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NICK COFFER'S WEEKEND KITCHEN

Recipes for the 6th April 2013

Christine Fellini

Main course

Zuppa di Fagioli alla Toscana - Tuscan Bean Soup

200g Dried Borlotti beans or 1 tin/jar ready prepared

1 medium shallot

1 medium potato

1 carrot

1 clove of garlic

Small stick of celery

2 Teaspoons of tomato concentrate

Extra virgin olive oil

Salt and freshly ground black pepper

Freshly grated parmesan cheese

- If using dried beans soak overnight.
- Put the soaked beans in a large pan of cold water and cook for one hour from when it begins to boil. Add salt at the end of the cooking time to prevent the beans from becoming hard.
- If using tinned beans rinse and use directly from the tin
- Finely chop the shallot, garlic, carrot and celery stick then gently fry in the olive oil until soft but not brown.
- Add in $\frac{3}{4}$ of the beans, 3-4 ladles of their cooking water, the cubed potato and 2 teaspoons of tomato concentrate.
- Cook on a low heat for approx 20mins.
- Meanwhile liquidize the remaining beans.
- Add the pureed beans to the pan and add more liquid if necessary.
- Serve sprinkled with freshly grated Parmesan cheese.

Main course

Risotto di Zucca - Butternut Squash Risotto

1 Medium Butternut Squash
2 cups Arborio or Carnaroli rice
Extra Virgin Olive Oil
1 Medium shallot
1 small glass of dry white wine
1Ltr vegetable stock
Salt and freshly ground black pepper
1 Tbs mascarpone
Freshly grated parmesan cheese

- Peel and quarter the Butternut Squash removing all the seeds and fibres.
- Cut $\frac{1}{4}$ of the Squash into small cubes.
- Fry these gently in a little olive oil until golden brown then set aside to be used for decoration.
- Grate the remainder of the squash using the large holes on the grater.
- Finely chop the shallot and fry gently in a little olive oil until translucent.
- Add in the grated squash and cook for 2 minutes.
- Stir in the rice until it is well coated.
- Add a small glass of white wine and deglaze the pan.
- Add $\frac{1}{2}$ of the stock (approx 3 ladles).
- Continue to stir the rice until all the stock has been absorbed, then add in the rest of the stock until it has all been used, or the rice is cooked to your liking – “al dente”.
- Add 1Tbs grated Parmesan and 1Tbs Mascarpone and stir well.
- Serve immediately decorated with the fried cubes of butternut squash.
- Sprinkle with additional freshly grated Parmesan cheese.

Dessert

Struffoli - Italian Honey Balls

3 large eggs
20g unsalted butter, softened
100g caster sugar
450g Flour Type 00 + extra flour for dusting
16g baking powder
1 cup Honey
Zest of $\frac{1}{2}$ an orange + zest of 1 lemon
Vegetable oil for frying
Coloured sprinkles

- In a large bowl, combine the flour, salt, sugar and zest.
- Stir the beaten eggs and melted butter into flour mixture.
- Transfer to a lightly floured surface and knead for 1 minute. Dough will be slightly sticky.
- Shape the dough into a ball, cover it with cling film and allow to rest for 30 minutes.

- Pinch off a small amount of dough and roll between your palms to form into small balls
- In a deep saucepan heat about 2 - 3 inches of oil to 350 °F.
- Begin adding the dough balls in batches into the oil without crowding.
- Fry, stirring occasionally with a slotted spoon, until crisp and brown, about 1 minute.
- Remove the dough balls with the slotted spoon and transfer to a paper towel to drain.
- When all the struffoli are fried, bring the honey to a simmer in a wide saucepan over a low heat.
- Remove the honey from the heat, add the struffoli and coat well. Using a slotted spoon, pile the struffoli into a mound on a large platter.
- Decorate with the multicolored sprinkles.

Steve Trice

Main course

Chicken and Chorizo Bake

Olive oil

500g new potatoes

4 Chicken thighs

1 pack Mini cooking chorizo

2 Red onions, quartered

1 bulb of garlic separated into cloves

Handful of olives (Kalamata work well)

1tsp Smoked paprika

Zest of one orange

Handful of fresh thyme

Sherry vinegar

12 cherry tomatoes (halved)

- Preheat the oven to 200°C/400°F/Gas mark 6. Take an ovenproof dish and add a good glug of olive oil to coat the base.
- Blanch the potatoes in boiling water for a couple of minutes, drain. Cut the potatoes in half or thirds to make evenly sized pieces and add to the dish.
- Trim the chicken thighs of any excess fat & skin and place on top of the potatoes. Then add the mini chorizo, red onions, the cloves of garlic (skin on) and the olives.
- Place the sprigs of thyme amongst the other ingredients and sprinkle over with the paprika, followed by a good glug of sherry vinegar. Season well with salt & pepper.
- Place the dish in the oven for roughly 1 hour until the chicken is crispy and potatoes are cooked through. Sprinkle the orange zest over the dish, add the cherry tomatoes and cook for a further 10 minutes.

- Serve with a green salad or green vegetable.

Dessert

Mexican Chocolate Cake

200g Plain flour
200g Caster sugar
65g Unsweetened cocoa powder
2tsp Cinnamon
1tsp Bicarbonate of soda
1/4tsp Chilli powder or Cayenne pepper
1/2tsp Salt
250ml Cold water
125ml Vegetable oil
1tbsp Balsamic vinegar
1tsp Vanilla Extract
Icing sugar to decorate

- Preheat the oven to 180°C/350°F/Gas mark 4. Grease and line the base of an 8in springform tin.
- Sieve together all of the dry cake ingredients together in a bowl, then add the water, oil, vinegar & vanilla extract. Mix until thoroughly combined.
- Pour the batter into the tin and bake in the oven for 25-30 minutes. Check the cake after this time by inserting a toothpick near the centre. If it comes out clean, the cake is cooked. If not return to the oven for another 5 minutes and check again.
- Remove from the oven and cool on a wire rack. Remove the tin and allow to cool completely.
- Decorate the cake by dusting with icing sugar.

Jen Barber

Dessert

Orange Drizzle Cake with Mascarpone Filling

175g/6oz butter softened
175g/6oz caster sugar
3 eggs, whisked
175g/6oz self raising flour
juice of one large orange about 100 ml and zest

For the Drizzle:

Juice of medium orange about 75ml
2 tbsps of granulated sugar

For the Filling:

250g
mascarpone
2 tbsps of orange juice and zest
2 tbsps of icing sugar

- Cream butter and sugar together until light and fluffy, gradually add the eggs and then the orange juice and zest. Fold in the flour.
- Pour into two 20cm/8" cake tins or one tin or a loaf tin, which have been greased and base lined and bake at 180C/350F/Gas Mark 4 for 25 - 30 mins until golden and springy to touch. Meanwhile mix together the orange juice and granulated sugar for the drizzle.
- Immediately the cake comes out of the oven, prick holes over the top with a cocktail stick and pour over the drizzle, leave to cool, if you have used two tins pour over the half which will be top of cake.
- To make the filling put the mascarpone in a bowl and stir, add the orange juice and zest and finally the icing sugar. If you have baked two round cakes, fix the halves together with the filling. If you have baked one round cake, split in half and put the filling in the centre. If you have baked in a loaf tin, you can serve the mascarpone on the side.

Dessert

Pavlova

3 egg whites
175g/6oz caster sugar

- Preheat the oven to 150C/ 300F/ Gas Mark 3
- Beat the egg whites until they form stiff peaks. Gradually add the caster sugar whisking all the time, until it is glossy and stiff peaks are formed.
- Put baking parchment onto a baking tray and either spoon or pipe a base circle of meringue mixture so it is level all over. Then spoon or pipe blobs of meringue round the edge.
- Turn the oven down to 140C/275F/ Gas Mark 1 or gas mark 2 and bake for 55 minutes. Turn off oven and leave in oven until completely cold.
To fill the pavlova, whisk 300ml of double cream, place into the middle of the meringue and decorate with fruit of choice.