



Northumbria Larder

'The prime source of regional food & drink in the North East'

www.northumbria-larder.co.uk

**Chefs Demonstrations and recipes at Northumberland County Show 2006
Martin Charlton & Richard Sim**



NORTH EASTERN CRAB BROTH – Serves 4

25gms butter
1 onion Chopped
1 carrot Chopped
1 small leek Shredded
2 sticks celery Chopped
1 clove garlic finely chopped
400ml of fish stock
Some chopped parsley
1 tablespoon of crème fraiche
Crab shell and meat

Method:

Melt butter in a large sauce pan, Add onion, carrot, leek and celery cook gently for a few minutes to soften the vegetables slightly, don't brown, add the crab shells cook gently for a couple more minutes. Add a handful of rice
Add the hot stock cook until the rice is soft – Blend.
Add the crab meat
Stir in the crème fraiche, check seasoning and adjust consistency
Sprinkle with fresh parsley and serve.

STUFFED SQUID with chocolate sauce (Catalan)

An unusual combination in this country, but the use of chocolate as a seasoning in Catalonia is quite common.

1kg of squid cleaned and dried
250g of minced pork
1 onion finely diced
2 cloves of garlic chopped
1 small carrot finely diced
1 tablespoon chopped parsley
30g of breadcrumbs
90g of pine nuts
300ml chicken stock
125ml dry white wine
10 almonds - roasted
25g of dark 70% chocolate
1 large slice of fried bread.

Method:

Clean the squid by removing the tentacles from the bodies and clean of any nasty stuff.
Chop the tentacles and mix with the pork.
Make a sofregit by gently cooking the garlic, onions, carrot in a little olive oil. Add the mince crumbs and half of the pine nuts. Cook the meat season and drain. Stuff the tubes, don't over fill as the squid will shrink and burst. Bake the squid in an oiled dish for about 20mins at 180°C
Mean while deglaze the pan with stock and wine, reduce by half
Make the picarda-Grind the almonds, pine nuts, chocolate and fried bread add a little stock to make a smooth paste.
Thicken the reduced stock with the picarda and spoon over the squid tubes - serve



Northumbria Larder

'The prime source of regional food & drink in the North East'

www.northumbria-larder.co.uk

NETTLE RAVIOLI filled with Northumbrian goat's cheese and oven dried tomato, rocket salad and herb oil dressing.

For the Ravioli

Pasta Dough

100g of semolina

300g of strong flour

4 egg yolks

2 eggs

2 handfuls of blanched nettles

Method:

Liquidise the eggs and nettles; incorporate the mix in food processor with the flours. Adjust the consistency so not to make too sticky dough. Rest wrapped in cling film.

For the filling

200g of soft goats cheese Grated.

1 tbs of sun dried tomato purée

1 egg yolk

1 handful of hard Northumbrian cheese

Ground black pepper

Some basil leaves

Mix the above together and form into 16 balls

Method:

Roll out the pasta dough

Place a cheese ball in the centre; brush the pasta sheet lightly with water seal in the cheese balls avoiding any air pockets. Cook gently in boiling water for 3-4 minutes, drain.

Herb oil dressing

Blanch a handful of basil and a handful of flat leaf parsley in boiling water for a few seconds. Refresh in cold water. Liquidise with olive oil.

Serve the ravioli on some dressed rocket and herb leaves.

Serve Dressed with herb oil dressing and some shaved firm Northumbrian cheese

Enjoy!

PAELLA - 4 PEOPLE

4 medium sized shrimps or prawns

4 mussels

4 medium sized clams

1 squid (approx. 250g) cleaned

4 ripe tomatoes

1 large carrot

1 stalk of celery

200g white onions

1 leek

3 cloves garlic

1 red pepper

2 bay leaves

½ bunch parsley

Black pepper

250g rice (recommend calasparra or arborio)

1 pinch saffron

100g green peas

100 cl. olive oil

Method:

Prepare the fish stock adding fish heads, shrimp, carrots, celery, leeks, onions and parsley. In a large pot with water, add a cube of fish flavouring, salt and pepper to taste. This will be important for the preparation as you want it to taste rich. This fish stock should yield approximately 2 litres.

=



Northumbria Larder

'The prime source of regional food & drink in the North East'

www.northumbria-larder.co.uk

While you are boiling the broth - begin to prepare the Sofrito (MOST IMPORTANT)

"**Sofrito**": chop the onions, red peppers, leeks, garlic and tomatoes. Cook them in the casserole at very low temperature, caramelizing each vegetable. Add bay leaves, parsley and black pepper. It could take up to five hours.

While your Sofrito is cooking: Peel the shrimp and clean the rest of seafood to your liking. Dice the squid into small pieces. Put the *Sofrito* in the appropriate paella pan (we recommend a cast iron one) with 3 tablespoons of olive oil and cook it to a medium flame. Add the squid and stir it gently. Add the rice, stir for a minute and pour the broth into the paella pan with a ladle to cover the entire ingredients, add saffron for colouring and salt to taste. Let it boil for 10 min. Then add the shrimp, mussels, clams, green peas and the rest of vegetables as you like. Cook for ten more minutes in the oven at 180° and serve it immediately

TREEHOUSE STINGER

A lovely light refreshing summer cocktail

- 1 part Vodka
- 1 part Thorncroft Nettle cordial
- 4 parts lemonade
- Ice and a squeeze of fresh lime
- Garnish with fresh nettle leaf

Place Vodka, nettle cordial, squeeze of ½ a lime, ¼ glass of crushed ice into a shaker. Pour into glass, stir in lemonade and garnish.

RED and GREY MULLET with Nettle Salsa and Primrose Salad

- 4 small red mullet 4-6oz fish, scaled and filleted
- 1 small grey mullet 1-1.5lb fish, scaled and filleted
- 1 bunch fresh nettles
- 1 punnet mixed cherry tomatoes (vine if possible)
- 1 tsp chopped chives
- 1 tbsp red onion, finely chopped
- 2 tbsp good sherry vinegar
- ½ chilli, finely chopped
- 2 tsp nettle cordial
- 3 fl oz olive oil

Primrose Salad

- 1 punnet rocket
- 1 punnet lamb's leaf
- 2 heads endive
- ½ head curly
- 12-14 primrose flowers

Pan fry the fillets of mullet, skin side down, in hot pan with 1/3 of olive oil. Remove and leave in a warm place.

Finely chop the nettles, chives, chilli and red onions.
Mix in nettle cordial, sherry vinegar, quarter of the cherry tomatoes.
Add olive oil and stir.
Pick and wash leaves, season and dress.
Arrange fillets on a plate with salad and salsa. Serve.



Northumbria Larder

'The prime source of regional food & drink in the North East'

www.northumbria-larder.co.uk

FILLET OF PORK with Ginger & Elderflower with Spiced Sweet Potatoes, Wok Fried Greens

- 2 fillets of pork trimmed up with silver skin removed
- ¼ bottle rice wine
- ¼ bottle ginger cordial
- ¼ bottle elderflower cordial
- 2oz dark muscarvado sugar
- 4 sweet potatoes
- 2 red chillies
- 1 head pak choi
- 1 head sprouting broccoli
- 1 head asparagus spears
- 2oz sesame seed oil
- 1 tsp Chinese five spice
- 1 tsp sesame seeds

Mix rice wine, ginger cordial, elderflower cordial with 2oz of dark sugar.

Cut pork in half and leave to marinate overnight.

Peel and dice sweet potatoes and mix with chilli, ½ sesame seed oil, Chinese spice.

Place in roasting tray. Pan fry fillets of pork.

Reduce marinade by 2/3 until it forms a light sticky dressing.

Wok fry greens with sesame seeds and oil.

Arrange on a plate and serve.

ROSEHIP PANACOTTA with Ginger Poached Rhubarb

Panacotta

- 500ml milk
- 150g sugar
- 4 egg yolks
- 4 leafs gelatine
- 50ml rosehip syrup
- 300g light whipped double cream

Ginger Poached Rhubarb

- 1lb rhubarb (peeled if required) cut into 3 inch lengths
- 2 thumbs of root ginger
- 12oz caster sugar
- 1 pint cold water

Soak gelatine in cold water.

Place milk, sugar and rosehip syrup in a pan and bring to boil.

Whisk egg yolks

Strain into clean pan

Cook until mixture coats the back of a wooden spoon.

Drain gelatine, squeeze and add into pan.

Cool in an ice bath, stirring slowly

When beginning to thicken, whisk in the cream.

Set in moulds for 4 hours.

Roughly slice ginger leaving skin on. Add to cold water and sugar. Bring to boil.

When boiling, add rhubarb and leave to cool overnight.

Drain and arrange around Panacotta.