



Brittisk mat

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Baked scotch eggs

6 scotch eggs
Total time: 50 mins

Ingredients:

6 hard-boiled eggs

For the Meat:

500 g ground pork
4 tsp breadcrumbs
1 tsp thyme
1 tsp parsley
1 tsp fennel
½ tsp garlic powder
½ tsp salt
¼ tsp nutmeg
¼ tsp ground black pepper

For the Breading:

½ dl unbleached all-purpose flour
1 egg
1,5 dl breadcrumbs

Instructions

1. Preheat your oven to 200°C.
2. Peel the hard-boiled egg.
3. Place the ground pork into a large bowl. Add the breadcrumbs and mix well until combined.
4. Place the flour in a shallow bowl. Set aside.
5. Crack the raw egg into a second shallow bowl. Beat it slightly and set aside.
6. Place the breadcrumbs into a third bowl. Set aside.

To Assemble the eggs

1. Flour your hands and scoop a part of the port mixture into your hands. Flatten it into a patty. Wrap the pork around one egg, pinching it together to seal any seams.
2. Roll the pork covered egg first in flour. Then dip it in the beaten egg. Coat it in breadcrumbs.
3. Once all the eggs have been coated, place them into the preheated oven.
4. Bake the eggs for 20 minutes.
5. Serve the scotch eggs warm, cold or room temperature.

Cullen skink

A thick Scottish soup which uses un-dyed smoked haddock, potatoes and onions. Cullen skink hails from the town of Cullen in Moray, on the north-east coast of Scotland.

4 portions

Total time: 45 mins

Ingredients:

500 g of smoked haddock

500 ml of milk

2 large potatoes

4 shallots, diced

25 g of butter

100 ml of white wine

100 ml of double cream

500 ml of chicken stock

1 tsp mustard powder

12 quail eggs

1 lemon

salt

1 handful of parsley leaves

1 handful of chives, chopped

Instructions:

1. Pour the milk into a pan and add the haddock. Place over a medium heat and bring to a gentle simmer. Cook for 10 minutes, or until the flesh of the fish turns opaque. Once poached, remove the haddock and set aside to keep warm – reserve the milk.
2. Sauté the potato cubes in a pan with 25 g of butter. Add the shallots and cook until both the potato and shallots are soft.
3. Cover with the chicken stock, white wine, double cream and reserved milk, bring to boil and allow to simmer for 10 minutes. Season the soup with salt, pepper and mustard powder.
4. Meanwhile, in a separate pan, boil the quail eggs for 3 minutes, remove and cool in ice water. Once cooled, carefully remove the shells and slice each egg in half.
5. Blitz the soup in a blender and then pass through a sieve.
6. Remove the skin from the fish and flake into large chunks. Season with lemon juice and salt.
7. Place 4 slices of quail eggs at the bottom of each bowl and lay some, but not all, of the fish flakes on the top. Pour the soup on the top and finish with the rest of the fish and more slices of quailed eggs. Sprinkle chopped chives and parsley leaves on top and serve immediately.

Toad in the hole with onion gravy

4 portions

Total time: 2 hours

Ingredients:

For the batter:

225 g plain flour
salt and black pepper
3 eggs
300 ml milk
2 tbsp olive oil
8 sausages

For the onion gravy:

1 tbsp olive oil
2 onions finely sliced
½ tsp English mustard
500 ml stock, (ideally beef although chicken or vegetable is fine)

For the garlic cabbage:

Savoy cabbage, shredded, core discarded
½ tbsp olive oil
2 garlic cloves, peeled and finely chopped

Instructions:

1. For the batter, sieve the flour into a bowl and season with salt and pepper. Make a well in the middle and break in the eggs. Whisk the eggs slowly into the flour. Once combined, pour in the milk while you whisk so that you have a smooth, lump free batter the consistency of double cream. Cover the batter and rest in the fridge for one hour.
2. Preheat the oven to 200°C.
3. For the onion gravy, heat a heavy-based frying pan over a low heat. Add the oil, onions and a pinch of salt. Cook gently for 15-20 minutes, or until completely collapsed and golden-brown in colour.
4. Once the onions are completely softened and dark golden-brown, stir in the mustard and a pinch of pepper and then add the stock. Bring the mixture to the boil, reduce to a simmer and simmer for 10-15 minutes, or until the volume of the liquid has reduced by half.
5. Put a roasting tray into the preheated oven. Once really hot, add the olive oil and the sausages in the hot oven, turning now and again until coloured on all sides.
6. Whisk the rested batter and pour it into the hot tin over the browned sausages. Return to the oven and cook for a further 30 minutes, or until the batter is risen and golden-brown all over.

7. While the toad in the hole is cooking, prepare the cabbage. Wilt the shredded cabbage in a high sided frying pan or shallow saucepan with 3-4 tablespoons of water over a medium high heat for 6-8 minutes, stirring occasionally. Once the cabbage is tender pour off any excess water and then add the oil to the pan along with the garlic. Fry over a medium high heat for 2-3 minutes, or until the garlic is softened and aromatic. Season the cabbage with salt and pepper and keep warm.
8. Reheat the onion gravy and serve the cooked toad in the holes in wedges with cabbage alongside.

Steak and kidney pie

4 portions

Total time: 2 hours

Ingredients:

For the pastry

250 g plain flour, plus extra for rolling

140 g cold unsalted butter, roughly cubed

1 large egg yolk

1 small egg whisked with 1 tbsp milk, for the egg wash

For the filling

1 ox kidney, about 400 g. Pigs and lamb's kidneys are not suitable as they only need short cooking

1 kg trimmed British top rump beef

250 g flat mushrooms, unpeeled but wiped with a damp cloth

3 tbsp groundnut or vegetable oil

100 g unsalted butter

1 large onion, peeled and thickly chopped

70 g plain flour

600 ml water

1 tbsp Marigold Swiss vegetable bouillon powder

1 large bay leaf

Instructions:

1. It's important to cook the meat a day ahead, so that you can discard any fat that has risen to the top, and so that the pastry doesn't slump in the face of a too-warm filling, so **up to 48 hours ahead**-make the pastry. Whizz the flour and a pinch of fine sea salt together for a few seconds in a food processor, then add the butter and whizz until the mixture looks like coarse breadcrumbs. Whisk together the egg yolk and 3 tbsp water and whizz with the pastry until it collects in a ball. Wrap in cling film and leave it to rest in the fridge for at least one hour.
2. Cut button-mushroom-sized lobes of kidney from the white central core (discarding). Cut the beef into bite-sized cubes and cut the mushrooms into chunks.
3. Heat 1 tbsp of the oil in a large, heavy frying pan over a medium-high heat. Throw in the kidney and fry until lightly coloured. Tip into a colander to drain.
4. Wipe out the frying pan and return it to a low-medium heat, adding 25 g of the butter and 1 tbsp oil. Tip in the onion and fry for 10 minutes, stirring occasionally, until soft and slightly golden. Transfer to a large casserole, using a slotted spoon.
5. Preheat the oven to 150°C. Tip 100 g flour into a large plastic bag, and season it generously. Throw in the beef and shake until lightly floured. Return the frying to a medium-high heat, adding a little more oil and butter if needed. Shake off any excess flour, then fry the beef in batches until golden-brown. As each batch is done, transfer it to the casserole.

6. Adding more oil and butter to the frying pan if necessary, fry the mushrooms for about 2 minutes until starting to wilt, then add them to the casserole with the drained kidneys, hot water, bouillon powder and bay leaf, plus the excess flour in the bag if you like a thick gravy. Stir well, cover and cook it for 80 minutes until the meat is tender and the sauce is thick. Cool thoroughly, then put it in the fridge (preferably overnight) so any fat will solidify – it can then be skimmed off and discarded.
7. **In the morning** – return the pastry to cool room temperature, then roll it out thinly on a well floured surface. Invert a pie dish on to the pastry and cut out the pastry lid.
8. Lightly butter the rim of the dish. Spoon in the meat mixture to come level with the top of the dish.
9. Finally, an **hour before serving** – preheat the oven to 200°C. Brush the pie with the egg wash. Bake for 40 minutes until the pastry is golden brown. Remove the pie from the oven and leave it to rest for 10 minutes before cutting into it.

Shepherd's pie

Rätten heter Shepherd's pie när den görs på lamm. Görs den på nöt så heter den Cottage pie och Hunters pie om den är gjord på vilt. Den kan även lagas med fisk och då heter den Fishman's pie.

10 portioner
Tid: 1 timme

Ingredienser:

1 kg potatissos
½ sats köttsås på lamm (se nedan)
50 g smör

Gör så här:

1. Smörj en ugnform. Täck botten på formen med ett ca 2 cm tjockt lager av såsen. Lägg ett 2 cm tjockt lager med potatissos över såsen och jämna ytan. Gör ett mönster i mosen med spetsen på en kniv. Skär smöret i tunna skivor och lägg på toppen av mosen.
2. Grädda i ugn 200°C ca 40 min.
3. Rätten blir bara bättre om den får mogna i kylskåp en dag eller två och sedan värms upp till servering. Observera dock att den behöver tid att värmas, nästa lika länge som tillredningen, men i lägre temperatur.

Sås av malet kött (lamm, nöt, gris, ren hjort, älg, mm)

10 portioner
Tid: 1 timme

Ingredienser:

1 kg malet kött
4 st gula eller röda lökar
4 - 5 st morötter
1 stjälk selleri
10 st tomater, skalade och kärnade (eller två burkar krossade)
2 dl rödvin
3 msk rödvinäger
3 - 5 st krossade vitlöksklyftor
4 dl vilt- eller nötbljont (eller en tärning)
3 st lagerblad
2 tsk malen svartpeppar
smör och olivolja
1 msk soja-sås
salt

Gör så här:

1. Fräs den skalade och fint skurna löken och moroten i smör och olivolja. Tillsätt finskuren selleristjälk. Fräs den sedan i några minuter.
2. Tillsätt köttet i små mängder åt gången och fräs tills allt kött fått en brun färg.
3. Tillsätt kryddorna, tomaten, rödvinet, rödvinvinägern och sojan, och låt sjuda under lock i 20 – 30 minuter. Tag av locket och låt fortsätta att sjuda tills största delen av vätskan avdunstat.
4. Tag bort lagerbladen och justera kryddningen.
5. Såsen kan användas som sådan, till lasagne eller till ”Shepherd’s pie”.

Citrus pudding

4 portions

Total time: 1 hour

Ingredients:

50 butter, softened, plus extra for greasing

200 g caster sugar

zest 2 lemons or 2 limes or 1 grapefruit

100 ml lemon, lime or grapefruit juice, or a mixture

3 large eggs

50 g plain flour

250 ml milk

icing sugar, for dusting (optional)

Instructions:

1. Heat oven to 180°C. Grease a medium-sized baking dish with butter. Combine the butter, caster sugar and zest in a food processor and whizz until the mixture is pale. Add the citrus juice, egg yolks, flour and milk, and whizz until well mixed – it may look a little curdled. Scrape into a bowl. Boil the kettle.
2. In a large clean bowl, whisk the egg white until firm but not too stiff, then gently fold into the zest mixture. Scrape into the baking dish and put in a roasting tin half-filled with hot water from the kettle. Bake for 40 minutes until the top is lightly browned and set, but the pudding is still softish underneath.
3. Serve dusted with icing sugar, if you like.