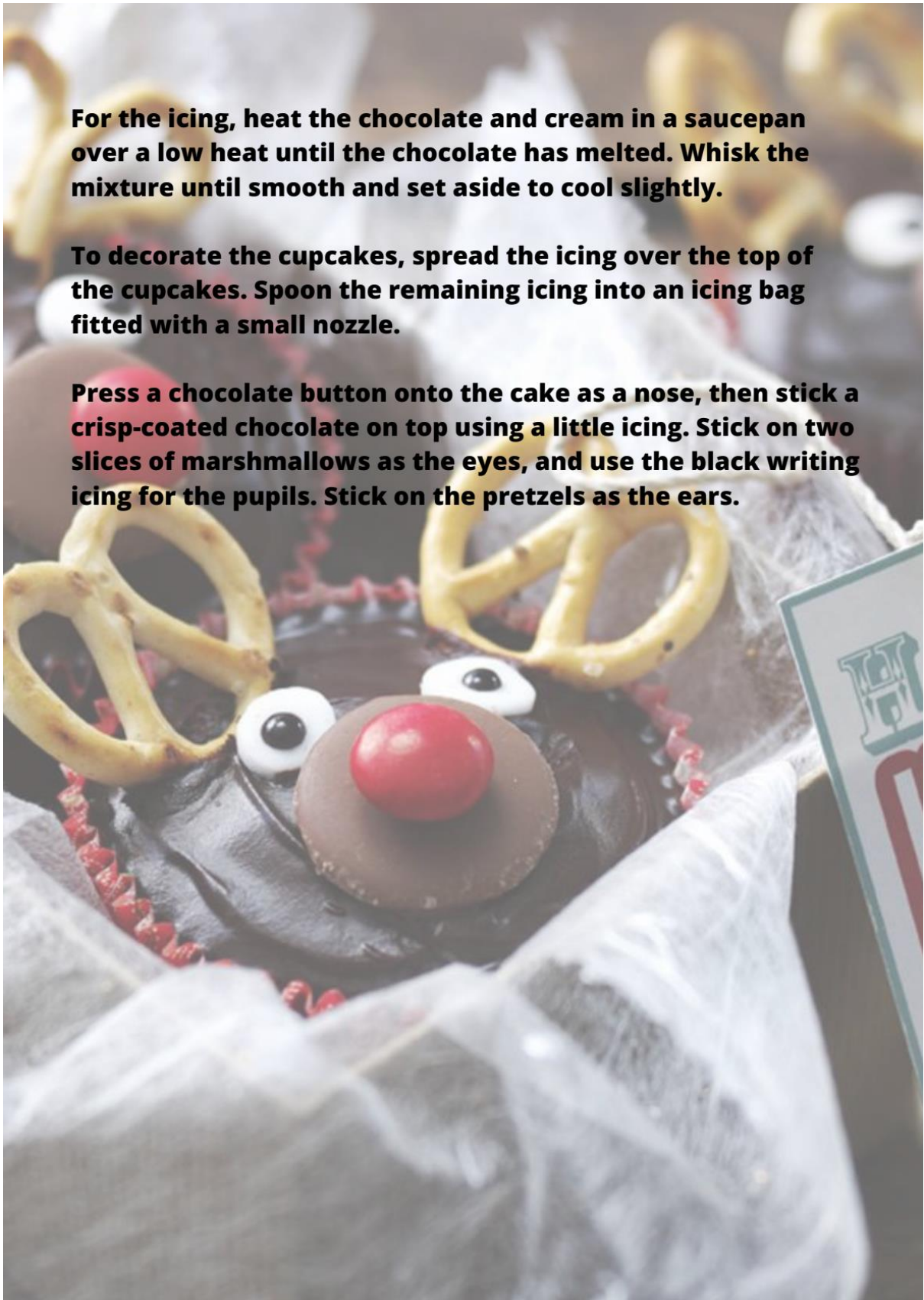
Beat the butter and sugar together until light and creamy. Gradually beat in the eggs until well combined. Sift in the flour and cocoa powder and mix until combined. Fold in the milk, melted chocolate and Irish cream liqueur, if using.

Spoon the mixture into the muffin cases and bake for 20-25 minutes, or until well risen and lightly firm to the touch. Remove the cakes from the tin and set aside to cool on a cooling rack.

For the icing, heat the chocolate and cream in a saucepan over a low heat until the chocolate has melted. Whisk the mixture until smooth and set aside to cool slightly.

To decorate the cupcakes, spread the icing over the top of the cupcakes. Spoon the remaining icing into an icing bag fitted with a small nozzle.

Press a chocolate button onto the cake as a nose, then stick a crisp-coated chocolate on top using a little icing. Stick on two slices of marshmallows as the eyes, and use the black writing icing for the pupils. Stick on the pretzels as the ears.



MUFFIN-TOPPED BEEF STEW

Ingredients

For the stew:

500g braising steak, cut into bite-sized chunks
2 tbsp plain flour, seasoned with pepper and a little salt
2 tbsp olive oil
1 large onion, finely chopped
450g carrot, cut into chunks
2 large parsnips, cut into chunks
1 bay leaf
2 tbsp sundried or regular tomato paste
300ml red wine or extra stock
450ml vegetable stock

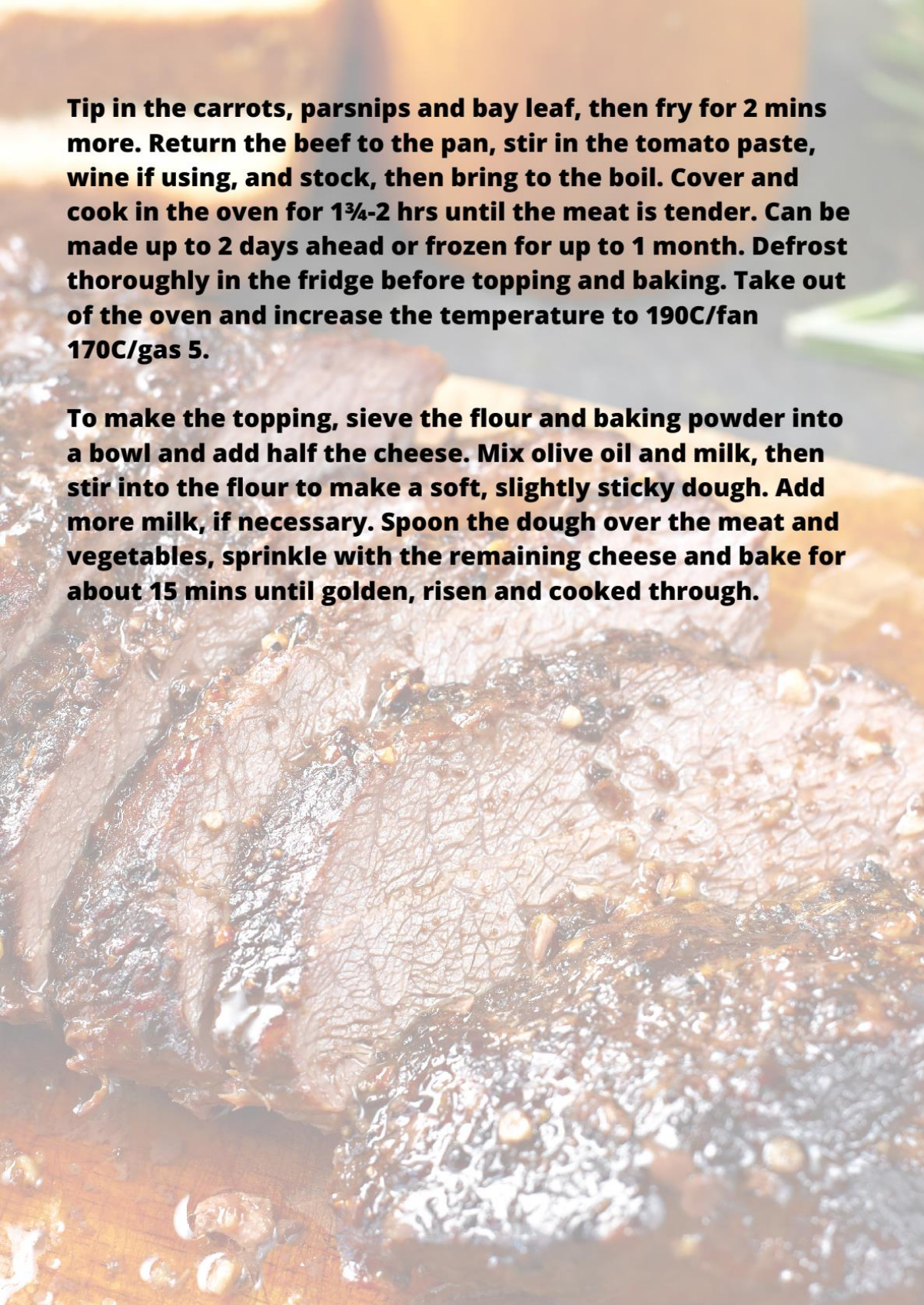
For the topping:

225g plain flour
3 tsp baking powder
140g cheddar, coarsely grated
2 tbsp olive oil
150ml milk

Method

Heat oven to 150C/fan 130C/gas 2. Toss the beef in seasoned flour. Heat the oil in a large flameproof casserole. Fry the beef over a high heat until browned all over - it's easiest to do this in batches. Remove with a slotted spoon and set aside.

Add 2 tbsp water and the onion to the pan, stir well over a medium heat, scraping up the crusty bits from the bottom of the pan. Lower the heat and fry gently for 10 mins, stirring occasionally until the onions have softened.



Tip in the carrots, parsnips and bay leaf, then fry for 2 mins more. Return the beef to the pan, stir in the tomato paste, wine if using, and stock, then bring to the boil. Cover and cook in the oven for 1¾-2 hrs until the meat is tender. Can be made up to 2 days ahead or frozen for up to 1 month. Defrost thoroughly in the fridge before topping and baking. Take out of the oven and increase the temperature to 190C/fan 170C/gas 5.

To make the topping, sieve the flour and baking powder into a bowl and add half the cheese. Mix olive oil and milk, then stir into the flour to make a soft, slightly sticky dough. Add more milk, if necessary. Spoon the dough over the meat and vegetables, sprinkle with the remaining cheese and bake for about 15 mins until golden, risen and cooked through.