

## **Homemade Chicken Stock**

- 1 Chicken Carcas (use after enjoying a roast chicken)
- 2 Carrots cut into slices
- Half a leek sliced
- 1 Onion cut in half leave skin on
- 2 sprigs thyme, 1 bayleaf, fresh parsley, - tied together by string
- 6 whole black peppercorns
- 1 Clove garlic

Method:

Place all ingredients into a large pot, cover with water approx 3 litres and bring to the boil then immediately reduce to a simmer and cook for 3 hours with a gentle simmer. Strain and use immediately or allow cool and place in fridge. Stock will keep for at least 5 days.

You can also once cooled freeze in small container like a ice cube size and take out as you need them for instant flavours at home.

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## **Chicken Noodle Broth**

Serves: 4

### **Ingredients:**

- 1 Litre Chicken Stock
- 2 Chicken Breasts or 4 Thighs diced
- 2 Carrots, peeled & diced
- 1 Onion peeled & diced
- 2 Cloves Garlic chopped
- Half a leek sliced
- 80g Egg Noodles
- Pinch Salt & Pepper
- 2 Bay Leaves
- 2 Springs Fresh Thyme

2 Table Spoons Rapeseed Oil

3 Scallions or bunch Chives

Drop Worchester Sauce

**Method:**

Heat the rapeseed oil in a large sauce pan over a medium heat. Add the onion, garlic, and bay leaf's. Sweat for 4 mins then add the carrots and leeks and sweat for a few 5 minutes more or until vegetables are soft.

Season with a pinch of salt and lots of black pepper. Stir through the chicken and cook for further few minutes.

Stir in the warm chicken stock and simmer for approx. 15 mins with a lid on. Add the fresh thyme followed by egg noodle and a drop of worchester sauce and simmer for a further 8 minutes with the lid on

Add half the chopped scallions / chives to the broth and serve in a bowl and sprinkle remaining scallions / chives on top of the broth.

**Brians Tip:**

Serve the broth and add a boiled egg sliced on top of the broth.

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**Bacon Cabbage and with Parsley Sauce**

**Serves: 4 /5**

**Ingredients**

700 g back bacon

1 head of green cabbage

60 g butter

60g plain flour

100 ml white wine

150ml Milk

200 ml cooking liquid

Handfull Parsley chopped

6 cloves

1 onion finely chopped

Pinch ground pepper

**Method:**

Place the bacon in the pot with the cloves and onion, cover with cold water.

Bring to the boil and simmer gently for 1 hour . Save the cooking liquid for the sauce.

In a saucepan, melt the butter and add the flour, stir until you have a paste. Cook for 2 minutes.

Mix the wine, cream and cooking liquid from the bacon together. Add slowly to the flour and butter stirring all the time. Sauce will thicken gradually while stirring. Add freshly chopped parsley to the sauce and leave aside in a warm place.

Cook the cabbage in boiling water for 14 minutes while the bacon is cooking.

Slice the bacon warm and serve with the cabbage and generous amount of the parsley sauce.

**Brian's Tip:**

Serve with boiled potatoes

**Beef and Ale Casserole**

With the emergence of quality local beers and ales this recipe can be 100% from your locality nowadays. The ale adds a real bitter flavour to this dish and it's a perfect winter warmer for the cold nights in. Ask your butcher for a shin of beef for this recipe.

**Serves: 6**

1kg Beef cut in cubes

2 [onions](#) diced

4 Coves [garlic](#) crushed

2 [carrots](#) peeled & diced

8 Mushrooms

25g Tomato Puree

25g Plain Flour

Freshly ground black pepper

Pinch Salt

250ml Local Ale

220ml [beef stock](#)

2 bay leaves

2 sprig fresh [thyme](#)

Drizzle of Rapeseed Oil

**Method:** Preheat Oven 160 °C

Heat a casserole pot with a drizzle of oil and brown half the meat pieces then remove and brown the second half of the beef.

Add all the beef back in together and add onions, garlic, bayleaf, carrots, and cook for 5 minutes stirring occasionally on a high heat.

Add the fresh thyme and season with salt and pepper.

Reduce the heat and add the ale and allow it to simmer until it reduces by half.

Add the tomato puree and combine with the meat and vegetables.

Add the flour and combine.

Add the beef stock and simmer stirring all the time for approx 10 minutes. Add the sliced mushrooms. Cover with a lid and transfer to the oven for 3 hours stirring every 30 minutes. Serve with chopped parsley.

**Brian's Top Tip:** Great served with champ

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## **Champ**

**Serves: 6**

### **Ingredients**

1 Kg potatoes

100ml [milk](#)

75g cream

50g [butter](#)

pinch ground white

pinch [nutmeg](#)

6 Scallions washed and sliced

### **Method**

Wash and peel the potatoes. Cook the potatoes in boiling water until soft. When potatoes are cooked, drain the cooking water off and return potatoes to the heat for 1 minute to evaporate further moisture.

In a separate sauce pan melt the butter and scallions so they sweat and cook for 2 minutes then add the milk and cream and allow liquid to warm in temperature

Season the potatoes with white ground pepper and nutmeg. Start to mash the potatoes and when mashed add in the liquid and return potatoes to the heat and continue to mash constantly until you have no lumps.

### **Brian's Top Tip:**

Turn any leftover champ into potato cakes by shaping and pan frying in butter. Serve with poached egg and ham for a brunch, light lunch or dinner.

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### **Roast Beef**

1 kg Roast Joint of Beef (rib, rump or sirloin)

1 Carrot washed & peeled

1 Onion peeled & halved

Drizzle rapeseed oil

Salt & Pepper

Fresh Thyme

Knob of butter

350ml Beef Stock

Half glass red wine

2 table Spoons Flour

1 table spoon tomato puree

Method:

Leave the joint of meat at room temperature for at least 30 minutes.

Pre heat oven to 170 degrees C

Drizzle the beef with oil and season with salt and freshly ground pepper.

Heat a frying pan on medium to high heat. Sear the beef on all sides then add the butter and fresh thyme and spoon over the beef once the butter is melted.

In a roasting dish place the onion and carrots cut lengthways on the tray and place the beef resting on top of the vegetables. Place in middle shelf of the oven and cook for 1 hour for a medium cook.

Remove from the oven and place the beef on a tray to rest for 15 minutes.

Place the roasting dish directly on to a hob / ring and add the wine. Allow this to simmer and using a whisk add the tomato puree and flour. Whisk and you will have a puree style then add the stock and simmer for 10 minutes with occasional whisking. Strain to serve with the sliced roast beef.