



# Northumbria Larder

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

## Recipes for Wallington Food & Craft Festival by Nick Martin

### Chicken in a bag with butternut risotto

Serves 4 - Oven @180c / Gas7

4 x 6/7 oz chicken breasts  
8oz / 250g sliced button mushrooms  
1 leek, finely sliced and well washed  
1 onion, very finely chopped  
2 x roughly chopped cloves of garlic  
2 carrots peeled and thinly sliced  
1 x large sprig of fresh thyme  
A pinch of plain flour  
Salt and pepper  
1 x glass of white wine  
4 x tablespoons double cream  
1 tablespoon fresh chopped parsley

A piece of Tin foil 24"x24"

First cut shallow slices across the chicken breast and season well with salt and pepper. Now take your parchment paper and fold it in half.

Open out the tin foil so you have a bottom piece; now sit all the vegetables on the bottom side, scatter over the flour. Add the thyme and garlic and season lightly.

Neatly sit the chicken breasts on top of the vegetables. Now fold and twist the edges together so you create an oval parcel. Stop twisting 2" before the end; this is where you pour in the wine and the cream. Finish twisting the edges around to make a sealed and very neat parcel.

Pop this onto a baking sheet and place it into the oven for 25 minutes until bubbling and smelling fantastic. Carefully open the parcel, sprinkle over the parsley and pour alongside the risotto.

### Butternut Risotto

Serves 4

8oz / 250g Arborio rice  
1 x onion finely chopped  
1x leek finely chopped and well washed  
2 cloves of crushed garlic  
12oz / 375g butternut squash peeled and cut into 1 cm cubes  
1 litre chicken stock, (you can use a stock cube and water)  
1 tablespoon fresh chopped parsley  
1 tablespoon freshly grated parmesan cheese  
25g butter  
Salt and pepper



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Start by putting the onions, garlic, leeks, butternut and olive oil into a pan over a medium heat. Let these sizzle away for 5 minutes without colouring. Add the rice and stir well.

Add the wine and let it cook out until almost reduced away. Now start adding the stock a ladle at a time. Add more stock when the last ladle full has been absorbed.

This will take 18 / 20 minutes until all the stock has been absorbed at which point the rice will be cooked.

Season with salt and pepper. Stir in the cheese, parsley and the butter.

Pour onto a very large plate and make a well in the centre with a spoon. Tip the chicken into the well and serve.

### **Salmon baked in filo pastry with sultanas, coriander, cumin and orange with wilted pak choi and sesame and nut brown vanilla butter**

Serves 2 - Oven @180c / Gas 7

2 x 6oz / 160g fresh salmon fillets (boned and skinned)  
1oz / 25g sultanas  
1 x orange (juice and chopped zest only)  
1 tablespoon fresh chopped coriander  
A large pinch of ground cumin  
4 x sheets of filo pastry (buy this frozen as it is the best way)  
2 x heads of pak choi  
25g unsalted butter  
1 teaspoon sesame seeds  
1 fresh vanilla pod (split and scraped)  
1 x beaten egg  
Sea salt and black pepper

Start by placing the sultanas, cumin, orange zest and juice in a pan. Bring to a simmer and remove from the heat, allow cooling completely, adding the chopped coriander when cool.

Now take the salmon and cut an incision into the side of the fillet to create a pocket. Carefully spoon the sultana mix into the pocket and press closed.

Now place the filo sheets onto a surface and brush roughly with the beaten egg. Place the other sheet on top to create a double layer, cut then in half to make 2 equal sized double layers. Neatly sit the salmon on top of the pastry, season well and fold the pastry over, brushing lightly with the egg to make a neat well sealed parcel.

Place these on to a parchment lined baking sheet and pop them into the oven. About 15 minutes should do nicely, when the filo pastry is golden and crisp. Meanwhile chop the pak choi into 3cm slices and tip it into a sauté pan with 1 teaspoon of vegetable oil. Let it sizzle away for 5 minutes, season and remove from the heat.

Place a saucepan onto a medium heat. Add the butter, vanilla and sesame seeds watch it hiss and bubble until it turns golden brown. Remove it from the heat.

Now take the salmon from the oven and slice it in half revealing the cooked fish and the sultanas. Spoon the wilted pak choi onto warmed plates and sit the salmon across. Spoon the butter over the salmon and around the plate.

## **Rilletes of hot smoked salmon and hot iceberg relish**

Serves 4

Take 8oz / 250g good quality hot smoked salmon  
1 tablespoon of Greek set yoghurt  
½ a tablespoon of freshly chopped coriander  
2 teaspoons lemon juice  
2 x spring onions finely sliced  
A pinch of cayenne pepper  
1 iceberg lettuce very finely sliced  
1 teaspoon Cumberland horseradish mustard  
1 tablespoon crème fraiche  
Sea salt and black pepper

Take the salmon and roughly flake it into a bowl. Add all the other ingredients and season lightly with sea salt and black pepper. Cover the bowl with cling film and place into the fridge for 1 hour.

For the iceberg relish:

Place a large sauté pan on to a medium heat; let it sit for 5 minutes. Add 1 tablespoon olive oil and then drop in the lettuce, toss it in the pan and let it sizzle away.

Add the mustard and 1 teaspoon of the lemon juice, season well and sauté for 5 minutes until completely wilted stir in the crème fraiche. Set aside and allow to cool.

To serve:

Place a metal ring or a pastry cutter onto a plate and spoon the mixture into the ring pressing lightly to firm it.

Carefully remove the ring to leave a neat cylinder of the mixture on the plate.

Sit a neat spoonful of the iceberg relish on top and serve with crusty bread and chilled white wine.

## **Seared Mackerel fillets on hot piccalilli and sweet and sour glaze**

Serves 4

A fantastic starter or part of a great table centre piece.

4 x large fresh mackerel fillets  
8oz / 250g cauliflower cut into very small florets  
1 x carrot cut into 3mm dice  
1 x onion cut very fine  
1 clove of crushed garlic  
½ a teaspoon turmeric  
½ a teaspoon English mustard  
1 tablespoon crème fraiche  
Chopped chives

For the glaze,

1 tablespoon balsamic vinegar  
1 teaspoon caster sugar  
1 teaspoon tomato ketchup  
1 teaspoon Worcester sauce  
1 teaspoon orange juice

Start by warming together the glaze ingredients and allowing to cool.

Now place the cauliflower, onion, crushed garlic, carrot into a pan with a splash of olive oil. Sauté them all gently for 10 minutes without colouring. Add the turmeric and mustard and mix well, gently cook this for 5 minutes. Season lightly and add the crème fraiche, cook for 5 more minutes and keep warm.

Take a non-stick pan and place it on a high heat.

Add 1teaspoon of olive oil; season the mackerel fillets and carefully place skin side down into the pan.

Leave them to sizzle for 3 minutes (without shaking the pan) until the skin has crisped. Turn them over and remove from the heat. The residual heat will finish the cooking.

Spoon the warm piccalilli onto warmed plates. Sit a fillet of the mackerel on top. Now drizzle a little of the sweet and sour glaze around the plate and serve.

## **Recipes for Wallington Food & Craft Festival by Terry Miller**

### **Boudin - Craster Salad**

Serves 4

- 6 Small potatoes cooked in their skins
- 100g Diced black pudding
- 200ml Double cream
- 50g Blue Cheese
- 100ml Lemon oil
- 50ml Olive oil
- 2 Whole kippers cooked & picked from fillets
- 1 Whole tomato diced
- 1 Apple diced
- 2 Whole lemons
- 100g Rocket leaves
- Balsamic vinegar (optional)
- Salt & pepper for seasoning

Method:

- 1) Cook potatoes in salted water then leave to cool.
- 2) Add double cream to saucepan & blue cheese, whisk together over moderate heat then add half juice of a lemon & season.
- 3) Add 50ml of lemon juice to 50ml olive oil & mix well.
- 4) Slice cooled potatoes & season well, add 2 table spoons of lemon oil.
- 5) In a non-stick pan add the kippers & black pudding, cook for 3 minutes then add tomato & diced apple cook for a further 1 minute.

To Serve:

- 1) Place sliced potatoes in centre of a plate.
- 2) Add a tablespoon of the blue cheese dressing on top of the potatoes.
- 3) Place the kippers, black pudding, apple & tomato on top of the potatoes then season.
- 4) Top with rocket & lemon oil.
- 5) Drizzle lemon oil & balsamic vinegar around plate (optional).

This recipe has been a very popular dish in my restaurant, especially with visitors to our region. Using local products: Craster kippers, Black pudding from Cumbria, Blendale blue cheese.

## **Pan Fried of Seabass with Scallop Broth**

Serves 4

Preparation 15-20 mins

Cooking time 20-25 mins

### Ingredients

800g Maris Piper potatoes or King Edward  
150ml Double cream  
50g Butter  
Pinch of grated nutmeg  
Salt & white pepper  
50ml Cooking oil  
100g Butter  
4 125g/150g Seabass fillets  
1 Tbls fennel seeds  
1 Ts fresh chopped tarragon  
12 Fresh scallops  
250ml Fish stock  
100ml Double cream  
1 Whole lemon  
Few drops of pernod  
Flour for dusting  
Pinch of fresh herbs

### Method:

- 1) Boil the potatoes in salted water. Drain, mash well then add cream, butter, nutmeg & season.
- 2) Put the fennel seeds in a saucepan over a moderate heat, this will release their flavour. Add fish stock, cream & reduce by a third. Sieve the sauce into another saucepan to discard the fennel seeds. Add the scallops to the sauce and add a few drops of pernod & the fresh tarragon. Cook for a further 2 minutes & leave to rest.
- 3) Heat the vegetable oil in a frying pan, dust the seabass fillets in the flour skin side only. Place the fillets skin side down in the pan, cook for 3-4 mins, turn over fillets add a knob of butter for each fillet. The fillets can be left to cook slowly in the butter while you assemble the dish.
- 4) Place a portion of the mash in the centre of a bowl. Spoon the scallop & scallop broth around the mash. Present the seabass on to the mash skin side up then garnish with lemon & fresh herbs

## **Smoked Haddock Risotto starter**

Serves 8

1kg Arborio rice  
2 Medium onions  
2lt Fish stock  
3 Lemons  
1kg Smoked haddock  
100g Italian hard cheese  
Half bottle white wine  
Half block of butter  
Frozen peas  
Fresh herbs, parsley & chervil

### Method:

- 1) In a saucepan place butter & onion, once soft, add rice, coat the rice in the butter then add the white wine and reduce.
- 2) In a separate pan cook the haddock in a little fish stock, remove the haddock and use the stock to cook the rice
- 3) When the rice is cooked add the cheese, lemon juice, peas and then the smoked haddock pieces.
- 4) Serve garnish with lemon and herbs.

## **Northumbrian Lamb with Minted Mash**

Serves 2, Oven @ 180c, Gas 7

- 1 Rack of lamb
- 12 Large shallots (banana if possible)
- 1 Bottle of blackcurrant cordial
- 1 Bottle of red wine
- 1 Punnet of blackberries
- 1lt Lamb stock
- 50g Butter
- Quantity of mashed potato
- Mint sauce
- Small carton of cream

### Method:

- 1) Peel & slice the shallots place in a sauce pan & cover with half pint red wine & half pint of blackcurrant cordial then leave to cook.
- 2) Strip the lamb off the bone, place in a hot pan and seal, then take out lamb and deglaze with wine add a splash of cordial.
- 3) Then add some lamb stock, rosemary and leave to reduce.
- 4) Place lamb in the oven cook to required taste
- 5) Boil potatoes in salted water when ready add cream, seasoning, butter & mint.

### To serve:

Add potato to plate and a small heaped spoon of the shallots. Slice the lamb and sit it on the potato then add the jus and serve.