

COOKING UP A STORM

SPRING RECIPES WITH LYN CRAM

BRAIDWOOD BUTCHERY

Stick Lamb Shoulder

30 min - 1 hour

The chefs at Three Blue Ducks know what you need as the temperature drops and colder evenings set in. This is a great warming dish to serve to the family. Most of the hard work needs to be done the day before, or put on first thing in the morning so it's ready when you get home. The meat is fall-apart tender with a rich, sticky glaze.

Ingredients

4 tbsp olive oil

1 large lamb shoulder on the bone salt and pepper

1 brown onion, diced

½ bulb garlic, peeled and roughly chopped

2 long red chillies, deseeded and roughly chopped

3 tbsp tomato paste

2 stalks celery, roughly chopped

½ bunch thyme, roughly chopped

2 litres quality vegetable stock

300 ml red wine

Method

1. Put a large skillet on a high heat. Rub the lamb shoulder with olive oil and season, sear it in the pan on all sides then put in a braising dish.

2. Put the skillet back on a medium heat, add remaining olive oil, onion, garlic and chilli and cook until soft and slightly caramelised.

3. Add a tablespoon of tomato paste, stirring constantly for 3-5 minutes, and heat the oven to 150°C.

Add the celery and herbs, cook for another two minutes, deglaze the skillet with a little vegetable stock and pour over the lamb.

5. Add the rest of the stock to the dish, season lamb well, cover with a lid or foil and cook in an oven for 8-10 hours.

Remove from oven, strain off the liquid and reserve.

6. Put a saucepan on a high heat, add remaining tomato paste and the red wine and reduce for 2-3 minutes, then add the braising liquid and keep reducing the mixture to a slightly thicker glaze.

7. Turn the oven up to 200°C, brush glaze over the lamb and put in the oven. Take it out and reglaze every five minutes for 30 minutes — a dark layer will form on top of the lamb. To serve, put the lamb on a platter with the leftover glaze and take it to the table.

TIP:

Use a wide saucepan when reducing the glaze as then the liquid will evaporate faster.

Serve with Three Blue Ducks shaves squash, zucchini, pea and mint salad.

LYNDA AVERY

Strawberry & Yoghurt Loaf

lemon, zested

250 gm strawberries, chopped

2 eggs

½ cup caster sugar

1½ cups SR flour

½ cup desiccated coconut

150 gm butter, melted

½ cup Greek yoghurt

Preheat oven 160°C

Whisk caster sugar, coconut, melted butter, eggs, lemon zest and yoghurt together in a bowl.

Fold in flour and strawberries. Spread in loaf pan.

Bake 60 min or until skewer inserted comes out clean. Cool in pan for 10 mins before transferring to wire rack to cool completely. Dust with icing sugar to serve.

Source playbakesmile.com

Strawberry & Spinach Salad

large bunch spinach, washed and torn in small pieces

4 cups sliced strawberries

Dressing: shake together in a jar

½ cup oil

¼ cup white wine vinegar

¼ cup sugar

2 tbsp poppy seeds

2 tbsp sesame seeds

¼ tsp paprika

Pour over salad.

WYNLEN HOUSE FARM

Stinging Nettle Soup

This is a soup recipe that originates with Hugh Fearnley-Whittingstall of River Cottage fame. We have been selling stinging nettles at our produce stall to a great deal of appreciation when used with this recipe, Bronwyn has also been making nettle pesto which has a wonderful vibrant colour and delightful flavour.

The soup is very versatile. You can add other greens to enhance it including English spinach. While leeks are delicious in the recipe, if you don't have any feel free to use more onions including red onions. I never hesitate to add more than one clove of garlic either, particularly if it has just come into season in November or December.

around 150g nettle tops, use up to 200g if you have them

30-35g of butter

1 onion, peeled chopped

1 large or 2 smallish leeks, trimmed, washed and finely sliced

2 celery sticks, chopped

1 clove garlic, peeled and chopped

2 tbsp white rice, such as basmati or jasmine

1 litre vegetable (or chicken) stock
Sea salt and freshly ground pepper
6 heaped tbsp thick, plain yoghurt, to finish

1 small bunch chives, to finish

Wash the nettle thoroughly and throw away the really thick, tougher stalks. Melt the butter in a large pan over medium-low heat, add the onion, leek, celery and garlic, cover and sweat gently for 10 minutes, stirring a few times, until soft but not brown. Add the rice and stock, bring to a simmer and cook for 10 minutes. Add the nettles, stirring them into the stock as they wilt, and simmer for five minutes or so, until the rice and the nettles are tender (very young nettle tops will need only two to three minutes). Season with plenty of salt and pepper.

Purée the soup in two batches if needed, reheat if necessary and check the seasoning. Serve in warmed bowls, topping each portion with a large dollop of yoghurt and a generous sprinkling of snipped chives.



LYN CRAM

Strawberry Ice Cream

5 eggs separated

250 g caster sugar

600 ml thickened cream (whipped)

1 punnet strawberries, washed and cut into pieces, then pureed

Brandy and vanilla essence

Beat egg yolks and sugar until thick, then fold in whipped cream.

In separate bowl, beat egg whites until stiff and fold into mixture with pureed fruit, add brandy and vanilla essence to taste.

FREEZE. There is no need to churn this one.

Fruit Daiquiris

Celebrate the lazy days of summer

300 g strawberries

250 g crushed ice

125 ml white rum

90 ml lemon juice

1-2 teaspoons sugar

Blend all ingredients and serve in cocktail glasses

This recipe also works well with mangoes, bananas, peaches or raspberries

For an indulgent treat add a scoop of icecream.

ILLUSTRATION BY
THOMAS BONIN

Waking to a nightmare

The terrible consequences of human error
in tragic circumstances

Signalman James Holmes worked at Manor House cabin on the North Eastern main line between Northallerton and Thirsk. The two sections of track controlled by his signals immediately north and south of Manor House were Otterington and Avenue Junction. The year was 1892. The night before, Holmes's child had been taken seriously ill and he had had no sleep. Next morning he tramped the countryside trying to find the local doctor who had gone out on his rounds. He returned to find the child dead and his wife so distressed that he did not like to leave her alone.

He had a telegraph message sent to York to ask his mother to come down by train to join her. Holmes then went

to Thomas Kirby, the stationmaster at Otterington, told him what had happened and said that he felt quite unfit to go on duty at Manor House that night. Kirby then sent the following telegraph message to Signals Inspector Pick: "Can you send relief to Manor House tonight? Holmes child dead." The reply came back that a relief could not be found. Holmes later spoke to the Otterington signalman and asked him to let him know by telegraph if his mother arrived on the York train. "Harry," he added, "I am just about done to start duty. I haven't been off my legs since 12 o'clock." Holmes then set off to walk to Manor House.

The first part of the up [towards London] night Scotch express left Edinburgh at

10.30 pm that evening but the second part was delayed by the late arrival of connections from the north and did not leave until 11.02. After the first part had passed Northallerton North Junction at 3.33 am and cleared the block, the signalman there let an up goods from Middlesbrough to Starbeck out on to the main line. His action was subsequently criticized in the Press but, as the accident inspector, Major Marinidin, pointed out, he was perfectly justified in so doing. The line was worked on the absolute block system, there was an ample margin of time between the two portions of the express, and the goods had only to run six miles on the main line to Avenue Junction where it would pass on to a running goods line. James Holmes passed the first part of the express through normally. He then accepted the following goods train. When he received the 'Train on Line' signal for the goods from Otterington he acknowledged it but did not send the 'Be Ready' signal for it forward to Avenue Junction. For at this juncture he was overcome by sleep and, as he had not cleared his signals [from danger to all clear], the goods train came to a standstill only a few yards from his box. When he awoke thirteen minutes later