

Seniors @ the Manor Sunday October 9, 2020

Cooking with Simon Morris

EASY STARTER

Field Mushrooms, Spinach and Brie on toast.

4 Field Mushrooms (or other large flat mushrooms)
Olive oil
Garlic 2 cloves sliced
Spring onions 2, sliced
Spinach, large hand (don't forget to wash hands too) or 100g
Camembert, brie or goats cheese 150g
Ciabatta or baguette 4 nice slices

-Heat the grill to high. Brush the mushrooms with olive oil, season and grill until tender. Cook the garlic and spring onions in olive oil until soft then stir in the spinach until wilted.

-Fill the mushrooms with the spinach mix, top with the cheese and grill until golden. Serve on top of the toasted bread.

ANOTHER STARTER or MAINS

Butternut squash soup with garlic croutons.

1 butternut squash
1 onion
1 potato
1 carrot
50g butter
1 dessert spoon grated ginger
600ml vegetable stock
4 tablespoons cream or crème fraîche
1 tablespoon finely chopped chives

for the garlic croutons-

4 tablespoonish olive oil, 4 thick slices of bread, crust removed and cut into 2cm cube, 2 garlic cloves, finely chopped, 1 tablespoon finely chopped parsley

Peel the butternut squash, halve it, scoop out the seeds and cut it into 3cm dice. Similarly dice the onion, potato, celery and carrot. Melt the butter on a low heat and gently sauté the onion for 10-15 minutes, stirring occasionally to prevent it catching.

Add the remaining vegetables and cook for a further 2 minutes, stirring so everything is well coated in butter. Add the vegetable stock and simmer for 20 minutes, or until the vegetables are soft. Liquidise and check the seasoning.

To make the croutons, heat the olive oil in a frying pan and, when hot, add the cubed bread. Saute over a medium heat until golden brown. If you are concerned about the amount of oil, you can drain the croutons on kitchen roll at this point. Remove from the heat, add the garlic and parsley and toss in the still-hot pan.

Serve the soup with the garlic croutons, a good dollop of sour cream and some chopped chives.

MAINS

Beef and Guinness stew (to boost ya' iron)

1.3 kg/3lb beef brisket in to 2 inch cubes (or get a value pack from Metro or favourite supermarket)
4 tablespoons vegetable oil
2 onions, peeled and chopped
1 dessert spoon of plain flour
600ml/ 1 pint of Guinness
3 carrots, peeled and sliced
1 spring of thyme
1 bay leaf
1 garlic clove crushed

In a large flameproof casserole, brown the meat in batches, transferring on to a plate as it is done. Add the onions to the casserole and sauté for 10 minutes, until they are just coloured. Lower the heat and return the meat to the casserole. Add the flour and cook, stirring for a couple of minutes, then stir in the Guinness along with the carrots, and garlic. For the thyme and bay leaf tie them together with some string and pop them in. Season with salt and pepper and transfer to an oven preheated to 275 F/ 140 C or has mark 1. Cook for 1 and a half hours until meat is very tender.

Serve with potato purée, celeriac mash, cabbage or roasted potatoes or anything you prefer.

OR

Lamb shanks with Pot barley

4 Lamb shanks (around 14oz each)
2 leeks
1 cup of Pearl Barley
1 tablespoon of Harissa paste or a mix of tomato paste and Worcester sauce or soy sauce.
6 cups of beef stock
1 tablespoon red wine vinegar

In a frying pan brown the lamb shanks and place them In a slow cooker (crockpot) De-glaze the pan with a cup of the stock and the Harissa paste (or tomato paste and Worcester sauce) . Clean the leeks and chop the white part in to rings and place in the pot, lamb (flat side) the

barley, vinegar and the remaining stock including the deglazing.
Add salt and pepper and cook for 4 hours slow. Chop the green part of the leek and add half an hour before the end. Job done!!
I highly recommend some potato mash to serve with.

SWEET TOOTH

Classic Apple Crisp (Perfect after picking!)

Topping

1/2 cup all-purpose flour
1/2 cup whole-wheat flour
1 cup light brown sugar, packed
1/4 tsp sea salt
170g unsalted butter (room temperature)
1 and a half cups of rolled oats

Apples

5lbs (2.27 kg) apple's such as Cortland, Empire or good old Granny Smith
1 punnet of blackberries
2 tbsp lemon juice
1/2 cup sugar
1 tsp of mixed spice, or nutmeg/cinnamon

1. Preheat oven to 350F (180C) and butter a 9 x 13 inch baking dish or another 3-qt dish. Place it on a lined baking sheet (you don't want it to bubble over on to the oven and have to clean the oven. Or a phone call "Simon look what you've done to my oven!")
2. To make the topping, combine the flour, brown sugar and salt in a mixing bowl. Mix with your hands to remove lumps. Rub in the butter until resembles coarse meal/breadcrumbs. (Some recommend grate cold butter, but again think of the washing up)
3. Peel, quarter, core and cut apples in to half inch-ish slices. Place in a bowl with lemon juice. Toss as you go to keep apples from oxidizing. When apples are done, add sugar, orange zest and spices. Toss to coat evenly.
4. Sprinkle one-third of topping into baking dish. Top with the apples and blackberries and arrange evenly. Sprinkle remaining topping over the fruit. Bake on the middle rack until apples are tender and topping is nicely browned, should take an hour to 75 minutes.
-Serve with vanilla ice cream or whipped cream or custard.
Bon appetite!!!!