

David Hall's Recipes from Wolsingham Agricultural Show
6th & 7th September 2008

Poached Wild Salmon on Roast Squash with Northumbrian mussels and Samphire

Feeds 4

1 butternut squash, deseeded and sliced into 16 lengths
2 tbsp olive oil
Salt and pepper
4 pieces of wild salmon fillets, skinned
8 handfuls of live mussels
A small glass of water
4 handfuls of samphire
50g butter
Juice of one lemon
4 handfuls of basil leaves
4 tbsp olive oil

- Pre-heat the oven to 200C, GM 6. Put the squash into a baking tray and rub in the olive oil and season with a little salt and pepper. Place onto a high shelf and bake for 20-30 minutes until beginning to colour and soften.
- Bring a saucepan of water to the boil. Place in the salmon fillets, reduce the heat and poach for 5 minutes.
- Heat up a pan with a lid until hot then place in the mussels. Pour in the water and replace the lid. Cook for 3-4 minutes until the shells have opened. Drain in a colander, put back into the pan and add the samphire and butter. Cook for a further minute.
- Bash the basil with a little salt in a pestle and mortar until you have a green paste. Stir in the lemon juice and the olive oil. Taste for seasoning.
- Arrange 3 slices of squash onto each plate. Place on the salmon. Surround with the mussels and samphire then drizzle on some dressing.

Baked Mackerel with Fennel, Apple and Cider

Feeds 4

4 mackerels, filleted
2 fennel bulbs, sliced thinly lengthways
2 apples, peeled and cut into slices
200ml dry cider
2 tbsp cider vinegar
25g butter
Salt and pepper

- Pre-heat the oven to 200 Degrees C, GM 6
- Put the cider and vinegar into a pan and bring to the boil.
- Layer the sliced fennel and apple into a small baking tray. Place the fillets on top, season with salt and pepper then pour on the hot cider and vinegar. Dot with butter, cover with foil and bake for 25 minutes
- Remove and scatter with finely chopped fennel fronds,

Rump Steak and Aubergine with Green Sauce

Feeds 4

4 pieces of good quality aged rump steak
4 lengthways slices of aubergine
4 tbsp olive oil
4 slices of rye or wholemeal bread, toasted

4 handfuls of watercress
Butter

For the green sauce

A handful of parsley and mint
2 tbsp capers
4 anchovies
2 tbsp English or Dijon mustard
A squeeze of lemon juice
Freshly ground pepper
A splash of olive oil

- To make the sauce, roughly chop the herbs, anchovies and capers then scrape into a bowl. Mix in the remaining ingredients and taste. Adjust to your palate; you may want more or less heat, more or less sharpness etc.
- Heat up the olive oil in a frying pan, and then add the steak and aubergine. Cook the steak to your liking; see previous post for cooking times. Cook the aubergine until golden brown. Rest the steak for 5 minutes.
- Toast the rye bread and butter.
- To assemble, put the watercress onto the bread, followed by the aubergine and the steak. Top with a dollop of green sauce.

Chilli Lamb Kidneys with Puy Lentils, Beetroot and Sweet Potatoes

Feeds 4

150g puy lentils, boiled until slightly soft
1 sweet potato, cut into 1cm dice
2 beetroot, cut into 1cm dice and par-boiled for 5 minutes
2 cloves of garlic
1 tsp chilli flakes
4 lamb kidneys, washed and cut into quarters with the membranes cut out
1 glass of robust red wine, I used a Shiraz
1 small tub of crème fraiche or single cream
1 tbsp balsamic vinegar
Salt and pepper
Olive oil

- In a large non-stick frying pan, heat the olive oil. Add the sweet potato and sauté for 5 minutes until golden.
- Push to one side then add the garlic and kidneys. Fry briefly for 1 minute until golden all over. Add the beetroot and chilli and cook for 1 minute.
- Add the glass of wine and quickly reduce by half. Tip in the lentils, crème fraiche or cream and balsamic vinegar and cook for 5 minutes.
- Taste for seasoning. Scatter with parsley. Serve with boiled rice and greens.

Macerated Strawberries with Cider Sabayon

Serves 4

100g strawberries, halved
50g caster sugar
1 tbsp balsamic vinegar
3 egg yolks
50g sugar
100ml cider

- To make the sabayon, place a glass bowl over a saucepan of water and bring to the boil. Turn down to a simmer. Add the egg yolks and sugar to the bowl and using a whisk, beat until pale and fluffy. Add the cider and continue to beat until you achieve the same effect. Put aside to cool slightly.

- To macerate the strawberries, put them into a pan and add the sugar and balsamic. Warm through then immediately remove from the heat.
- Divide the berries between serving glasses. Spoon over the sabayon and using a blowtorch, heat the sabayon until golden brown.

Quick Damson Cheesecakes

Feeds 4

8 ginger biscuits
50g butter
200g damson or plums
50g honey
200g cream cheese
100g icing sugar
A squeeze of lemon juice
300ml double cream
1 vanilla pod

- Line 4 individual ramekins with clingfilm.
- Grind the ginger biscuits down in a food processor. Melt the butter in a pan, add the biscuits and combine. Press the biscuit mixture into the ramekin dishes and place into the fridge.
- Half, stone then quarter the damsons or plums. Place into a pan with the honey and bring to the boil. Simmer for 10 minutes until soft then remove from the heat and cool.
- Beat the cream cheese, icing sugar and lemon juice together in a bowl. Whip the cream to soft peaks in another bowl, scrape in the vanilla seeds then fold into the cream cheese mixture.
- Press the mixture into the ramekins, smooth off then place back into the fridge for an hour or so.
- Remove from the ramekins and clingfilm, place onto serving plates and top with the softened damsons.