

## **Braised Beef Cheeks Serves:4**

### **Ingredients**

4 portions beef cheeks (250g each) from your butcher

1 onion, finely chopped

1 carrot, finely chopped

2 Stick celery washed and diced

200ml red wine

500ml Beef Stock

400g Tomatoes chopped

fresh ground black pepper

Pinch of Salt

1 bay leaf

4/5 sprigs fresh thyme

### **Preparation**

Preheat oven to 160°C.

Heat rapeseed oil in an ovenproof pot. Brown the beef cheeks on all sides, season with salt & pepper, add the fresh thyme, bayleaf.

Add the onions, carrots and celery. Cook on low heat for 10 minutes agitating the vegetables occasionally.

Add the wine and allow it to evaporate by half then add the warm stock and tomatoes. Simmer for 15 minutes then place a tight fitting lid on top and cook for 4 hours in the oven. Or place in a slow cooker.

The cheeks will fall apart when cooked. Allow to rest in the cooking liquid and pot for 30 mins.

Serve with mashed potato or champ and lots of the natural sauce.

**Brians Tip:** Beef cheeks are tasty when cooked like this and they are great served with boiled pasta or even use the beef in between layers of lasagne

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## **Lamb & Barley Pot with Savoury Potatoes    Serves: 6**

### **Ingredients:**

600g Diced Lamb (shoulder)

2 Small Onions Diced

2 Sticks Celery thinly sliced

1 Carrots peeled Diced

1 Parsnips Diced

3 Cloves Garlic

2 Bay Leaves

500ml Vegetable Stock

2 Sprigs Fresh Thyme

75g Barley

4 Medium Potatoes

Fresh Ground Pepper

Pinch of Salt

50 ml Spoon Rapeseed Oil

Knob of Butter

Fresh Parsley

### **Method:**

Preheat Oven 170 °C

Cook the barley in boiling water for approx. 25 minutes. Drain and leave aside.

Heat a casserole dish, add the oil and lightly brown the diced lamb. Add the garlic, onion, bay leaf and thyme then sweat for 4 minutes on lower heat.

Season with salt and pepper, add the carrots, parsnips and celery and continue to cook for further 4 minutes. Add the cooked barley followed by the warm stock.

Cover with a lid & simmer for approx. 40 minutes or until lamb is tender. Taste one to check.

While lamb is cooking peel and thinly slice the potatoes. Pan fry potatoes in rapeseed oil and a knob of butter turning all the time. Season with salt and pepper and fresh thyme.

Arrange slices of potatoes on top of lamb, brush with melted butter and place in oven for 35 minutes.

**Brian's Top Tip:**

Make using leftover cooked lamb from your Sunday roast or try replacing lamb with beef and add some stout

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**Chicken and Ham Pie Serves: 8**

**Ingredients:**

- 4 Breasts of Chicken or Roasted Chicken Pieces
- 500g Shortcrust or Puff Pastry
- 1 Egg beaten
- 750ml Chicken Stock
- 300g Cooked Ham ( cut into thick Cubes)
- 2 Sweet Potatoes peeled and diced
- 4 Sprigs Fresh Thyme
- 2 Carrots Peeled & Diced
- 2 Cloves garlic Sliced
- 1 Onions Diced
- 8 Mushrooms halved
- 250ml Cream
- 100ml White Wine 20 ml Rapeseed Oil 50g Butter
- 50g Plain Flour
- Fresh Parsley

**Method:**

Preheat Oven to 180 °C

In a deep ovenable casserole dish melt the butter in the oil and sweat the onions, garlic and mushroom for a few minutes.

Add the carrots, potatoes, half the thyme. Then add the chicken and cook without colour.

Add the wine and allow it to reduce for 3 minute then add the flour and combine.

Add the stock and allow the sauce to thicken. Once the sauce thickens add the cooked ham followed by the cream and allow the sauce to simmer until the vegetables are soft and chicken is cooked. Stir frequently.

Roll out the pastry by dusting the table with some flour.

Add chopped parsley to the pie filling and remove from the heat. Spread the mix into Place the pastry on top of the pie and bake in preheated oven for 30 minutes until golden in colour.

**Brian's Top Tip:** Replace ham with bacon.

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### **Winter Lentil & Bacon Soup Serves: 4/6**

#### **Ingredients:**

250g Red Lentils (soak in cold water)

2 Litre Vegetable Stock

150g Carrot, peeled & diced

1 Onion peeled & diced

2 Cloves Garlic chopped

150g Pancetta lardons (or smoked bacon)

1 tea spoon ground Cumin

Half tea spoon Turmeric

2 Springs Fresh Thyme

2 Table Spoons Rapeseed Oil

Fresh Ground Pepper

**To Serve:** (optional)

Chilli Oil

Parmesan

**Method:**

Heat the rapeseed oil in a pot and add the onion, carrots, half the pancetta & fresh thyme. Sweat on low heat for approx. 8 mins stirring occasionally.

Add the crushed fresh garlic, turmeric, ground cumin and work in through the base vegetables.

Drain the water away from the lentils and add the soaked red lentils, lower the heat. Add Vegetable stock (heat stock before adding ) and allow to simmer for 12-15 mins. You may have to Increase to 20 mins if lentils are not soft.

While the soup is simmering heat a frying pan, add a drizzle of rapeseed oil and fry the remaining bacon lardons with sprig fresh thyme and twist of pepper. Set aside.

Blend the soup in a liquidiser but keep a little pulse to the consistency.

Serve the soup with crispy bacon lardons on top, grated parmesan and a drizzle of chilli oil.

**Brians Tip:** Add a dollop of creme fraiche to the soup when serving. Also a squirt of lime juice is excellent