



Recipe Book



The **Knife & Fork Food** recipe book is a collection of ours and your favourite recipes. 'Share a recipe' through our forum and it could end up in these very pages.

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The BEST Yorkshire pudding recipe

Ingredients

225g flour
300ml milk
4eggs
Pinch of salt

Combine the 4 eggs with 150ml milk and add flour until smooth paste. Add rest of milk and salt. Leave to rest for 2 hours. Then cook on high oven for 15 min then turn them over and cook for a further 5 min.

Gareth Bendle, Chef, Knife & Fork Delicatessen.

'Skagen Rora'

The Swedish equivalent of Prawn Cocktail

Ingredients

150g of peeled cold water prawns
50g of chopped fresh dill
50g of fresh grated horseradish
2-3 tablespoons of mayo
squeeze of lemon juice

Method

Combine all the ingredients and serve on hot toast – simple as that. Just a subtle difference on a traditional recipe that tastes delicious.

Stefan Nilsson, Head Chef, The new Conway.



'Spicy Mexican Quesadilla with fresh sour cream' (vegetarian)

Ingredients

1 flour tortilla
100g grated queso quesadilla mexican cheese (or cheddar if you prefer)

For salsa

1 white onion (diced)
1 red onion (diced)
1 lemon (juiced)
3 red chillis (finely diced)
2 cloves garlic (crushed)
handful fresh coriander (finely chopped)
2/3 tins chopped tomatoes
1 tablespoon of tomato paste

For fresh sour cream

200ml fresh double cream
juice of 1 lemon

Method

- Lay flour tortilla flat and cover one half with grated cheese, making sure to leave a 1cm gap around the edge.
- Combine all the salsa ingredients together and season to taste
- Gently warm the salsa in a pan then spoon this on to the cheese
- Fold the flour tortilla in half and gently shallow fry in olive oil until golden brown then flip over and do the same to the other side
- Combine the sour cream ingredients and whisk until it peaks
- Once brown on both sides remove from pan and serve with the fresh sour cream and salad

Dave Moll, Head Chef, The Old Swan Inn



Quick Prawn Curry

Ingredients

500g prawns
2tbsp oil
4 sticks of celery, washed and chopped
2 peppers – red, orange or yellow – chopped into large pieces
1 onion – peeled and chopped
2 – 3 tsp curry powder
2tsp cumin
1tsp ginger
1 large apple – peeled and diced
Handful of sultanas – washed in warm water to remove sulphates and dirt
1 tbsp flour
½ pint of chicken or vegetable stock
½ glass white wine
2tbsp tomato puree
Lemon juice – according to taste

Method

- Warm oil in pan. Add the vegetables and spices over a medium heat for a few minutes
- Stir in the fruit and prawns into the pan
- Sift the flour into the pan and cook for another minute
- Add the stock, white wine, tomato puree and lemon juice. Season to taste
- Cover and simmer for about 10 minutes

Caroline Hammond, PR and Marketing Manager, Knife & Fork Food Ltd



Wrapped Pheasant, with Koffman Cabbage and Red Wine Jus

Ingredients;

Pheasant

1 large pheasant, plucked, drawn with the breasts removed

4 slices of cured Carmarthen Ham or similar

Little oil

Koffman Cabbage

1 carrot, peeled, and chopped in 1cm cubes

1 celeriac, peeled and chopped into 1 cm cubes

1 savoy cabbage, finely sliced

100g smoked pancetta lardons

200ml chicken stock

200ml double cream

A little black pepper and Maldon salt

Red Wine Jus (makes 1.5 litres / 2 ½ pints)

1kg raw beef trim

2 tbsp. veg oil

1 onion

1 celery stalk

1 carrot

1 leek

1tbsp tomato puree

1 head of garlic

1.5 litres (2 ½ pints) veal stock



1 litre (1 $\frac{3}{4}$ pints) chicken stock

1 bottle of good red wine

1 bay leaf

1 sprig fresh thyme

Pheasant;

- Skin the pheasant breasts
- Season with pepper
- Lay 2 sheets of the ham into a rectangle shape
- Position pheasant at the bottom of sheet
- Roll up into a sausage shape
- Chill in fridge while you prepare the rest of your ingredients
- Brown the pheasant breasts off in a frying pan
- Cook on one side, turn over then place in a pre-heated oven for 12 minutes on 180 degrees Celsius
- Once the pheasant is cooked, set aside for 5 minutes to rest
- Carve and serve with the Koffman cabbage and approx. 100ml of red wine jus

Koffman Cabbage

- Take 2 handfuls of the carrot and celeriac and cook in salted water until tender. Any leftover vegetables can be made into a mash accompaniment!
- Drain the vegetables and refresh in cold water
- In a splash of oil, cook the lardons until crispy
- Remove $\frac{3}{4}$ of the oil from the pan
- Add the chicken stock, boil and reduce by half
- Add the cabbage and cook until the cabbage wilts
- Add the celeriac, carrots, cream and some black pepper
- Turn up the heat so the cream thickens and coats the cabbage

Red Wine Jus

- Chop the beef trim into chunks, then roast in 1 tablespoon of oil in a tray on top of the stove until golden brown. Drain well
- Prepare the vegetables, then dice. Sweat in the remaining oil in the same pan as the beef but do not colour them



- Add the tomato puree and the peeled garlic cloves and cook right down to a 'jam'.
- Add the red wine, reduce to a syrupy consistency
- Bring the two stocks to the boil in a separate pan and pour over the beef mix to cover. Bring back to the boil. Skim off any fat
- Add the herbs and cook the stock at a fast simmer for 1 hour, skimming regularly. It should reduce down to about 1 ½ litres (2 ½ pints)
- Pass through a sieve
- You can cool and store or freeze any extras

Wesley Hammond, Head Chef, Woods Brasserie