

THE BUTCHER'S COOKBOOK

36 TRADITIONAL MEAT AND VEGETABLE RECIPES



in partnership with
JH FAMILY BUTCHER

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Created in association with Hull College Group and HCUK Training



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The following recipes are advisory only.
Always ensure that any meat products are fully cooked and
piping hot throughout before serving.
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ABOUT JH FAMILY BUTCHER

Jack Haddlesey is an independent butcher with over 40 years' experience of serving fresh meat to the public in Beverley. Jack learned his trade at Dewhirst's of Beverley in 1977, before moving on to his current shop in Norwood in 1979, where he worked for many years alongside fellow butcher Adrian Healy.

Jack is passionate about his job and loves providing the highest quality food to his customers. The following recipes have been carefully selected, and can all be created using the meat available from Jack's shop; JH Family Butcher, on Norwood in Beverley.

Jack is keen for people, especially those from a younger generation to learn about food they won't come across in the supermarket, such as slow cooked shin beef, and thin rib recipes.

Jack is open Tuesday to Saturday to the public, and is happy to meet new customers any time! He's happy to accommodate special requests, and up until the 7th of December will be able to take orders for special Christmas meats, too.



Address: JH Family Butcher, 6 Norwood Beverley, East Yorkshire, HU17 9EY

Phone: 01482 882466



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BEEF

Recipes:

Oxtail Soup

Slow Cooked Brisket

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Rib-Eye Steak

Spaghetti and Meatballs

Spaghetti Bolognese

Chilli Con Carne

Cottage Pie



OXTAIL SOUP

Ingredients

3 tbsp olive oil	3 thyme sprigs
1 kg oxtail, with the fat cut off	10 black peppercorns
1 onion, roughly chopped	2 tsp tomato purée
1 celery stalk, roughly chopped	250ml red wine
1 large carrot, roughly chopped	1.5l beef stock
1 bay leaf	1 tbsp plain flour

Method

1. Heat the oil in a large casserole dish. Cut the oxtail into pieces then brown them in the dish. Remove the oxtail and place to one side.
2. Place the vegetables in the casserole dish and fry for 4-5 minutes. Then add in the herbs, peppercorns, tomato purée and wine and allow to simmer for a few minutes.
3. Return the oxtail to the pan and pour in the stock. Bring to the boil, then reduce the heat to a gentle simmer. Cover and cook in the casserole dish for 2-3 hours.
4. Remove the oxtail pieces once more, and transfer to a plate, before shredding the meat. Discard the bones.
5. Strain the remaining liquid through a sieve into a bowl and leave to cool. Once cooled, leave the covered bowl in the fridge overnight, to allow the soup to jellify.
6. The next day, discard the fatty layer which should have formed on top of the soup.
7. To prepare the soup, blend together the flour and 3 tbsp of the soup. Whisk this into the soup and simmer in a pan for a few minutes.

Tip

This recipe, though time consuming, is highly nutritious and really makes the most out of this more affordable cut of meat.

SLOW COOKED BEEF BRISKET



Tip

Serve with BBQ sauce for an extra smoky flavour.

Ingredients

2kg brisket beef
2 beef stock cubes
600ml boiling water
salt and pepper

Optional:
400g assorted vegetables
(e.g. carrots/parsnips/leeks/onions etc.)

Method

1. Place the brisket in a deep roasting pot/casserole dish.
2. Season with salt and pepper to taste and sprinkle crushed beef stock cubes over the joint.
3. Pour the boiling water over the joint so that it measures around 2 cm deep in the dish.
4. Chop your chosen vegetables into large chunks. Add all vegetables around the meat.
5. Place a tight lid on the pot (or cover tightly with foil.)
6. Place the dish in the oven and cook for 30 minutes at 200°C.
7. Turn the oven down to 170°C and continue cooking for 2½ hours.

SLOW COOKED THIN RIB

Ingredients

1kg thin rib	3 celery sticks, diced
2 tbsp vegetable oil	375ml red wine
1 red onion, diced	600ml boiling water
3 carrots, diced	2 beef stock cubes

Method

1. Preheat the oven to 130°C.
2. Sear the meat on all sides on a high heat in a pan, before transferring to a casserole dish.
3. Fry the diced onion, carrots and celery in the frying pan over a medium heat before adding around the meat.
4. Pour the beef stock cubes and red wine over the beef, and crumble in the stock cubes.
5. Place in the oven for 6 to 8 hours. Baste the meat every hour, and add more liquid as required to ensure the meat does not dry out.
6. Remove the meat from the oven and serve immediately.

SLOW COOKED SHIN BEEF

Ingredients

6 tbsp rapeseed oil	2kg shin of beef (N.B. Ask Jack to cut it into 3cm slices)
2 large onions, thinly sliced	600ml ale
4 carrots, sliced	300ml beef stock
3 celery sticks, sliced	3-4 sprigs rosemary
½ garlic bulb, bashed	salt and freshly ground black pepper
3 tbsp plain flour, for dusting	

Method

1. Preheat the oven to 160°C .
2. Heat 2 tbsp of the oil in a large frying pan on a medium heat. Add the onions, carrots, celery and garlic to the pan and fry until they start to change colour to golden brown. Move the mixture into a large lidded casserole dish.
3. Put the flour on a plate and season with salt & pepper. Roll the beef in the seasoned flour and shake off any excess. Change the heat to high, then add the remaining oil to the frying pan. Fry the beef separately, for 1 minute on each side until brown. Add the beef to the casserole dish.
4. Add a small amount of ale to the frying pan and remove any left-over meat. Add the contents of the pan to the casserole dish. Pour in the rest of the ale, and beef stock and add the rosemary. Put the mixture in the oven and cook for 3-4 hours.
5. Remove from oven and serve immediately.

RIB-EYE STEAK

Ingredients

220g rib-eye steak 1 tsp salt & pepper
1 tbsp vegetable oil

Method

1. Sprinkle both sides of the rib-eye steak with 1 tsp of salt and pepper.
2. Heat a frying pan on high heat until its very hot.
3. Add the vegetable oil to the frying pan until the oil shimmers: this means it is ready for the steak.
4. Place the rib-eye steak onto the pan and cook for 1 minute on each side.
5. Fry on a medium heat for 4 more minutes for rare, 6 for medium and 8 for well-done. Serve the steaks with a choice of your sides.

Tip

Why not try this with sweet potato fries?

SPAGHETTI AND MEATBALLS



Ingredients

For the sauce:
1 tbsp olive oil
2 garlic cloves, finely chopped
400g tinned tomatoes
500ml vegetable or beef stock
400g dried spaghetti

For the meatballs:
400g beef mince
1 garlic clove, finely chopped
½ tbsp dried mixed herbs
olive oil

Method

1. Heat a saucepan over a medium heat and add olive oil. Once hot, add the onion and cook for 4-5 minutes. Add the garlic, continue to cook for two minutes, then add herbs, tomatoes and stock. Bring the sauce to a simmer, turn down the heat and simmer gently while you create the meatballs.

2. For the meatballs, mix together the mince, garlic and herbs. Add salt and pepper for your preferred taste. Using your hands roll into 10 equally sized balls.

3. Heat a frying pan over a medium heat and add the olive oil. Once hot, fry the meatballs until brown. Place in the saucepan with the sauce.

4. Continue to simmer the sauce for 10 minutes while you cook the spaghetti.

5. Bring a large saucepan of water to the boil, add a pinch of salt and cook the spaghetti using the packet instructions. Once cooked, drain and tip into the saucepan with the meatball sauce.

SPAGHETTI BOLOGNESE

Ingredients

1 tbsp olive oil	tin of chopped tomatoes
400g of beef mince	1 cubed beef stock
1 onion	400g dried spaghetti
1 garlic cloves	pinch of salt and pepper

Method

1. Heat a large saucepan over a medium heat and add a tbsp of olive oil.
2. Once saucepans hot add all the mince meet and a pinch of salt and pepper.
3. Cook the mince meat until its brown, making sure not to burn it. Put this in a bowl to the side.
4. Add diced onion, chopped garlic and grated carrot to the frying pan and cook until you think it looks appropriate.
5. Pour the mince from the bowl back into saucepan as well as chopped tomatoes and the beef stock, bring to simmer and let it sit for 45 minutes. Taste and adjust seasoning to how you feel necessary.
6. Heat a large saucepan with hot water and dried spaghetti. Cook until spaghetti's soft.
7. Drain spaghetti of water and put on a plate with Bolognese on top.





CHILLI CON CARNE

Ingredients

1 tbsp olive oil	400g tin red kidney beans
1 onion, chopped	2 tbsp tomato purée
1 garlic clove, crushed	1 red chilli, finely chopped
500g lean beef mince	1 tsp ground cumin
400g tin chopped tomatoes	1 beef stock cube

Method

1. In a large heavy-based saucepan with a lid, heat the oil on a medium heat and fry the onion and garlic until softened and golden.
2. Turn up to a high heat and add the mince, cooking until browned and using a wooden spoon to break down any chunks.
3. Mix in the tomato purée, tinned tomatoes, cumin, fresh chilli and crumble in the stock cube. Season well with salt and black pepper. Bring to a simmer, cover with a lid and cook on a low heat for 50 minutes to 1 hour.
4. Add the kidney beans and cook for a further ten minutes without the lid before removing from the heat. Serve with rice, guacamole and sour cream.



COTTAGE PIE

Ingredients

1 tbsp sunflower oil	Worcestershire sauce
1 large onion, chopped	500ml beef stock
2-3 carrots, chopped	900g potatoes, cut into chunks
500g beef mince	85g butter
2 tbsp tomato purée	3 tbsp milk

Method

1. Heat the oil in a saucepan, then soften the onion and carrots for a few minutes. Once soft, turn up the heat, place in the chunks of beef mince and brown.

2. Add the purée and Worcestershire sauce and cook for 5 minutes. Add in the stock and cook for 40 minutes.

3. Wash and cut potatoes into chunks.

4. Boil the potatoes in water for 10-15 minutes until soft. Using butter and milk mash the potatoes until it is soft and fluffy.

5. Add the mince into an ovenproof dish, place the mash on top. Bake for another 25 minutes until the top starts to brown and the stock is bubbling through around the edges.



LAMB

Recipes:





SHEPHERD'S PIE

Ingredients

1 tbsp sunflower oil	500g lamb mince
1 large onion, chopped	2 tbsp tomato purée
2-3 carrots, chopped	Worcestershire sauce
500ml beef stock	900g potatoes, cut into chunks
3 tbsp milk	85g butter

Method

1. Heat the oil in a saucepan, then soften the onion and carrots for a few minutes. Once soft, turn up the heat, place in the chunks of lamb mince and brown. Add the purée and Worcestershire sauce and cook for 5 minutes. Add in the stock and cook for 40 minutes.

2. Wash and peel the potatoes then cut into chunks.

3. Boil the potatoes in water for 10-15 minutes until soft. Using butter and milk mash the potatoes until it is soft and fluffy.

4. Add the mince into an ovenproof dish, place the mash on top. Bake for a further 25 minutes until the top starts to brown and the mince stock is bubbling through around the edges.





LAMB ROGAN JOSH

Ingredients

2 tbsp olive oil	250g tin chopped tomatoes
1 onion, chopped	100ml chicken stock
8 lamb leg steaks, cut into chunks	100ml natural yogurt
3 tbsp Rogan Josh curry paste	handful fresh coriander, chopped

Method

1. First put the oil in a large pan over a medium heat and fry the onions for 5 minutes or until starting to soften and begin to colour.
2. Next add the lamb and cook it until it has browned all over. Then stir in the curry paste and cook for another couple of minutes.
3. Season well with salt and pepper, stir in the tomatoes and stock and leave to simmer for 10-15 minutes until you have a thick sauce.
4. Finally stir in the yogurt and fresh coriander and serve with naan breads or rice.



PORK

Recipes:



SLOW COOKED PORK BELLY

Ingredients

1.3kg belly pork	zest of 1 lemon (grated)
4 sprigs rosemary, finely chopped	1½ tbsp flaked sea salt
1 tbsp fennel seeds	1 tbsp sunflower oil
1 tbsp freshly ground black pepper	

Method

1. Make sure the pork belly is dry with kitchen roll, then score the skin with a sharp knife.
2. Preheat the oven to 220°C.
3. Chop together the rosemary leaves, fennel seeds, pepper and add the lemon zest and salt (to taste). Rub sunflower oil on the pork before adding the herb and salt mixture to the skin. Place the pork in a roasting dish and cook for 35-40 minutes.
4. Take the pork belly from the oven and turn the oven down to 160°C . Add the fennel and garlic before pouring white wine into the roasting tin and stirring well. Put the pork back into the oven and cook for a further hour at 160°C.
5. To finish the pork, turn the oven back up to 200°C. Cook the pork for another 20 minutes. Remove and serve.

PORK STEAK

Ingredients

1 pork loin steak 1 tsp dark muscovada sugar
1 tbsp of paprika 1 tsp tomato ketchup
1 tsp white wine vinegar

Method

1. Start by making the BBQ sauce. Mix the ketchup, dark muscovado sugar, white wine vinegar and paprika.
2. Heat a non-stick frying pan on a medium heat and brown one side of the pork for 3-4 minutes, whilst spooning over half the sauce.
3. Do the same for the other side, using up the other half of the sauce.
4. Once the pork is nearly fully cooked, spoon the remains of the juices in the pan until the pork is fully soaked in it.
5. Serve the sticky pork loin steaks with a choice of your sides.



PORK CHOW MEIN

Ingredients

1 tbsp olive oil	1 carrot
2 onions	soy sauce and oyster sauce
3 garlic cloves	600g egg noodles
380g of pork belly	225g mange tout
1 small green pepper	1 tsp salt and pepper

Method

1. In a wok over a medium heat add 4 the oil and the chopped onion, garlic, pepper and carrot.
2. Slice the pork and add it to the vegetables until the pork is brown.
3. Add the soy sauce and oyster sauce (2 tbsp of each) and stir for 5 minutes.
4. Add the egg noodles.
5. Increase the heat and toss/stir for 6 minutes until everything is fully cooked.
6. Serve immediately.



Tip

Add extra meat or fish to the chow mein to make it a special chow mein.



TOAD IN THE HOLE

Ingredients

115g plain flour	½ tbsp English mustard powder
3 eggs	8 plain pork sausages
285ml milk	2 tbsp sunflower oil

Method

1. To make the batter, whisk the flour, eggs, milk and a pinch of salt in a bowl, then pour into a jug. Leave the mix to the side.
2. Put the sunflower oil into a baking tin, then place on the middle shelf of your oven at its highest temperature. Once the oil is hot, add in the sausages leaving them till they are slightly golden in colour.
3. Once they are golden, take the tray out of the oven and add the batter mix.
4. Carefully put the tray back into the oven and let it cook for at least 30 minutes.
5. Remove from the oven once the batter is crisp and golden and the sausages are cooked.
6. If you poke the tip of a knife into the batter in the middle of the tray. It should be set, not sticky or runny.



SAUSAGE CASSEROLE

Ingredients

1 tbsp chilli powder or smoked paprika	1-2 tbsp sunflower oil
400g tinned chopped tomatoes	12 good quality pork sausages
300ml chicken stock	6 rashers streaky bacon
2 garlic cloves, crushed	2 medium onions
Worcestershire sauce	tomato purée
1 tbsp brown sugar	herbs

Method

1. Heat a tablespoon of the oil in a large non-stick frying pan and fry the sausages gently for 10 minutes, turning every now and then until nicely browned all over. Transfer to a casserole dish and set aside.
2. Fry the bacon pieces until they begin to brown and then add to the sausages.
3. Place the onions in the frying pan and fry over a medium heat for five minutes until they start to soften, stirring often.
4. Add the garlic and cook for 2-3 minutes more until the onions turn pale golden-brown, stirring frequently.
5. Sprinkle over the chilli powder or smoked paprika and cook together for a few seconds longer. Stir in the tomatoes, chicken stock, tomato purée, Worcestershire sauce, brown sugar and herbs.
6. Tip the mixture carefully into the pan with the sausages and bacon and return to a simmer, then reduce the heat. Cover the pan loosely with a lid and leave to simmer very gently for 20 minutes, stirring from time to time.
7. Remove from the heat and serve.



SLOW COOKED BBQ PORK RIBS

Ingredients

1½ kg meaty pork ribs	Optional:
350g barbeque sauce	1 tbsp coriander seed
2 pork stock cubes	1 tbsp mustard seed
2 bay leaves	1 tbsp peppercorn
1l boiling water	

Method

1. Place all of the meat, stock cubes, bay leaves and optional ingredients into the the slow cooker along with 4 tbsp of barbeque sauce.
2. Cover the ingredients with boiling water.
3. Slow cook on a low head for 7-9 hours until tender. Add water to the pan as required to ensure pan does not dry out.
4. Heat the oven to 220°C.
5. Remove the ribs from the slow cooker. Handle the meat carefully as the meat will be very tender and may start to fall apart.
6. Apply barbecue sauce and lay the meat on a foil-lined oven tray. Cook for 20-30 minutes until the ribs start to crisp.

CHICKEN & POULTRY RECIPES

Recipes:



Chicken Enchiladas
Chicken Wrapped In Bacon
Chicken Tikka Massala
Chicken Stir Fry
Chicken Chasseur



CHICKEN

ENCHILLADAS

Ingredients

3 or 4 pieces of chicken breast	1 tsp ground black pepper
10 white corn tortillas (fajita size)	1 tbsp chilli powder
500ml passata	200g mix of Monterey jack pepper cheese or grated cheddar
1/2 tsp dried oregano	
1 tsp salt	

Method

1. Boil the chicken breasts until the meat falls apart, then shred it into small pieces. Mix together the oregano, salt, pepper, and chilli, and roll the chicken in the mixture.
2. Mix half of the passata and half of cheese with chicken into a bowl.
3. Put other half of the passata on bottom of baking dish.
4. Microwave tortillas for 30 seconds until soft.
5. Roll chicken mixture in bowl into tortillas.
6. Put in pan all side by side tightly and put remaining half of cheese on top.
7. Cook at 170°C for 20-25 minutes until cheese is fully melted and enchiladas are golden brown.

CHICKEN

WRAPPED IN BACON

Ingredients

1 tsp garlic powder	4 thick slices of bacon
4 skinless, boneless chicken breast	4 sprigs of fresh rosemary
	1 tsp of salt & pepper

Method

1. Pre-heat the grill to a medium-high heat and lightly oil it.
2. Sprinkle 1 tsp of garlic powder and 1 tsp of salt and pepper onto the chicken breasts to season the meat.
3. Place one rosemary sprig onto each chicken breast. Wrap the one slice of bacon around each chicken breast to hold the rosemary.
4. Use a toothpick to ensure it all stays together.
5. Cook the chicken breasts for 8 minutes until the juices are running clear, the inside of the chicken is no longer pink and the bacon is fully cooked.
6. Remove the toothpicks and serve the chicken wrapped in bacon with a choice of your sides.

CHICKEN

TIKKA MASALA

Ingredients

2 tbsp vegetable oil	4 chicken breasts
2 onions, roughly chopped	2 tbsp tomato purée
3 tbsp chicken tikka masala paste	150ml natural yogurt
1 red pepper cut into chunks	chopped coriander leaves, to serve
400g tin chopped tomatoes	

Method

1. Heat the oil in a large pan on a medium-low heat and fry the onions for 5-10 minutes, or until golden and soft.
2. Next add the curry paste and peppers, and cook for a further 5 minutes. While the peppers are cooking, cut the chicken breasts into cubes.
3. Add the chicken and mix well to coat the meat in the paste. Cook for 2 minutes, then add in the tomatoes, purée and 200ml of boiling water. Place on the lid and gently simmer for 15 minutes until the chicken is cooked.
4. Finally stir through the yogurt, season well and add the coriander leaves and serve with basmati rice and naan bread.





CHICKEN STIR FRY

Ingredients

1 chicken breast	½ carrot
1 stem of ginger	1 stick celery
100g beanspouts	1 nest of egg noodle
1 spring onion	1 tbsp chilli sauce
½ red chilli	1 onion
1 floret of broccoli	1 red pepper
unsalted cashew nuts	1 clove of garlic

Method

1. Peel and finely slice the spring onion, onion, carrot, celery, beanspout, red pepper, garlic and broccoli.
2. Cut the chicken breast into fine strips.
3. Cook the noodles for 4 minutes, then drain and refresh under cold water. Drizzle a little oil over the noodles and put them to one side.
4. Heat a large frying pan/wok and add the vegetable oil.
5. Stir fry the chicken for 2-3 minutes, until golden brown. Add the garlic and ginger to cook for a further minute.
6. Add all the remaining ingredients (except for the noodles) and fry another 2 minutes.
7. Add the cooked noodles and stir fry until the noodles are hot and the chicken is cooked through.

CHICKEN CHASSEUR

Ingredients

25g butter	225ml white wine
3 shallots, chopped	225ml chicken stock
4 large chicken thigh fillets	285g whole button mushrooms
1 tbsp tomato purée	chopped fresh parsley to serve

Method

1. Heat the butter in a frying pan, fry the shallots and sauté for 2-3 minutes.
2. Pan-sear the chicken thighs for 2-3 minutes on each side.
3. Place the tomato purée into the pan and stir, then add the white wine and mix.
4. Pour in the chicken stock and the mushrooms. Lower the heat and simmer for 2 minutes. Cover and continue to simmer for 2 hours, stirring often.
5. If the pan dries up slightly during cooking, add a little of stock/water to replace it. Once cooked, season the dish with parsley and serve immediately.



ROASTS RECIPES

Recipes:



Roast Chicken

Roast Turkey

Roast Lamb

Roast Beef

Roast Pork

Roast Goose

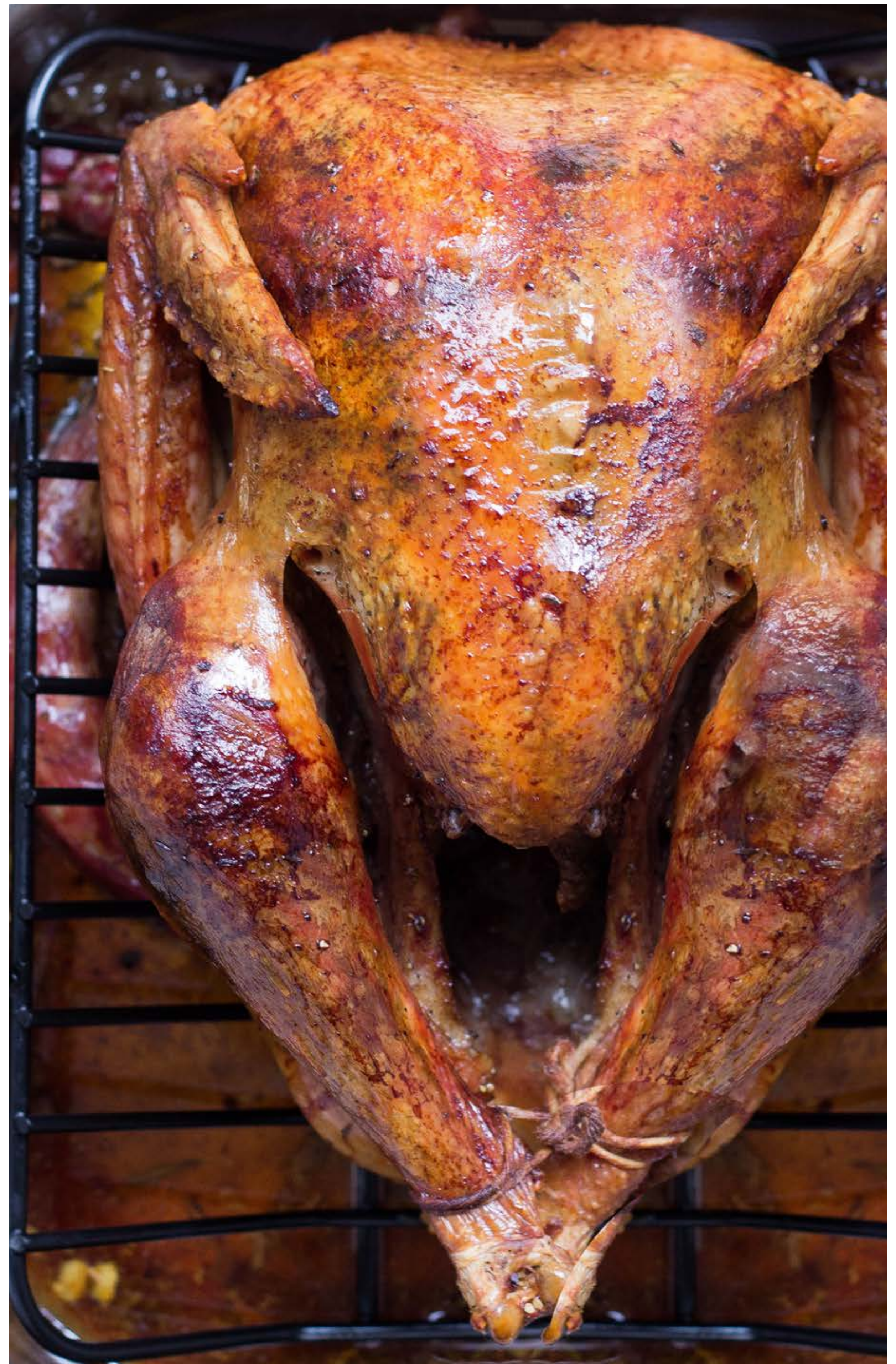
ROAST CHICKEN

Ingredients

1 lemon	3 garlic cloves
sprig of thyme	50ml olive oil
1.2kg chicken	salt & pepper

Method

1. Preheat the oven to 220°C.
2. Slice the lemon lengthways and place half the thyme inside the cut. Place the thyme-stuffed lemon inside the chicken.
3. Place the remaining thyme leaves, crushed garlic and the oil into a bowl and blend together.
4. Pour the mixture over the chicken and season with salt and pepper.
5. Cover the chicken with foil, then roast for 15 minutes. Turn the oven down to 180°C, before removing the foil and cooking for 30 minutes per 500g of meat.
6. Test the chicken with a skewer to make sure juices run clear. If the juices are not clear then return to the oven for 20 minutes and then retest. Once cooked, turn off the oven and leave the chicken to rest for 10 minutes.
7. Stir and heat the juices from pan and pour over the chicken. Carve the chicken and serve.





ROAST TURKEY

Ingredients

1 turkey breast crown 10 slices of bacon
50g butter salt & pepper

Method

1. Preheat the oven to 180°C.
2. Rub butter all over the turkey and season with salt and pepper. Place the bacon over the top the turkey.
3. Put in a pan and roast for 20 minutes per kilo plus 90 minutes.
4. After 40 minutes, remove the bacon from over the top and put aside. Pour the meat juices back over the turkey and place back in the oven.
5. When cooking is complete, test the meat by piercing the thickest part of the bird with a skewer. If the juices run clear, it is cooked. If juices are not clear, return to oven for a further 20 minutes and then retest.
6. Carve the turkey and serve.



ROAST LAMB

Ingredients

2kg leg of lamb	125ml red wine
20g butter	15g butter
3 garlic cloves	15g plain flour
6 sprigs of rosemary	
salt and pepper	

Method

1. Preheat oven to 200°C.
2. Grate the garlic and place it into a bowl with butter and chopped rosemary. Season with salt and pepper, then mash into a paste with a fork.
3. Make 40 incisions into the lamb and put the mixture inside each one. Place the lamb in a pan, cover it with foil. Roast for 25 minutes per 450g plus a further 25 minutes for medium. (For well done, roast for 30 minutes per 450g plus 30 minutes.)
4. Remove the meat from the oven and leave to rest for 10 minutes.
5. Pour the leftover meat juices and red wine into a saucepan. Turn down the heat and leave to reduce.
6. Mix together the flour and butter in a bowl to make a paste, and gently add it to the pan. Whisk until thick and smooth.
7. Slice the lamb and pour the gravy over. Garnish with rosemary.

Tip

The perfect dish with a glass of red wine.





Tip

Combine this recipe with another - try it with roast potatoes!

ROAST BEEF AND YORKSHIRE PUDDINGS

Ingredients

2.5kg topside beef	250g plain flour
1 tbsp English mustard powder	4 eggs
2 tbsp duck fat	300ml milk
3 sprigs of rosemary	2 tbsp vegetable oil
salt & pepper	1 tbsp flour
	250ml red wine

Method

1. Preheat the oven to 190°C. Mix the mustard powder with water to create a paste, rub over the beef and season with salt and pepper. Add the rosemary on top.
2. Heat the duck fat and sear the beef, before roasting the meat for 20 minutes per 450g, plus 20 minutes for rare, 25 minutes per 450g for medium or 30 minutes per 450g for well-done.
3. Mix the flour, eggs and milk for the Yorkshire puddings. Then leave to rest for 1 hour.
4. When beef is cooked remove from oven and cover with foil. Rest for 30 minutes.
5. Pour a drop of vegetable oil into each well in a Yorkshire pudding tray and heat for 3 minutes before pouring in the batter and baking for 30 minutes.
6. Place the beef on a serving tray and add the leftover beef juices into a saucepan on a medium heat. Stir the flour and red wine in and salt to taste. Scrape the bits from the previous pan into the gravy until warmed through.
7. Carve the beef. Serve with Yorkshire puddings & gravy.

ROAST PORK

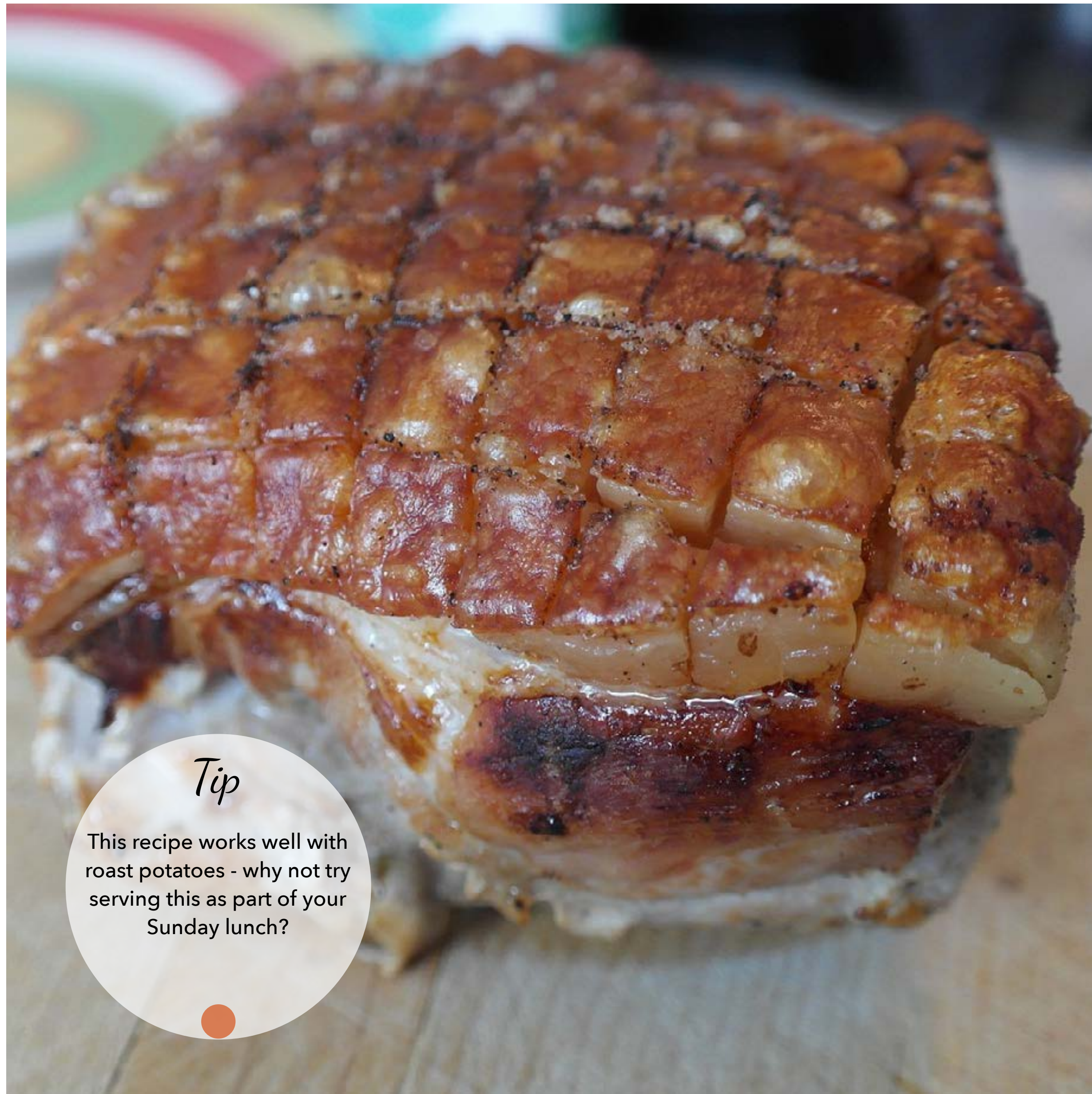
Ingredients

2kg loin of pork on the bone (skin on)
6 banana shallots
salt and pepper

600ml dry cider
500ml chicken stock
1 tsp honey
1 tsp wholegrain mustard

Method

1. Preheat the oven to 180°C. Score the skin in a criss-cross pattern 1cm apart.
2. Dry the pork with a paper towel and cover in salt. Place the pork and trimmings into a pan.
3. Peel the shallots, cut them in half lengthways and place them in a pan. Pour 250ml of dry cider over the top of the vegetables.
4. Roast the pork for 45 minutes, making sure the dish does not dry out. Increase the temperature to 200°C and roast for another 45 minutes.
5. Pour the remainder of cider and the chicken stock into a pan and add honey and mustard. Season with salt and pepper and leave for 1 hour.
6. Once the pork is cooked, remove it from the oven and rest for 15 minutes. Pour the leftover meat juices into the sauce.
7. Cut the loin off the bone in one piece, carve the meat. Serve with shallots, crackling and sauce.



Tip

This recipe works well with roast potatoes - why not try serving this as part of your Sunday lunch?



ROAST GOOSE

Ingredients

2 onions	2 lemons (zest & juice only)
2 tbsp vegetable oil	1kg sausage meat
800g tinned chickpeas (drained)	5kg goose
10g chopped mint leaves	salt & pepper

Method

1. Preheat the oven to 220°C.
2. Fry the onions in a pan with the oil, add the chickpeas and crush them. Combine the sausage meat with the juice/zest and the mint in a bowl. Add this to the chickpeas and onion. Fry the mixture until golden brown and season with salt and pepper.
3. Place the goose in a pan and stuff half of the chickpea mixture inside. Add the the lemon skins too. Roll the remaining stuffing into balls and set aside.
4. Roast the goose for 60 minutes, before reducing the temperature of the oven to 180°C.
5. Remove the goose from the oven and place the stuffing balls around the goose.
6. Roast for 2 hours and 30 minutes.
7. Remove the meat from the oven and cover with foil before leaving to rest for 15 minutes. Carve the meat and serve with the stuffing.

Tip

This recipe is delicious with roast vegetables and sausage meat stuffing.

VEGETABLE SIDES

Recipes:



Roast Potatoes

Mashed Potatoes

Cauliflower Cheese

Honey Roasted Carrots

Sweet Potato Fries

Corn on the Cob

Garlic Mushrooms

Garlicky Greens





CRISPY ROAST POTATOES

Ingredients

3kg King Edward potatoes
175g goose fat
4 tbsp coconut oil (melted)
(or 8 tbsp if you're not using goose fat)
1 tbsp salt flakes

Optional:
chopped rosemary or thyme to season

Method

1. Pre-heat the oven to 180°C. Cut the potatoes into large chunks, around 4cm square.
2. Boil the cut potatoes in salted water for about 15 minutes, or until the outside of the potatoes start to soften. Drain the potatoes, return them to the pan and shake them up to make the edges fluffy.
3. Deposit the goose fat/coconut oil into a large baking tray and place into the preheated oven for 8-10 minutes to allow it to melt and heat up. Once the oil is heated up, remove from the oven and carefully place your potatoes into the oil. Stir them in the oil to coat them. Spread the potatoes out as evenly as possible to ensure even roasting.
4. Roast for 45 minutes at 180°C, then turn up the heat to 220°C. Remove the potatoes, toss and sprinkle with salt flakes and roast for a further 30 minutes, turning at 15 minutes.

Tip

Serve these with Honey Roasted Carrots with Sunday Lunch for a tasty, hearty meal.



RUSTIC MASHED POTATOES

Ingredients

1 kg of potatoes
3 - 4 sprigs of fresh British rosemary
3 cloves of garlic
1 heaped tbsp of butter
(or more if you like!)
a splash or two of milk

salt & pepper to taste

Method

1. Boil a medium pan of water. Adding some salt will speed up the process.
2. Do not peel the potatoes. Chop the them into 4cm cubed segments.
3. Carefully put the potatoes and rosemary into the boiling water. Boil for around 10-15 minutes, or until the potatoes are soft in the middle.
4. While the potatoes are boiling, mince the garlic and mix in with the butter. This will ensure that all of the garlic is evenly distributed through the mash.
5. Once the potatoes are boiled, strain the water off, and remove the rosemary sprigs. Allow the sprigs to cool down slightly, then remove the leaves and discard the stalks.
6. In the medium pan, over a low heat, start to mash the potatoes with the garlic butter and rosemary leaves. For a smoother, creamier mash, add little splashes of milk.
7. Add pepper to taste, and serve.





CAULIFLOWER CHEESE

Ingredients

- | | |
|---|----------------------------|
| 1 large cauliflower, broken into pieces | 50g butter |
| 500ml milk | 150g grated strong cheddar |
| 4 tbsp flour | |

Method

1. Preheat the oven to 220°C. Bring a pan of water to the boil on the hob, then boil the cauliflower for about 5 minutes until cooked. Drain off the water and then transfer to your ovenproof dish.
2. To make the cheese sauce, put the butter, milk and flour into the saucepan and whisk over the heat until the mixture comes to the boil and becomes lovely and thick, then whisk for a further 2 minutes.
3. Take the pan off the heat, and add in three quarters of the cheese. Stir the mix all together, then pour over the cauliflower.
4. Sprinkle the rest of the cheese over the cauliflower. This will make a cheesy crust on the top.
5. Bake the cauliflower in the oven for 20 minutes until the cheese is bubbling.

Tip

Why not try a mix of different cheeses? Parmesan gives a great crunchy crust, while red leicester gives a brilliant colour.



HONEY ROAST CARROTS

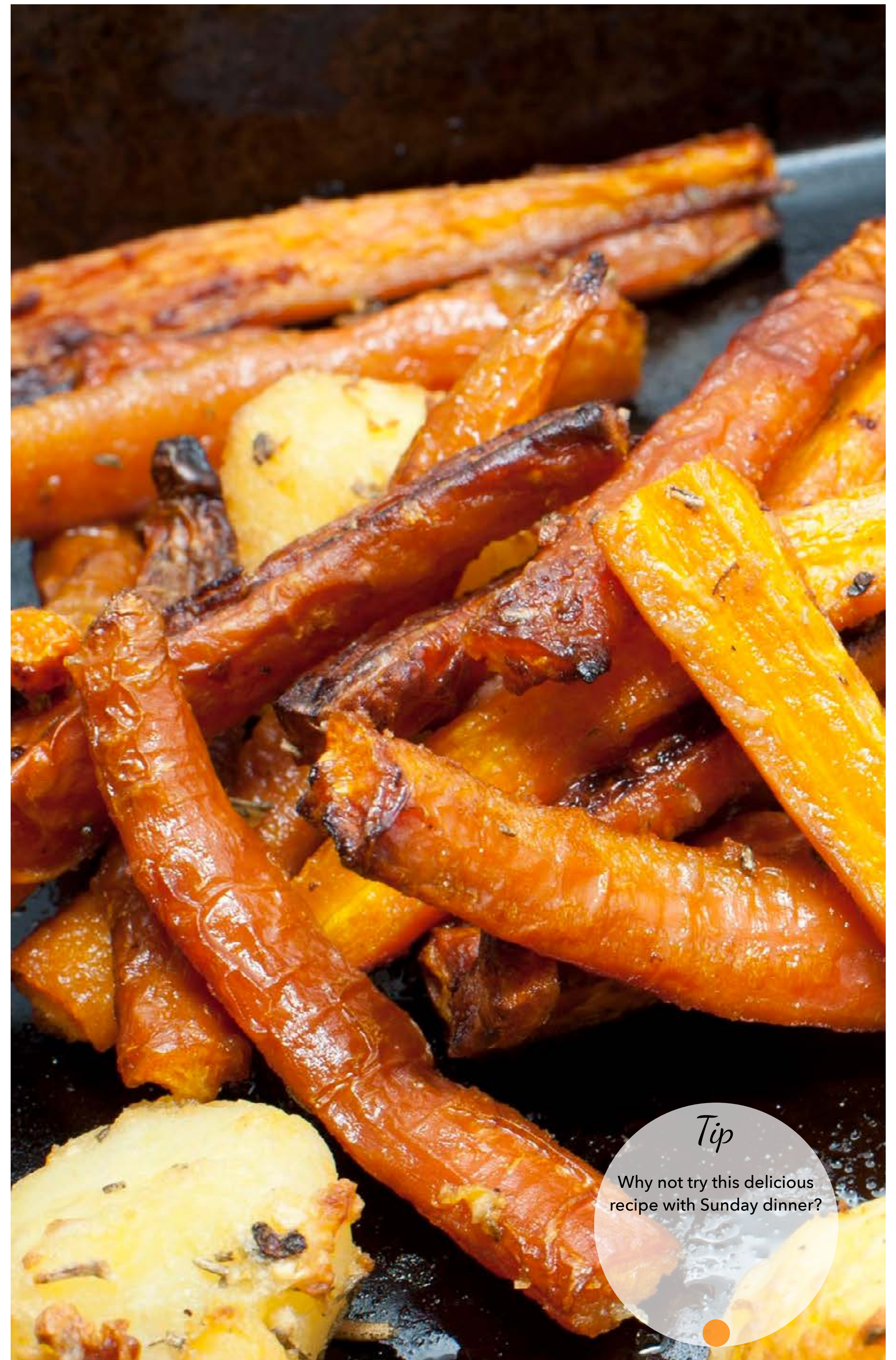
Ingredients

200g fresh carrots
1 tbsp olive oil
1 tbsp fairtrade/local honey
pinch of sea salt

Optional:
sage, rosemary, paprika, or black
pepper - add to your taste

Method

1. Preheat the oven to 200°C. Wash and chop the carrots into batons around 6 cm long and 2 cm wide.
2. In a large mixing bowl, toss the carrots with the oil and salt.
3. Arrange on a baking tray so that the batons are lined up like soldiers. Spread out evenly.
4. Drizzle the honey onto the carrots, and add any optional seasonings.
5. Bake in the middle of the oven for 25 minutes, checking after 15-20 minutes.



Tip

Why not try this delicious recipe with Sunday dinner?

SWEET POTATO FRIES

Ingredients

4 sweet potatoes 2 tbsp olive oil
black pepper to taste 2 tbsp light soy sauce

Method

1. Heat oven to 200°C. Cut the potatoes into thin fries, roughly 1cm in thickness.

2. In a large bowl, toss the uncooked sweet potato fries with oil and soy sauce.

3. Transfer to a shallow roasting tin and season with black pepper. Bake for 30-40 minutes, until crisp.





CORN ON THE COB

Ingredients

4 corn on the cob butter-flavoured cooking spray
salt

Method

1. Spray each corn with cooking spray.
2. Place directly under the heat on medium-hot grill.
3. Rotate when dark spots appear and kernels deepen in colour (typically 2 to 3 minutes) until the sweetcorn is fully cooked (usually 10-12 minutes in total.) The sweetcorn should be speckled with charred spots.
4. Add salt and serve with butter.





GARLIC MUSHROOMS

Ingredients

500g mixed mushrooms (such as
Portobello, Oyster, Chestnut)
50g unsalted butter
3 garlic cloves, crushed

4 sprigs of fresh thyme
2 tbsp double cream
20g fresh parsley, finely chopped

Method

1. Slice the mushrooms until well done and set aside.
2. Melt the butter in a frying pan and fry the garlic for 30 seconds.
3. Add the thyme and mushrooms and cook over a high heat for 4-5 minutes, stirring regularly.
4. Add the cream and parsley on to the mushrooms and stir gently for 1 minute in the frying pan.
5. Remove from the heat and serve.



GARLICKY GREENS

Ingredients

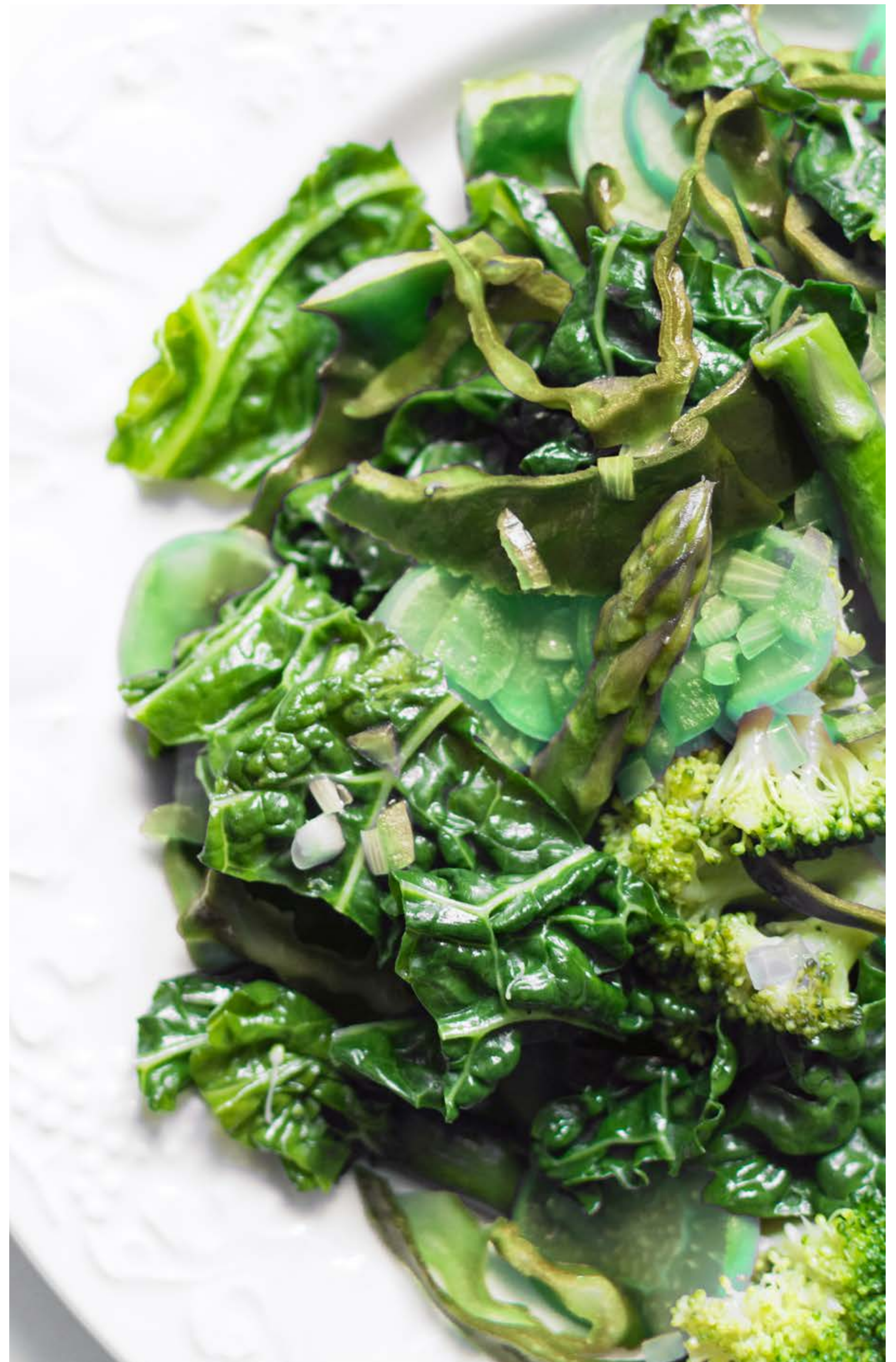
1 tbsp olive oil	600g mixed green vegetables such as cabbage, asparagus, broccoli and spring greens
3 shallots, sliced	
3 garlic cloves, sliced	
150ml hot vegetable stock	generous tbsp of butter

Method

Tip

These rich, tasty, buttery greens will go very well with any roast.

1. Boil a large pan of water on the hob and add some salt. Heat the oil in a large frying pan.
2. Fry the shallots and garlic at a low-medium heat for 5-8 minutes. Tip in the stock and peas, then simmer for a few minutes until the peas are cooked.
3. Meanwhile, boil the rest of the vegetables, cooking the broccoli and asparagus for a couple of minutes first, before throwing in the cabbage and greens for the final minutes.
4. Drain well and tip the mix into the pan with the peas. Season, add the butter and mix well.



ABOUT THE AUTHORS

This recipe book has been created by HCUK Training's Level 3 Creative and Digital Media Apprentices students, as part of their Technical Certificate qualification at Hull College. The following apprentices have contributed to the creation of this document:

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They have been supported in the creation of this document by their tutor, Andrew Sanders, and professional butcher, Jack Haddlesey. Everybody involved hopes you enjoy reading this ebook and find the time to sample every delicious recipe found within these pages!

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SUPPORTING LOCAL BUSINESS



5 GOOD REASONS TO SUPPORT YOUR LOCAL BUSINESSES:

Nurture the local economy

A recent study showed that when money is spent at a local business, 68% of that money goes back into the local economy as opposed to only 43% when spent at a chain store.

Preserve your local community's culture

Your community's local small businesses are what make it unique from the next town! Supporting your local businesses helps to maintain diversity between communities.

A more enjoyable shopping experience

Shopping locally removes the stress of having to trapse around large supermarkets. It also gives you an opportunity to get to know the people behind the produce and socialise with the employees.

Better customer service

Because local businesses are often more passionate about what they are selling, you are more guaranteed to receive top quality customer service.

Good for the environment

Local businesses often have a smaller impact on the environment as the produce is likely to be sourced locally.