

# FOOD NEWSLETTER

FEB 2023 EDITION

PANCAKE SPECIAL!



**Lamb, turnip & celeriac  
hotpot**



**Deep-fried custard  
with rhubarb  
dipping sauce**



**Sweetheart choc and  
hazelnut sandwiches**

# LAMB, TURNIP & CELERIAC HOTPOT

## Ingredients

**2 ½ tbsp vegetable oil**

**6 lamb neck fillets (1.25kg), cut into large chunks or halved**

**9 shallots, peeled and kept whole**

**3 tbsp plain flour**

**1 garlic bulb**

**1l lamb or beef stock**

**3 merguez sausages, sliced**

**2 large turnips (about 500g/1lb 2oz), peeled and very thinly sliced**

**1 celeriac (about 500g/1lb 2oz), peeled and very thinly sliced**

## For the spice blend

**6 cloves**

**3 star anise**

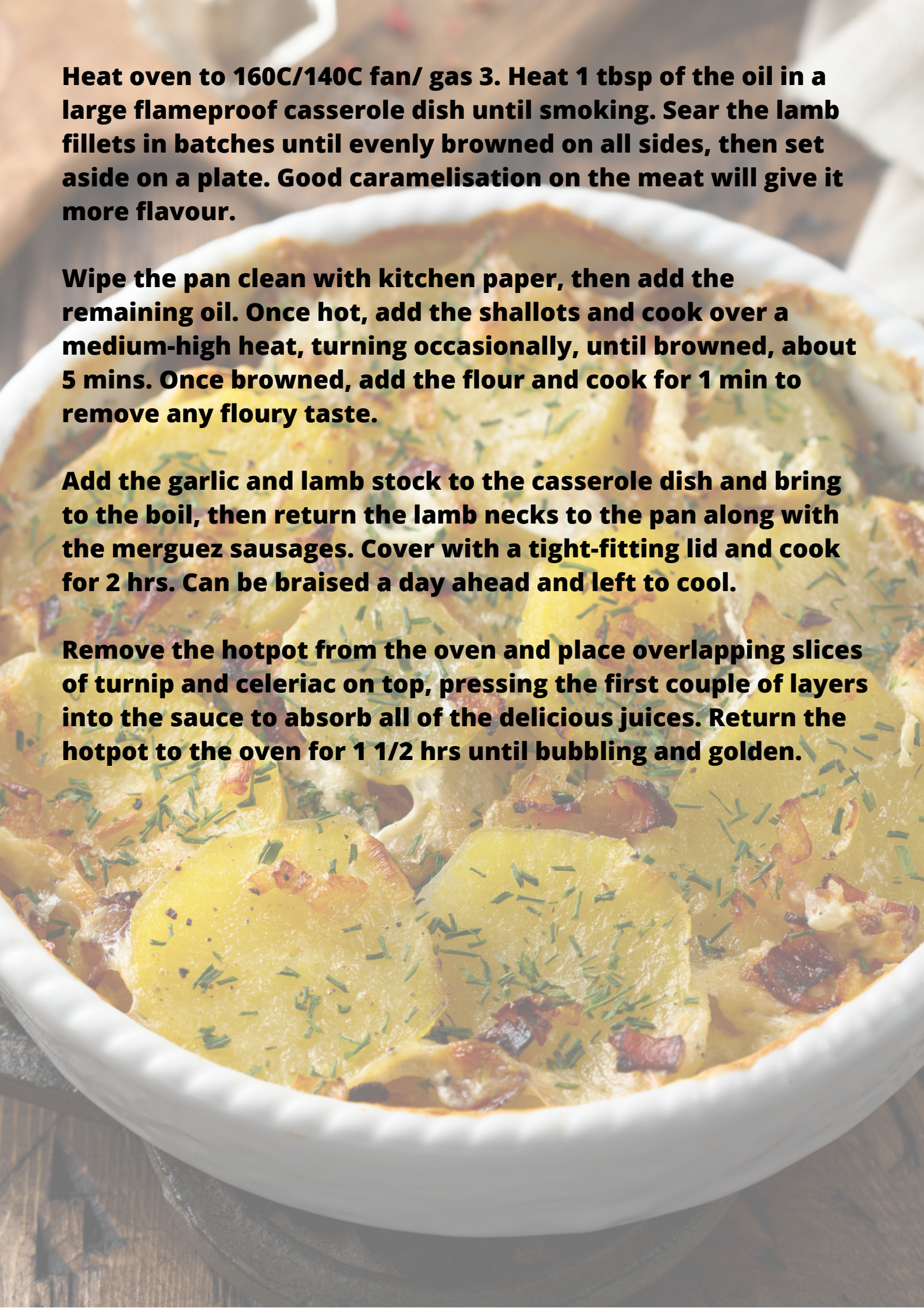
**1 ½ tsp rosemary**

**3 garlic cloves**

**1 tbsp Dijon mustard**

## Method

**First, make the spice blend. Combine all the ingredients together in a spice grinder with 1 tbsp salt and blend to a fine paste. Alternatively, crush each ingredient with a pestle and mortar and combine to form a paste. Rub the paste onto the lamb fillets then leave in the fridge to marinate overnight.**



**Heat oven to 160C/140C fan/ gas 3. Heat 1 tbsp of the oil in a large flameproof casserole dish until smoking. Sear the lamb fillets in batches until evenly browned on all sides, then set aside on a plate. Good caramelisation on the meat will give it more flavour.**

**Wipe the pan clean with kitchen paper, then add the remaining oil. Once hot, add the shallots and cook over a medium-high heat, turning occasionally, until browned, about 5 mins. Once browned, add the flour and cook for 1 min to remove any floury taste.**

**Add the garlic and lamb stock to the casserole dish and bring to the boil, then return the lamb necks to the pan along with the merguez sausages. Cover with a tight-fitting lid and cook for 2 hrs. Can be braised a day ahead and left to cool.**

**Remove the hotpot from the oven and place overlapping slices of turnip and celeriac on top, pressing the first couple of layers into the sauce to absorb all of the delicious juices. Return the hotpot to the oven for 1 1/2 hrs until bubbling and golden.**

# DEEP FRIED CUSTARD WITH RHUBARB DIPPING SAUCE



## Ingredients

500ml whole milk

1 strip orange peel

2 tsp vanilla essence

3 medium free-range egg yolks

100g caster sugar

40g plain flour

40g cornflour

## For the sauce

200g rhubarb

100g caster sugar

## For the coating

30g cornflakes

60g panko breadcrumbs

50g plain flour

2 medium free-range eggs, lightly beaten

Vegetable or sunflower oil to deep-fry

## Specialist kit

16cm x 16cm baking dish

Thermometer

## **Method**

**Put the milk, orange peel and vanilla in a pan, bring to the boil then take off the heat.**

**Meanwhile, whisk the yolks and sugar together until pale and smooth, followed by both the flours (which will make it very thick). Pour the hot milk into the bowl little by little to loosen the custard, whisking thoroughly. Once it's all in the bowl, pour it back into the pan and put back over a low heat. Whisk continuously until you have a very smooth, thick custard.**

**Line the baking dish with baking paper, then pour the custard into it through a fine sieve to remove any lumps, pushing it through with a spatula to help it along. Flatten and smooth the top, then leave to cool completely before covering and putting it in the fridge to chill and set.**

**While you wait, put the rhubarb and sugar in a pan over a low-medium heat. Simmer for 10 minutes, then transfer to a blender. Leave to cool slightly, then whizz until smooth.**

**Once chilled and firm, turn the custard out onto a board and slice into 18 pieces. Put the cornflakes and panko breadcrumbs in a blender, whizz a few times to create a fine crumb, then tip out into a wide bowl or tray. Put the flour and eggs in 2 separate shallow bowls. Dust each piece of custard in the flour, dip in the egg, then roll in the cornflake crumb to create custard croquettes. Make sure they're fully coated to prevent leaks!**

**Fill a large pan halfway up with oil and heat to 170°C. Add the croquettes and cook for 2-3 minutes or until golden brown. Work in batches to avoid hot oil spilling over and to keep the oil at a consistent temperature. Drain on kitchen paper, then serve warm with the rhubarb sauce for dipping.**

# PANCAKE QUIZ

A close-up photograph of a stack of golden-brown pancakes on a white plate. Maple syrup is being poured over the stack, creating a thick, amber-colored stream that drips down the sides. The background is softly blurred, showing more of the stack and the syrup.

**Q: In France, the big day is known as Mardi Gras. But what does this mean in English?**

**A: Fat Tuesday**

**Q: Which country produces 80% of the world's maple syrup?**

**A: Canada**

**Q: The largest pancake ever made was how many metres wide?**

**A: 15 metres**

**Q: What is the record for the number of times a pancake was flipped in five minutes?**

**A: 349**

**Q: How many days before Easter Sunday does Shrove Tuesday fall?**

**A: 47 days**

**Q: How many eggs are consumed on Pancake Day in the UK?**

**A: 52 million**

A close-up photograph of a stack of pancakes on a white plate. The pancakes are golden-brown and stacked on top of each other. A thick, amber-colored syrup is being poured over the stack, dripping down the sides and pooling on the plate. The background is a soft, out-of-focus light color.

**Q: Why are pancakes traditionally eaten on Shrove Tuesday?**

**A: To use up eggs and fat before Lent begins**

**Q: Which day follows Shrove Tuesday?**

**A: Ash Wednesday**

**Q: In Iceland, the day is called Sprengidagur, which means 'doughy delight'. True or false?**

**A: False - it means 'bursting day'**

**Q: What is the world record for the number of pancakes eaten in an hour?**

**A: A whopping 73**

**Q: True or false: the highest ever pancake toss was 950cm?**

**A: False - it was 329cm**

**Q: Romans made the first pancakes and called them Alita Dolcia. What does that mean?**

**A: Another sweet**

**Q: What is the Italian name for Shrove Tuesday?**

**A: Carnevale.**

# **SWEETHEART CHOC AND HAZELNUT SANDWICHES**

## **Ingredients**

**4 slices from a small sliced brioche loaf**

**3 tbsp chocolate hazelnut spread**

**1 large egg**

**75ml whole milk**

**1 tsp vanilla extract**

**1 tbsp caster sugar**

**2 tbsp chopped toasted hazelnut**

**1 tbsp butter**

**icing sugar, for dusting**

**ice cream, to serve**

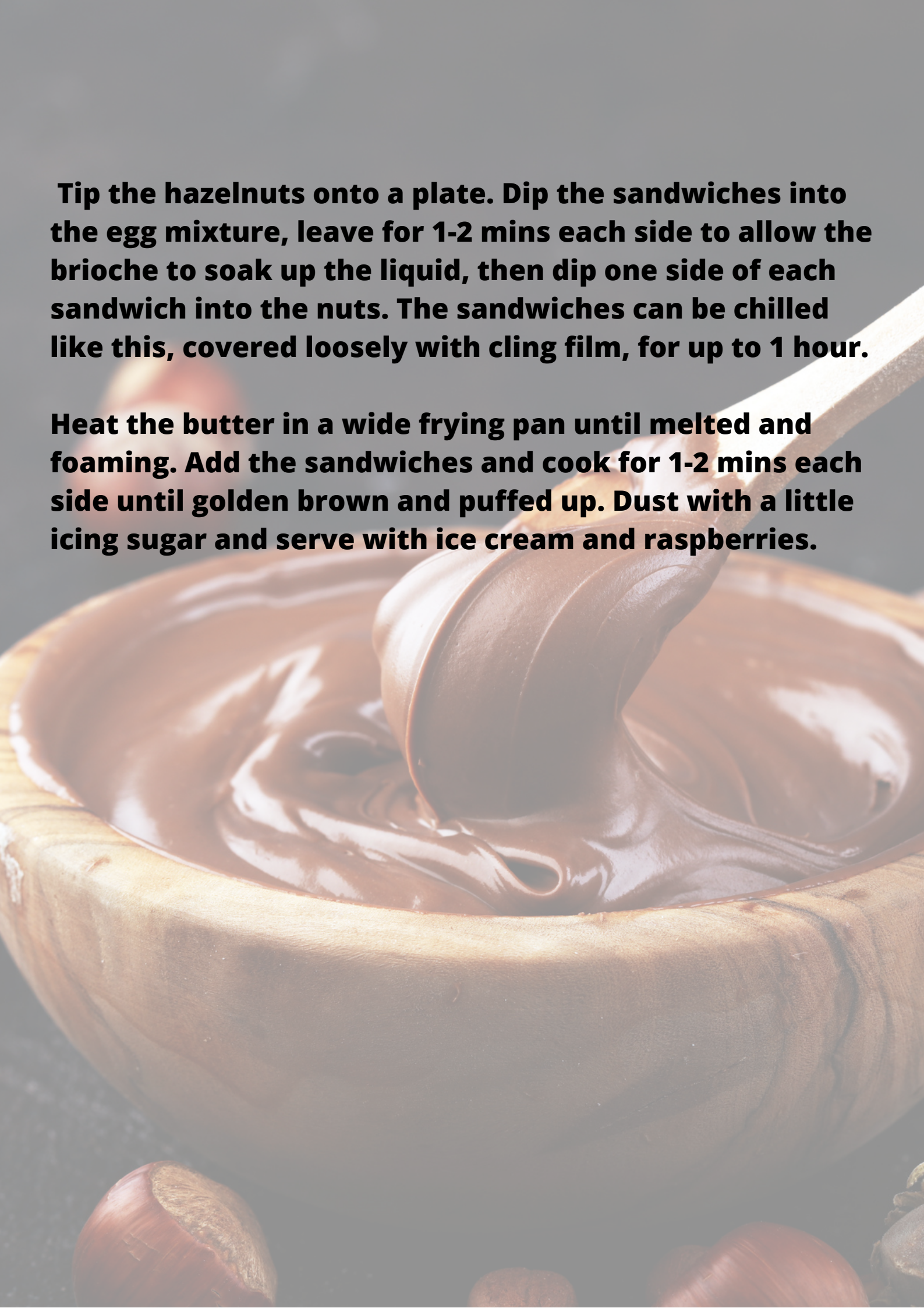
**raspberries, to serve**

## **Method**

**Thickly spread 2 of the brioche slices with the chocolate hazelnut spread, then top with the remaining slices to make 2 sandwiches. Use a large heart-shaped cutter to cut the sandwiches into hearts.**

**Whisk the egg, milk, vanilla and caster sugar in a wide, shallow bowl.**





**Tip the hazelnuts onto a plate. Dip the sandwiches into the egg mixture, leave for 1-2 mins each side to allow the brioche to soak up the liquid, then dip one side of each sandwich into the nuts. The sandwiches can be chilled like this, covered loosely with cling film, for up to 1 hour.**

**Heat the butter in a wide frying pan until melted and foaming. Add the sandwiches and cook for 1-2 mins each side until golden brown and puffed up. Dust with a little icing sugar and serve with ice cream and raspberries.**

# JUNIOR BAKE OFF COMPETITION

Applications have opened for the 9th series of Junior Bake Off, a Channel 4 programme that celebrates the culinary talent and ambition of the younger generation in Britain.

**They are looking for young budding bakers between 9-12 years old.**

**Filming would take place from July 2023, but applications close on Sunday 12th March 2023.**

Interested bakers can apply online at -  
**[www.applyforjuniorbakeoff.co.uk](http://www.applyforjuniorbakeoff.co.uk)**

We already know you are brilliant bakers/cooks so why not show everyone else?

# PANCAKE DAY IDEAS



## Vegan Pancakes

### Ingredients

**300g self-raising flour**

**1 tsp baking powder**

**1 tbsp sugar (any kind)**

**1 tbsp vanilla extract**

**400ml plant-based milk (such as oat, almond or soya)**

**1 tbsp vegetable oil for cooking**

**To serve (optional)**

**banana slices, blueberries, maple syrup, vegan chocolate chips, plant-based yogurt**

### Method

**Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl using a balloon whisk until mixed. Slowly pour in the milk until you get a smooth, thick batter.**

**Heat a little of the oil in a non-stick frying pan over a medium-low heat, and add 2 tbsp batter into the pan at a time to make small, round pancakes. You will need to do this in batches of two-three at a time. Cook for 3-4 mins until the edges are set, and bubbles are appearing on the surface. Flip the pancakes over and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.**

**Serve stacked with lots of toppings of your choice, or serve with bowls of toppings for everyone to help themselves.**

# **Buckwheat Crepe Madam**

## **Ingredients**

**80g buckwheat flour**

**5 medium eggs**

**250ml milk**

**2 tsp Dijon mustard**

**4 tbsp single cream**

**100g mature gruyère, comté or cheddar, grated  
butter, for frying**

**100g ham, torn**

**fried mushrooms or steamed spinach, to serve**

## **Method**

**Mix the flour, 1 egg, the milk and a pinch of salt in a jug or bowl. Set aside for 30 mins, or up to 3 hrs. Mash together the mustard, cream and cheese in another bowl. Heat the oven to 200C/180C fan/gas 6, and line two baking trays with baking parchment or foil.**

**Melt the butter in a large frying pan, then once foaming, add enough batter to just cover the pan, swirling it to cover the surface in a thin layer (pour any excess back into the batter bowl). Cook until the surface is set and the underside is browning, carefully flip and cook for another minute or 2, then take off the heat.**

**Spoon a quarter of the cheese mixture onto the middle of the pancake, using the spoon to create space in the centre to hold an egg. Crack one into the space and lay a few pieces of ham around the edges. Fold each side of the pancake in towards the centre to make a square. Cook in the pan for another 30 secs-1 min, then transfer to a baking tray. Repeat with the rest of the pancakes, then bake for 6-7 mins until the egg whites are set. Serve with fried mushrooms or wilted spinach, if you like.**

## **Easy Pancakes**

### **Ingredients**

**100g plain flour**

**2 large eggs**

**300ml milk**

**1 tbsp sunflower oil, plus a little extra for frying**

**lemon wedges to serve (optional)**

**caster sugar to serve (optional)**

### **Method**

**Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.**

**Set aside for 30 mins to rest if you have time, or start cooking straight away.**

**Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.**

**When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.**

**Serve with lemon wedges and caster sugar, or your favourite filling. Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.**

# **Vegan tomato and mushroom pancake**

## **Ingredients**

**140g white self-raising flour**

**1 tsp soya flour**

**400ml soya milk**

**vegetable oil, for frying**

**For the topping**

**2 tbsp vegetable oil**

**250g button mushrooms**

**250g cherry tomatoes, halved**

**2 tbsp soya cream or soya milk**

**large handful pine nuts**

**snipped chives, to serve**

## **Method**

**Sift the flours and a pinch of salt into a blender. Add the soya milk and blend to make a smooth batter.**

**Heat a little oil in a medium non-stick frying pan until very hot. Pour about 3 tbsp of the batter into the pan and cook over a medium heat until bubbles appear on the surface of the pancake. Flip the pancake over with a palette knife and cook the other side until golden brown. Repeat with the remaining batter, keeping the cooked pancakes warm as you go. You will make about 8.**

**For the topping, heat the oil in a frying pan. Cook the mushrooms until tender, add the tomatoes and cook for a couple of mins. Pour in the soya cream or milk and pine nuts, then gently cook until combined. Divide the pancakes between 2 plates, then spoon over the tomatoes and mushrooms. Scatter with chives.**

# **Crispy pancakes with creamy chicken and bacon**

## **Ingredients**

### **For the filling**

**2 tbsp olive or rapeseed oil**  
**2 chicken breasts**  
**200g pack smoked bacon lardons**  
**1 onion, chopped**  
**200g chestnut mushrooms, finely chopped**  
**3 tbsp flour**  
**400ml milk**  
**handful parsley, chopped**

### **For the pancakes**

**100g plain flour**  
**2 large eggs, plus one beaten, for brushing**  
**150ml milk**  
**50g breadcrumbs**

## **Method**

**Heat 1 tbsp oil in a large frying pan. Cook the chicken breasts for 5-8 mins each side until golden brown and cooked through, then transfer to a plate. Tip the lardons into the pan and sizzle for a few mins until crispy, then tip out onto the plate with the chicken.**

**If the pan looks dry, add the remaining oil, then the onion. Cook for 5 mins until softened and translucent, then stir in the mushrooms and some seasoning. Cook for 5-10 mins until the mushrooms are soft and most of the liquid in the pan has cooked. Stir in the flour, mixing it into the mushrooms to make a chunky paste, then pour in the milk, a little at a time, whisking continuously until you have a smooth sauce. Bubble for 2-3 mins until thick.**

**Chop the chicken into small chunks and add back to the pan along with the lardons and any juices from the plate. Check the seasoning, stir in the parsley, then leave to cool and chill until you're ready to fill the pancakes.**

**To make the pancakes, tip the flour into a large bowl and season with 1/2 tsp salt. Make a well in the centre and crack in the 2 eggs. Pour in the milk, then use a large whisk to combine the eggs and milk, working the flour into the liquid until you have a smooth, thin batter. Heat a large frying pan or crêpe pan with a drizzle of oil.**

**When the pan is hot, pour in just under a ladleful of the batter and quickly swirl the pan to spread it across the surface, filling any gaps with an extra drizzle of batter. When the underside of the pancake is golden, flip and cook for 30 secs more. Transfer to a plate and make three more pancakes in the same way, then cool until you're ready to assemble. If you want to make the pancakes a day ahead, once cool stack on a plate, separated with sheets of baking parchment, then wrap the plate in cling film. Chill for up to 2 days.**

**Heat oven to 200C/180C fan/gas 6 and line two baking trays with baking parchment. Take one pancake and brush a circle of beaten egg around the edge. Pile a quarter of the chicken mixture into the centre of the pancake (the sauce should have thickened while chilling), then fold the pancake over and press the edges together to make a pasty shape. Transfer to a baking tray and continue assembling the remaining pancakes. Brush the top of each one with more egg and scatter over the breadcrumbs, then bake for 20-25 mins, swapping the trays halfway through. Leave to cool for 5 mins before serving.**





**HAVE A LOVELY  
HALF-TERM HOLIDAY.**

**KEEP COOKING AND KEEP  
WASHING UP!**