



THE ILEX
COURTYARD

Crisis Cookbook



Free To All

Simple recipes from our Kitchens at Holker and our Chef friends from around the country for you to cook at home and store in your freezer

Ingredients, amounts, process, cooking and allergen details all here



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What's this all about

In times of national emergency and unrest it is in everybody's natural instinct to raid the shelves, stock up on everything even non essentials leaving life very difficult for those who did not get there in time.

The current Corona Virus has sent people into a whirlwind of panic buying and a lot of food is going to be wasted when this is all over.

The motto here is "shop smart not shop stupid"

You do not need to mass buy and clear out supermarkets.

Scaling up recipes is easy, and this recipe book is here to show you how.

Five Key things:

- Buy what your means allow
- Shop local, your butchers, greengrocers and local stores need you
- Cheap does not mean bad
- If you can afford to.... and if it safe to do so.... share with the vulnerable
- Always wash your hands before and after

The Essentials:

- A freezer
- Disposable foil trays and lids (Available from all supermarkets, Home Bargains and Amazon)
- Plastic microwavable dishes and lids (As above)
- Good quality large pan and frying pan
- Some space to work and portion out
- Basic utensils and a knife

Thank you to everybody who has helped me put this together. The chefs who have jumped on board and got involved, my team for helping me correct my awful grammar. And most importantly all of you that have asked for a copy. I hope that it helps you, please please please share it with friends and on social media. If you can where possible donate to your local NHS. And when this is all over, please pay all of us involved a visit

Take care

Ben Glover (General Manager, Holker Hall Courtyard)



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Store Cupboard Essentials

The key to this book is to only purchase what you are going to use. If you choose to try some of our recipes don't overwhelm yourself. Maybe pick a couple you can buy the ingredients and start from there. There are things you can buy for your cupboards that will last for ages however and will go along way so you only need one. Where possible we have also tried to replicate ingredients in our dishes to keep your costs down.

Dried Herbs

Using fresh is great but unless you have space to plant they do not last long. Dried Herbs are just as good. A few popular Herbs will help lift your dishes so we would recommend the following in your pantry:

- Italian mixed Herbs
- Dried Rosemary
- Dried Thyme
- Dried Mint
- Dried Sage
- Dried Basil

Spices and Seasonings

The key to injecting flavour is seasonings. Like the Herbs they will sit in your cupboard for ages and you do not need a lot to create an amazing dish. We recommend you keep hold of the following:

- Coriander
- Cumin
- Fennel seeds
- Chinese five spice
- Curry powder
- Garam marsala
- Chilli powder
- Smoked Spanish paprika
- Ginger paste (keep in fridge)
- Garlic paste (keep in fridge)
- Stock jelly pots (Beef, Chicken, Vegetable)

Easy Flavour

Certain items will easily help you create a cracking dish. Tinned items will last for years on your shelves and are easily obtainable so you do not need to go crazy

- Tinned tomatoes
- Tomato puree
- Sun-dried tomato paste
- Passata
- Tinned tuna
- Chick peas
- Mixed beans
- Tomato sauce
- Worcester sauce
- Soy sauce
- Tabasco sauce



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The Classic Bolognese Sauce

Versatile and the staple of many dishes such as Spag Bol, Lasagna and add a bit of spice and kidney beans then you've got a chilli.

These ingredients will make you approximately 8 litres of bolognese so scale up or down as you wish.

Ingredients

- 8 Red Onions
- 2 large bulbs of garlic
- 1 pack of Beef Jelly stock pots
- 1 bottle of red wine
- 3kg of beef mince
- 1kg of pork mince (this will add some fat content and extra flavour)
- 6 tins of chopped tomatoes or passata

Method (Depending on your pan size you may have to do first three steps in stages)

- 1) Peel and roughly chop Onions and Garlic. I think a chunky Bolognese is best but if you want it finer dice the Onions and Garlic. Also don't be scared, get the whole lot of the garlic in there.
- 2) Fry off the Onions until soft then add in the Mince Meat, separate it all up and fry till browned
- 3) Add in the garlic, whole bottle of Red Wine and mix three stock pots with 700ml of boiling water all into the pan.
- 4) Add the chopped Tomatoes.
- 5) At this stage the mix may look quite wet. This is fine. You now need to lower the heat and cook it down until it becomes a thicker mixture and your mince meat is cooked and not chewy
- 6) Adjust seasoning with Salt and Pepper to taste

Allergens

Wine may contain Sulphur Dioxide

From here

- You can add Spaghetti and you've got classic Spaghetti Bolognese
- Make a classic White Sauce (next page) and layer the two mixes between Lasagna sheets in your foil tins then top with cheese for a rich and tasty lasagna. Cooking time once layered up is approx 40 mins on 180c. Cover with foil so cheese does not burn for first 30 mins of cooking.
- If you like some heat, save some Bolognese to one side and add Chilli, Smoked Paprika and Kidney Beans to taste depending on how hot you like it for a spicy Chilli con carne.

Storage

Store in the plastic containers. This will happily sit in the freezer for up to 3 months. Lasagna needs to be in the containers and again will freeze well.

**Remember to defrost and cook though.
Cooking times may vary depending on ovens and microwave**

All reheated food must be over 75 degrees



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The Classic White Sauce (Béchamel)

This sauce is a staple across many dishes including Lasagna, Chicken and Fish Pie Mixes for example and is easy to make with very little ingredients.

These ingredients will make you approximately 3 litres of white sauce.

Ingredients

1x250g block of Salted Butter
2x litres of Milk
Plain Flour to thicken (self raising is fine if that's what you have)
1 tablespoon of English Mustard
1 teaspoon of Nutmeg
1 teaspoon of White Pepper - best with White sauces but black will do just as well

Method

- 1) On a low heat melt the butter.
- 2) Once melted add the Flour to the pan. You want to keep adding and stirring till you get what looks like a wet sand mixture. Let this cook out gently on the heat. It is ready for the next stage when it starts to bubble and pop.
- 3) Turn the heat up slightly and start adding the milk a little at a time whilst stirring constantly. The mix will begin to bind together and eventually you will have something that looks like a sauce. Keep stirring and adding the milk and watch the heat as it may burn on the bottom
- 4) Once it coats the back of a spoon your sauce is ready.

Allergens

Milk, Dairy, Not suitable for gluten intolerance's (Could be made with gluten free flour)

From here

You can flavour up and add the sauce to bulk out dishes. Add strong Cheese to your white sauce and pair with your Bolognese sauce to make a great Lasagna.
See other dishes we have where this sauce will come in handy.



THE ILEX

COURTYARD

From Rory Naylor
Head Chef at Holker Hall
Vegetarian Dal Makhani

This is a rich and creamy Indian dish from the Punjab region, which uses lentils and beans with spices. Cooked low and slow for a deep depth of flavour. Tastes great with a Garlic Flatbread

To Make 10 portions that can be frozen down in microwavable trays

330g Black Lentils
120g Red Kidney Beans
2 Tablespoons of Sunflower Oil
6 Tablespoons Salted Butter
2 White Onions Finely Diced
4 Teaspoons of Garlic Paste
4 Teaspoons of Ginger Paste
130ml Tomato Puree
1 Teaspoon Chilli Powder
Half Teaspoon Garam Marsala
Tablespoon Salt
Tablespoon Sugar
120ml of Cream
1 Tablespoon Smoked Paprika

Method

- 1) Rinse and soak your Black Lentils and Kidney Beans together in salted water preferably over night if not for at least a few hours. Drain then simmer in fresh water in a deep pan on a low heat for approximately half an hour or until beans are soft and can be crushed
- 2) To make the marsala sauce, heat four tablespoons of butter with 2 tablespoons of oil in a separate deep pan. The oil will stop the butter from burning. Cook off the onions until soft and brown then add the garlic and ginger paste and cook for approximately 2 minutes. Add tomato puree and mix well cooking for a further two minutes.
- 3) Add your drained boiled beans and lentils to the sauce
- 4) Add the Garam Marsala, Chilli Powder and Salt and mix well
- 5) Add 120ml of water. Set the heat to really low and simmer for 45 minutes, stirring regularly, Add additional water if necessary.
- 6) After 45 minutes add the sugar, remaining butter and cream then simmer for ten more minutes. At this point the Dal should become very creamy. To add a smokey flavour add the smoked paprika (Optional)
- 7) Serve in bowls with an extra knob of butter and swirl of cream. Recommended with Rice and a garlic naan or flat bread

Allergens

Dairy, Gluten, Lupin (You can buy gluten free lentils so this is only a precaution check your packaging before purchase)

Portion and Reheat

This can be microwaved. Therefore portion into plastic containers to freeze down. Ensure fully defrosted before consuming and re heat to over 75 degrees.



THE ILEX

COURTYARD

From Rory Naylor
Head Chef at Holker Hall
Spicy Breakfast Eggs

A rich and bold tomato based stew, enriched with spices and chillies to give a kick. A one pan dish baked in the oven and topped with eggs.

Ingredients for ten portions

Olive Oil for frying
3 White Onions diced
3 Red and Green Peppers diced
6 Cloves of Garlic chopped and pasted
3 Red Chillies deseeded and diced
3 tablespoons of Cumin Seeds
1 teaspoon of Smoked Paprika
15 Ripe Tomatoes roughly chopped
Bunch of fresh Coriander (Optional)
2 Spring Onions for crunch (Optional)
Crusty Bread for dipping (Optional)

Method

- 1) Fry the Onions in a frying pan on a medium heat until soft and brown. Add the Peppers and continue to sweat down for five minutes. Add the Garlic and Chilli and continue to soften for a further two minutes.
- 2) Add the Cumin and Paprika and cook for a further minute.
- 3) Add all the tomatoes, season and cook for 15 to 20 minutes or until the tomatoes have completely softened. Add water to the mixture if the tomatoes are not moist enough. The result should be the consistency of a thick sauce.
- 4) This is now at the point of portioning and freezing.
- 5) To complete the dish (or from reheating fully), once hot add back to a pan and make two wells in the middle, break an egg into each well. Cover the top of the pan with foil or a lid and cook gently over a medium heat for five minutes or until the egg white has set and the yolk is runny.
- 6) Serve Spring Onions and a sprinkling of Coriander with Crusty Bread on the side to mop up. Serve in a bowl or eat straight out of the pan. Works as a breakfast dish or as a main course.

Allergens

Dish is Gluten free if served with Gluten free Bread
Contains Eggs



From Scott Buckley
Head Chef at Wightchef
Beef & Pork Meatballs

Scott says..

'This is my favourite dish to feed my family. It's a great activity to get your kids involved rolling them up and you can make plenty and freeze them down for those busy periods'

Ingredients

500g Pork Mince
500g Beef Mince
1 diced green and red Pepper
1 large diced Onion
3 Garlic cloves pasted
1 tin of chopped Tomatoes
Splash of Red Wine
1 tin of Tomato puree
Tablespoon of Mixed Italian Herbs

Method for Meatballs

- 1) If you are making to cook straight away pre heat your oven to 180c
- 2) In a bowl mix your Beef and Pork Mince together with half of your chopped Onion, Peppers and Garlic with a good pinch of Salt and Pepper and mixed Italian Herbs. Really get your hands in and combine it all together.
- 3) Once you are satisfied all is mixed together get a large spoon (this will help with consistency) and scoop about a palm full of Mince mixture out and roll into a ball. I usually roll mine to the size of a tennis ball. This size should make approximately 6 to 8 balls however you could make them smaller to make more.
- 4) Brown your Meatballs in a frying pan with a little Olive Oil to stop them falling apart then set to one side.

Method for the Sauce

- 1) In a pan fry off the remaining Onions, Peppers and Garlic until soft and golden. Add tinned Tomatoes, a splash of Red Wine and Tomato puree with seasoning and Italian Herbs to taste. Let it all simmer for around 10 minutes.
- 2) In a baking tray place the Meatballs evenly. Add the Tomato sauce from the pan ensuring it covers the Meatballs evenly. Cover the baking tray in foil to avoid the Meatballs drying out.
- 3) Cook for about 45 minutes until the sauce is bubbling and the Meatballs are cooked and piping hot. You can test by cutting a Meatball in half and making sure the meat is brown all the way through.
- 4) Finish with a sprinkling of Parmesan or Cheddar Cheese (each work perfectly) and serve with Tagliatelle, Penne or Spaghetti. For an extra touch add a sprinkling of fresh Basil leaves if available.

Allergens

Gluten (use gluten free Pasta)
Sulphur Dioxide (Wine)



THE ILEX

COURTYARD

From Ben Glover

General Manager for Holker Hall Courtyard and Chief Scone Maker
Wild Garlic and Cheese Scones with Creamy Mushrooms and Bacon

We are renowned for our Scones at Holker. Wild Garlic is currently in season, you can forage this in most woodland areas. To prepare you need to wash then chop up your Wild Garlic ready to put in a food processor. It is a stringy leaf so chopping is important or it will clog your food processor. Blitz in a food processor until it is a pulp. You will need a fair amount if you forage it so take a carrier bag with you, we recommend this as part of your daily outdoor exercise. This is a warm and creamy comfort dish and really easy to do.

Ingredients

For the Scones - will make you 15 scones depending on your cutter

1350g of Self Raising Flour

375g of Margarine

375g of Strong Cheddar Cheese

130g of Wild Garlic pulp. (If you cannot find Wild Garlic then peel and crush 6 Garlic cloves)

2 Teaspoons of Salt

2 Teaspoons Black Pepper

3 Eggs

Approx 200ml Milk

For The Mushroom Mix - For 15 Portions

5 large punnets of brown Mushrooms washed and cut in half or quarters if very big

10 slices of smoked or dry cured back Bacon sliced up

2 white Onions peeled and chopped

130g of Wild Garlic pulp or 6 Cloves of Crushed Garlic

Half of the Béchamel mix in the start of guide

150g Salted butter

200g of Sweetcorn

200g of Frozen Peas

4 Tablespoons Olive Oil

Salt and Pepper to taste

Hand full of Parsley if you cannot get Wild Garlic

200g Grated Cheddar

To Make the Scones

- 1) In a mixing bowl, sift the flour and seasoning and rub through the Margarine until ingredients are mixed in and they look like sand. Add the Cheese and Wild Garlic (or normal Garlic) then crack in 3 Eggs. The Wild Garlic pulp will release juices so this will start to bind the mix. Once this is all fully mixed together and starting to bind, add the Milk a tablespoon at a time for the extra liquid needed to bring it all together. The Wild Garlic will release its oils when you are rubbing it in. It will start to turn your mix green.
- 2) Roll out your mixture to 1.5 inch thickness, use a fairly large Scone cutter, you want these big. Cut and turn upside down on a greaseproof lined baking tray. Turning upside down will help them rise. Brush the tops with milk (don't be shy).
- 3) Bake on 140c for 25 minutes. Low and slow is key, you will get a much better scone. Don't follow the recipes that say high temperatures, these are big scones.
- 4) You can cook all your scones and freeze them or freeze the raw mix and cook from frozen. When cooking from frozen add an extra 5 minutes to the cooking time.



THE ILEX

COURTYARD

Continued.....

To make the Mushroom mix

- 1) In a frying pan cook off your Bacon with a little oil and let the fat render down (Crisp Up) then add some butter and start to sweat off your Onions and Mushrooms. Once all sweated down and cooked add your white sauce mix till you get a thick mix. Add the wild garlic or crushed Garlic, Peas and Sweetcorn and let it all cook together on a low simmer. Season to taste.
- 2) To finish the dish. Cut your Savoury Scone in half and Butter both sides. Place in an oven proof bowl or dish. Pour your Mushroom mix over the Scone, sprinkle over grated Cheese and bake in oven for 5 to 10 minutes until the cheese has melted and is bubbling.
- 3) You can also freeze down the Mushroom mix into plastic microwavable containers.

Allergens

Gluten, Dairy, Eggs, Onion



THE
ENGINE INN
Pub, Restaurant & Rooms

From Martina Saiu
Head chef from the Engine Inn, Cark in Cartmel
Poor Mans Pasta

This is a cheap and easy take on an Italian dish that can be cooked in less than 15 minutes with only 4 ingredients and serves 3 to 4 people for only £3.00. Martina has chosen this recipe to reflect what her grandmother would always cook when all the family and kids came to visit in her small fishing village in Sardinia.

Ingredients for 4 portions

500g of Penne Pasta
1 tin of Tuna in Oil
200g of Passata Sauce
Salt & Pepper

Method

- 1) Add the Pasta to salted boiling water
- 2) Add the Tuna and its Oil into a frying pan then add the Passata and stir until the sauce starts to bubble, keep stirring for another two minutes. Season to taste. Leave the sauce cooking on a low heat for approximately 10 minutes or until the Pasta is ready.
- 3) Drain off the water from the pasta and combine the mix together.
- 4) Serve with crusty or Garlic bread

Allergens

Gluten (Use gluten free pasta), Fish

A Bonus Baby Food Recipe

This is a full days meal for baby's from 6 months and what is suggested as a baby first meal by paediatricians in Italy

Ingredients

1 Potato peeled & washed
1 Carrot peeled and washed
1 Courgette all cut into small chunks
2 table spoons of baby rice flour

Method

- 1) Boil up one litre of water in a pan without seasoning.
- 2) Add all ingredients and boil until the potato is soft. Blend together including the water and add two tablespoons of Baby Rice Flour and stir in.



THE ILEX COURTYARD

From Rory Naylor
Head Chef of Holker Hall
The Ultimate Fish Pie

The ultimate comfort food and rich in protein. You can get a standard fish mix from any supermarket but we would encourage you to find a good fish monger and get them to put one together for you. I suggest an 800 gram fish pie with Cod, Salmon, Smoked Haddock and Prawns.

Ingredients for 10 portions

800g to 1k of your chosen fish mix
White sauce mix - Refer to recipe at start of book
120ml White Wine
Bunch of Parsley
120ml Cream
1.5 - 2kg Maris Piper or Russet Potatoes or equivalent with high starch content
175g Butter
1 Table Spoon Mustard
Pinch of Nutmeg
70g of Frozen Peas
Quarter Leek finely sliced

Method

- 1) For the Mash - peel, cut and boil Potatoes until soft for approx 20 minutes in Salted boiling water. Be careful not to overcook them to avoid lumps. Once boiled, drain the water and place back in the pan and let them steam for 10 mins to release any left over water. Add the Cream, Butter, Nutmeg, Mustard and Salt & Pepper. Beat with a masher until soft and creamy. Set aside off the heat for now
- 2) For the Sauce - Follow the Béchamel (White Sauce) recipe to half the amount then add the Wine, Cream and a good handful of chopped Parsley.
- 3) Mix your sauce into your Fish, Peas (do not cook) and Leek. Add your sauce to the mix and not the other way round, you don't want to drown the fish.
- 4) Portion into foil oven proof containers if freezing.
- 5) Pipe on Mash, or if you wish use a spoon and fork to your own design. Add Cheese on top if you wish.
- 6) This is the point you can freeze down. To re heat, defrost and cook in oven until piping hot. Roughly 20 to 30 minutes on 160c. Serve along with some fresh steamed green vegetables.

Allergens

Dairy, Fish, Crustaceans & Molluscs (Depending on fish mix) Gluten



From Paul Rowley

Chef & Proprietor for Campbell & Rowley Catering and Events
Pressed Shin of Beef

This is a very versatile product. It's perfect on a Roast Dinner or can be Pulled apart to make a Ragu style topping for pasta or even a Pulled Beef Casserole or Stew.

Ingredients

2kg bone in Shin of Beef
6 Bay Leaves
6 Sprigs of Thyme (Dried is fine if you cannot get fresh use 6 teaspoons instead)
6 Sprigs of Rosemary (As above)
4 Cloves of Peeled and Chopped Garlic
1 Table spoon of Smoked Paprika
500g of Carrots roughly chopped for flavouring
6 sticks of Celery roughly chopped
2 large Onions peeled and roughly chopped
300ml of Ale from a local brewery. Check your local pubs they may need to off load stock
300ml of good stock (Beef or Vegetable)

Method

- 1) Pre heat your oven to 130c
- 2) Place all ingredients into a large casserole dish.
- 3) Cover with a double layer of kitchen foil and cook in the oven for 5 hours. Occasionally baste the Beef with the stock and other ingredients.
- 4) Check the Beef is tender and falling off the bone, if not cook for a little longer.
- 5) Leave the Beef to cool so it is easy to handle
- 6) Pull all the Beef apart and press into a casserole dish approx 6cm deep which has been lined with clingfilm (clingfilm is important)
- 7) Once all your Beef has been pressed into the dish cover with more clingfilm, put another slightly smaller dish over the top to weigh it down. You can also use tins of food to do this.
- 8) Put in the fridge to chill overnight.
- 9) The next day empty the shin out of the tray. This can now be cut into portions to put in your freezer that you can pull out when needed.

Always defrost thoroughly overnight and reheat in the oven to over 75c



THE ILEX

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From Rory Naylor
Head Chef of Holker Hall
Herdy Lamb Koftas

These rich and flavoursome Lamb Kofta's use Herdwick Lamb that roams the Lakeland fells (Hence the 'Herdy') and is sourced from our Butcher, Higginson's of Grange. You should be able to get a good English Lamb Mince from any good local butcher wherever you are.

Ingredients for 10 portions

1kg of good quality Lamb Mince
4 teaspoons of toasted & ground Cumin Seeds (or ground Cumin)
4 teaspoons of ground Coriander
6 cloves of Garlic pasted
2 table spoons of chopped fresh Mint
2 table spoons of Smoked Paprika
1 teaspoon of Chilli flakes

For Harissa (this will make three to four Jam Jars) - These can be prepared in advance and will last in your fridge for 2 weeks or your freezer for 3 months

5 teaspoons of ground Coriander,
2 teaspoons of Caraway Seeds
2 teaspoons of Cumin
1 teaspoon of Fennel Seed
15 Garlic cloves
4 Red Onions
10 - 20 Red Chillies. This is dependant on how spicy you like your food
2 Large Red Peppers
100ml of Olive Oil
2 Table Spoons of Tomato Puree

For Tatziki - Can be prepared a day in advance and will be more than enough for a family of 4

1 Cucumber, peeled, cored and diced
Hand full of fresh mint
4 Garlic Cloves
500ml Natural Yogurt

Method

- 1) For the Koftas... Nice and simple. Put all ingredients into a bowl and mix well. Then shape into Sausage shape approximately 3cm in length, freeze down into plastic freezer trays. To cook, heat oil over medium heat ideally in a griddle pan, if not a frying pan. Turn Koftas slowly until charred all over. Finish in the oven on 160c for approx 5 minutes.
- 2) For Harissa - Roughly chop all the ingredients add to blender and slowly blend whilst adding the Olive Oil till you have a thick paste.
- 3) For Tatziki - Place the diced Cucumber into a sieve and sprinkle with plenty of Salt to extract the water content. Leave for at least half an hour. Put this in a clean tea towel and squeeze out the remaining liquid. Mix together with the pasted Garlic, Mint leaves and Yoghurt and season to taste. The Harissa and Tatziki can be kept as dipping sauces for alternative dishes.

Serving Suggestion

Serve with Flatbreads or wraps with fresh dressed Salad leaves

Allergens

Yoghurt (Dairy), Gluten (Flatbreads / Wraps)

The Rose & Crown

— Cark in Cartmel —

From Garey Simpkin

Chef / Proprietor of the Rose & Crown, Cark in Cartmel
King Prawn Saganaki

Garey Say's

This dish is fantastic with Risotto Rice or just on the table for the family to share with plenty of crusty bread for dipping

Ingredients

3 teaspoons of Olive Oil
4 Shallots finely chopped
5 cloves of Garlic finely chopped
5 Bay Leaves
1-2 Red Chillies deseeded and chopped
Half a thumb size piece of root ginger
Juice of 1 Lemon
Tablespoon of Smoked Paprika
100ml of white Sambucca
2 Teaspoons of dried Oregano
1 Tablespoon of Tomato Puree
150g Feta Cheese
2kg of chopped tinned Tomatoes
130ml of Red Wine
1 Red Pepper Diced
3 Star Anise
800ml Water
25ml Red Wine Vinegar
2 tablespoons of sugar
Salt and Pepper (to taste)
King Prawns (As many as your means allow)

Method

- 1) Heat the oil in a heavy based pan, add the Shallots, Peppers and Chillies then sweat down on a low heat, with a lid on, stirring occasionally for approximately 10 minutes or until the Shallots become clear. Season with Salt and Pepper.
- 2) Add the Smoked Paprika, Garlic and Ginger. Keep on a low heat and cook for a further 5 minutes stirring occasionally.
- 3) Add the Sambucca and Red Wine, cook on a medium heat for 5 minutes.
- 4) Now add the tinned Tomatoes, Tomato paste, dried Oregano, Star Anise, Sugar, Red Wine Vinegar, Bay Leaves and Water into the pan. Turn up the heat and bring everything to the boil. When it has reached boiling point turn the heat down again and simmer until you get the consistency of a bolognese sauce.
- 5) Heat your oven to 180c. Mix your sauce into an oven proof dish, add three quarters of the Feta Cheese, King Prawns, Lemon Juice and Zest then cook in the oven for 15 minutes or until the prawns are cooked through. (If you are wanting to freeze this down, do not add the Prawns and keep them in your freezer. Portion out into foil oven trays and freeze).
- 6) Remove from the oven and top with the remaining Feta cheese. Serve along along with risotto rice and crusty bread.
- 7) If you have frozen your sauce, remove it from the freezer along with the Prawns and make sure it is fully defrosted. Return the sauce to the oven on 180c for 30 minutes. After 20 minutes add the King Prawns and carry on cooking until the Prawns are fully cooked

The Rose & Crown

— Cark in Cartmel —

Continued.....

The sauce can easily be adapted to work with other dishes. By removing the Prawns, Star Anise and Sambucca you have a rich and tasty Pasta sauce recipe. If you have a hand blender at home you can also blend it down and add some cream to make a soup.

A quick and easy Risotto recipe makes 10 portions

Ingredients

2.4 litres of Vegetable stock
3 Shallots peeled and finely chopped
4 cloves of Garlic peeled and pasted
200g of grated Parmesan cheese
200g of salted Butter
800g Arborio Rice
400ml of dry White Wine
4 tablespoons of Olive Oil

Method

- 1) In a large pan heat your Vegetable stock leave it to one side. In a deep pan melt 50g of Butter with Olive Oil over a low heat. Add the Onions and Garlic and fry gently for about 15 minutes or until all have softened but with no colour.
- 2) Add the Risotto Rice and turn up the heat and begin lightly frying the rice stirring constantly. After 1 minute it should look slightly translucent, Add the Wine and keep stirring letting the alcohol burn off removing any bitter flavours.
- 3) Once the Wine has reduced and started to cook into the rice begin to add your hot Vegetable Stock a ladle at a time. Keep stirring into the rice and adding a little at a time letting it boil and reduce between each ladle full. In total this should take approximately 15 to 20 minutes. Taste your risotto at this point to check if it needs more stock and further cooking. It should be soft but still have a little bite to it. Season with Salt and Pepper at this stage.
- 4) Once your rice is cooked take the pan off the heat and add another 50g of Butter and the Parmesan and stir well. You should start to see a creamy consistency form.
- 5) Serve along side your Saganaki as soon as it is ready.

Allergens for Saganaki

Onion, Shellfish, Peppers, Chillies, sulphur dioxide, gluten in Crusty Bread (use gluten free)

Allergens for the Risotto

Cream, Dairy, Sulphur Dioxide



From Antonio Vavoso
Chef / Proprietor of Spago Restaurant
Neapolitan Pasta Fagioli

Tony says...

'This dish is great and really easy to make. Don't be scared by the list of ingredients as it's also really cheap ! This will serve 8/10 so for 4 people just halve everything. Me and my family like to eat with Crusty Bread and Salted Butter'

Ingredients

4 tablespoons of Olive Oil
4 cloves of Garlic, peeled and finely chopped or crushed
2 Carrots peeled and diced
4 Potatoes, peeled and diced into 2cm cubes
2 Celery Sticks, Diced
2 Large tomatoes, Diced
2.4litres of Chicken Stock
750g Cannellini or Borlotti Beans from cans rinsed and drained
400g Trofie Pasta (Macaroni will be fine if not)
1 small Chilli finely chopped (or dried Chilli flakes)
4 fresh Basil leaves
Salt & freshly ground Pepper
Grated Parmesan Cheese to serve on top

Method

- 1) Heat the oil and fry the Garlic gently for one minute (Do not let it go brown). Add the vegetables and toss well. Pour in the stock, bring to the boil and simmer for five minutes.
- 2) Add the Beans, Pasta, Chilli & Basil. Cook gently for another 8 minutes or until the Pasta is cooked
- 3) Season to taste with Salt & Pepper and serve into Pasta bowls. Add a drizzle of Olive Oil and sprinkle of Parmesan.

Allergens

Celery, Gluten (Use gluten free pasta)

From Jon Metcalf

Head Chef of The Butchers Arms, Crosby Ravensworth
Wendys Chicken

Jon say's,

This is a real tasty wartime dish using what's in your pantry to create some real comfort food. This can be put together and frozen down ready to defrost and cook through your oven.

Ingredients - Will feed a family of 4 so upscale if you wish to batch cook

1 whole Chicken
2 tins of condensed Chicken Soup
300g Frozen Peas
300g Sweetcorn
600g Mayonnaise
1 Onion Diced
Fresh or Dried Thyme
3 bags of Plain Crisps
250g Grated Cheddar

Method

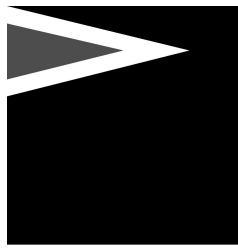
- 1) Pre heat oven to 170c
- 2) Season your Chicken with Salt, Pepper and Butter, cover with foil and roast in the oven following the cooking times of 45 minutes per Kilo plus 20 minutes or until its juices run clear. Remove the foil for last 20 minutes of cooking to crisp up the skin. Once cooked leave to cool.
- 3) Once cooked, shred all the meat from your Chicken into a large mixing bowl. The rest is simple. Add the Soup, Mayonnaise, Onions, Peas, Sweetcorn and a tablespoon of Thyme to the same bowl and mix together seasoning to taste.
- 4) At this point you can portion into foil trays or if you want to eat straight away, add the mix into a baking dish.
- 5) Crush the Crisps in the bags, empty on top of the mixture and top with grated Cheese.
- 6) Bake in the oven for 30 minutes until golden and piping hot. If you are taking from the freezer ensure everything is fully defrosted before cooking.

Allergens

Dairy, Wheat, Celery

Serving suggestions

Serve with Rice or Crusty Bread



T W E L V E

RESTAURANT & LOUNGE BAR

From Graham Floyd

Head Chef at Twelve Restaurant and Lounge Bar
Mince, Mash and Two Veg

Graham Says...

I am confident that everyone will have tasted Mince and Mash in some format. However with a few tricks of the trade I am sure you can elevate these simple ingredients to a dinner that is restaurant worthy.

The Mince and Mash can be chilled and frozen in containers for future dinners. I would advise you to cook the vegetables from fresh and either serve straight away or chill them and use within 2 days.

Timings

Prep 20 minutes. Cooking 30 minutes to an hour

Mince Ingredients (Serves 10) - Allergens in **Bold**

1kg of Mince Beef (Lamb would be fine if you have it but Beef would be more cost effective)

Drizzle of oil to fry

2 Carrots

1 Medium **Onion**

2 **Celery** Sticks

2 Cloves of Garlic

200ml of **Red Wine**

50g Tomato Puree

2 teaspoons of dried Mixed Herbs

250ml Water

1 Beef stock jelly pot

2 Teaspoons of **Worcester Sauce**

1 Teaspoon of Tabasco

2 Tablespoons of **Ketchup**

2 Tablespoons of **Brown Sauce**

Salt to season

Gravy Granules to thicken

Mash Ingredients

1kg white peeled Potatoes

Pinch of Salt

50g Salted **Butter**

100ml Whole **Milk**

100ml Double **Cream**

Vegetables

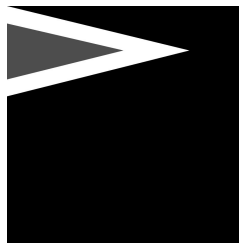
Stem Broccoli (Any green vegetables)

10 large Carrots sliced lengthways or 20 small

1 litre of fresh Orange juice or **cordial**

50ml Honey

3 Star Anise



T W E L V E

RESTAURANT & LOUNGE BAR

Continued.....

Method

For The Mince

Mince Meat is usually made using the cheaper, less popular cuts of meat so the trick is to cook it slowly to break down the meat fibres and allow the fat to render and make a tastier meal.

Chop the Onions, Carrots and Celery into a dice. Make a paste with the Garlic cloves by chopping them until very fine then sprinkle table Salt over the Garlic and begin to use the knife like a scraper whilst applying pressure, keep rubbing the Garlic on the board until it becomes smooth. Brown the Mince off in a pan with a little oil over a medium heat, add the chopped Vegetables and Garlic. Fry this mix for 2 to 3 minutes then add the Red Wine, Tomato Puree, dried Herbs, Water and stock jelly pot. Allow this to simmer slowly for 25 to 30 minutes with a lid on, if the liquid reduces too much then add a little Water to stop it drying out. Stir in the Worcestershire sauce, Tabasco, Ketchup and Brown sauce. If the mix is a little wet you can add a sprinkle of Gravy granules to thicken it up. This could make it too salty so be careful of the seasoning. Serve or freeze as required.

For the Creamed Potato

Chop the Potatoes into even sized pieces, cover with water, a pinch of Salt and boil until soft. Drain and return to a dry pan over a medium heat for 1 to 2 minutes to dry them out, stirring continuously to avoid them sticking. Pass the cooked Potatoes through a fine sieve. Boil the Milk, Cream and Butter together then add this to the Mash and season with Salt. Serve or freeze as required.

For the Vegetables

Peel the Carrots and cut off the tops. Place into a suitable pan and cover with the Orange Juice/Cordial, Star Anise and Honey. Top up with Water if the Carrots are not covered. Slowly simmer the Carrots until they start to become soft, usually 20-30 minutes, the time will vary depending on the thickness. Stir the Carrots occasionally and allow the juice to reduce down to a glaze that coats the Carrots. Serve or chill and refrigerate as needed.

Cook the Broccoli in boiling Water with a pinch of Salt in it. Serve or dip into ice Water to chill then refrigerate until needed.



HOLKER HALL & GARDENS

From Dan Fairclough

Kitchen Gardener at Holker Hall & Gardens
Grow your own

Dan says....

'You do not need an allotment to grow your own food. In the current necessary culture of social distancing your own garden can become a haven for fresh food that you can easily grow yourself. Garden centres around the country will be glad of your business and no doubt will have online stores in the event of them having too close. They will advise you on what you can grow quickly and easily to ease the pressure on your weekly shop. Remember seeds go a long way so you do not need to buy lots. The key is to sow weekly and only sow the amount you will eat. However if you have space and it is safe to do so, you can always sow a bit more to share with others.'

Easy to grow crops in this time of the growing season

Spinach
Mustard Leaf
Salad Turnips
Boltardy Beetroot
Lettuces
Radish

Good Crops to Sow

Chard
Peas
Salad Onions
Paris Market Carrots will give you a quick crop

Easy ways to grow

Simply into a flower bed, rake or disturb the soil and plant seeds in by about a centimetre depth and water. If you do not have a garden you can grow in pots. Just buy some compost from a garden centre, fill them up and plant seeds into pots and water.

Either way make sure your seeds have good sunlight and watered well. If possible make sure they are out of the way of adverse weather conditions.

Good online shops to buy seeds are..

Realseeds - www.realseeds.co.uk

Moles - www.wholesale.moleseeds.co.uk

Follow our activities on Instagram for more gardening and food growing tips..

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Special Thanks



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