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Old Blighty Cookbook Two



Somerset Chicken

Serves six people

- Ingredients
- 6 Chicken Breast
- 75g Butter
- 3 tbsp [olive oil](#)
- 2 [onion](#)
- 2 tbsp [wholegrain mustard](#)
- 2 dessert [apples](#)
- 110g button [mushrooms](#)
- 2 [chicken stock](#) cubes
- 250ml [double cream](#)
- 300g [cheddar](#), grated
- Apron
- Oven proof dish



Somerset Chicken

• Method

- Preheat the oven to 200C/400F/Gas 6.
- Season the chicken breasts with salt and freshly ground black pepper.
- Heat a large frying pan until smoking, then add half of the butter and oil. Fry the chicken breasts in batches, for 1-2 minutes on both sides, or until golden-brown all over.
- Transfer the chicken breast to a deep-sided roasting tray and roast in the oven for 25 minutes, or until the chicken is cooked through (NB: the chicken is cooked through when the juices run clear when the thickest part is pierced with a skewer.) Keep warm.
- Return the pan to the heat and add the remaining butter and oil. Add the onions and cook for 4-5 minutes, or until softened but not coloured. Stir in the flour and the mustard and cook for a further 1-2 minutes. Add the apples and mushrooms and cook for a further minute, then pour over the chicken stock.
- Bring to the boil, stir in the cream. Simmer for a further 5-6 minutes, then season, to taste, with salt and freshly ground black pepper.
- Pour the sauce over the chicken so that it is completely covered.
- Preheat the grill to high.
- Sprinkle the cheddar cheese over the chicken and place under the grill for 4-5 minutes, or until the cheese is melted, golden-brown and bubbling.
- To serve, place a baked potato topped with a knob of butter on each serving plate. Spoon the chicken alongside and serve.



Cottage Pie

Serves Six People

- **For the cottage pie filling**
- 2 tbsp olive oil
- 1 large onion
- 650g beef mince
- 2 tbsp tomato purée
- 2 Beef stock cubes
- Worcestershire sauce, to taste
- **For the mash**
- 900g/2lb King Edward potatoes
- 115g butter
- 125ml milk
- Apron
- Oven Proof Dish



Cottage Pie

- Method

- Heat half the oil in a large heavy-based pan. Add the onion and cook until softened.
- Return the pan to the heat and add the remaining oil. When it's hot, fry the mince, in batches if needed, for 4–5 minutes, or until browned all over.
- Stir in the tomato purée and cook for 1 minute. Stir in the flour and cook for a further minute and add the thyme.
- Add the stock and simmer for 45 minutes, or until the mince is tender and the mixture has thickened. Season to taste, and add a few dashes of Worcestershire sauce. Keep warm over a very low heat.
- Meanwhile, for the mash, put the potatoes in a pan of salted water and bring to the boil. Reduce the heat and simmer for 12–15 minutes, or until they are tender.
- Drain and return the potatoes to the pan, then place over the heat for about 1 minute to drive off any excess moisture. Mash well, then add the butter and milk, beating to form a smooth mash. Season to taste.
- Preheat the grill to high. Put the cottage pie filling in a baking dish and spoon the mash over the top. Grill for 8–10 minutes, or until golden-brown.

Chicken and Mushroom Pie

Serves six people

- Ingredients
- 2 tblsp olive oil
- 3 chicken breasts
- 150g button mushrooms
- 1 small onion, chopped
- 1 garlic clove, finely chopped
- 50g/2oz butter
- 300ml milk
- 2 chicken stock cubes
- small handful fresh parsley, chopped
- 500g ready-made shortcrust pastry
- 1 free-range egg, beaten
- Apron
- Oven Proof Dish



Chicken and Mushroom Pie

• Method

- Preheat the oven to 200C/400F/Gas 6.
- Heat the oil in a frying pan, add the chicken and fry until the chicken begins to turn white.
- Add the mushrooms and continue to fry until the chicken is golden-brown.
- Remove the chicken and mushrooms from the pan and set aside. Add the onion and garlic to the same pan and fry for 2-3 minutes or until softened. Remove from the heat and set aside with the chicken and mushrooms.
- Melt the butter in a saucepan, stir in the flour and cook for about three minutes, stirring constantly until it has formed a thick smooth paste (this is called a roux).
- Mix the milk and stock together in a jug, then add the nutmeg, white pepper and salt, to taste. Pour the liquid slowly into the flour mixture, whisking all the time until smooth. Simmer over a gentle heat, stirring constantly, for about five minutes or until the sauce has thickened.
- Stir in the chopped parsley and pour the sauce over the chicken and mushroom mixture. Mix well, then spoon into a pie dish and leave until completely cool.
- Roll out the pastry on a lightly floured surface until it is the thickness of a pound coin. Brush the edges of the pie dish with beaten egg, lay the pastry on top, press down the edges and trim. Brush the top of the pie with beaten egg and cut some leaf shapes out of the left-over pastry to decorate the top of the pie.
- Make two or three slits in the top of the pie to allow steam to escape and then bake in the oven for 20-25 minutes or until golden-brown on top.



Sausage Casserole

Serves six people

- Ingredients
- 12 [sausages](#)
- 1 [onion](#), diced
- 1 [garlic](#) clove, chopped
- 1 tsp [dried mixed herbs](#)
- 1 x 400g tin [butter beans](#)
- ½ bunch [parsley](#), roughly chopped
- 400g tin [chopped tomatoes](#)
- 2 [chicken stock](#) cubes
- **For the herby crumb topping**
- 100g [bread](#) crumbs
- ½ bunch [parsley](#), finely chopped
- 1 tbsp [olive oil](#)
- Apron
- Oven Proof Dish



Sausage Casserole

- Method

- Preheat the oven to 200C/180C Fan/Gas 6.
- Heat a large frying pan over a medium heat. Once hot, add the sausages and cook for 6-8 minutes, turning now and again to colour evenly.
- Add the onion and continue to cook for three minutes, then add the garlic and dried herbs and cook for two more minutes, stirring from time to time.
- Meanwhile, for the herby crumb topping, tear the bread into small crumbs (or put into a food processor if you have one) and mix it with the finely chopped parsley.
- Add the butter beans, parsley, tomatoes and chicken stock to the pan. Stir to mix everything together and season well with salt and pepper. Transfer to a medium-sized ovenproof baking dish.
- Sprinkle the herby crumbs evenly over the surface of the stew, drizzle with olive oil, season with salt and pepper and bake for 25 minutes, or until the topping is crisp. Serve while hot.

Sausage Rolls

Makes 16 to 20

- Ingredients
- 30g/1oz [butter](#)
- 100g/3½oz button [mushrooms](#), finely chopped
- 1 tbsp [Worcestershire sauce](#)
- 1 tbsp [Tabasco sauce](#)
- 1 tbsp dried [thyme](#)
- 450g/1lb [sausage](#) meat (you can easily push the meat out from the skins of readymade [sausages](#))
- 450g/1lb ready-rolled [puff pastry](#)
- 1 free-range [egg](#), beaten
- Apron
- Plastic Container



Sausage Rolls

- Method

- Preheat the oven to 200C/400F/Gas 6.
- Melt the butter in a large frying pan and fry the mushrooms until soft. Transfer to a large bowl.
- Add the Worcestershire sauce, Tabasco sauce, thyme and sausage meat and season well with salt and freshly ground black pepper. Mix until thoroughly combined.
- Roll the puff pastry out into a large rectangle, then cut into two long rectangles.
- Place a layer of sausage meat mixture down the middle of each pastry rectangle, then brush with beaten egg on one of the long edge.
- Fold the other side of the pastry over onto the egg-washed edge. Press down to seal and trim any excess. Cut each pastry roll into 8-10 small sausage rolls.
- Place the sausage rolls onto a baking tray and bake for 15-20 minutes, or until the pastry is crisp and golden and the sausage meat is completely cooked through.

Keema Plate Pie

Serves six people

- Ingredients
- **For the filling**
- 2 tbsp [vegetable oil](#), plus extra for greasing
- 2 [garlic](#) cloves, crushed
- 1 [onion](#), finely chopped
- 450g [lamb mince](#)
- 3 tbsp garam masala
- 400g tin [butter beans](#)
- 2 [spring onions](#)
- small handful [fresh coriander](#)
- **For the pastry**
- 2 x 320g packs ready-rolled [shortcrust pastry](#)
- 1 free-range [egg](#), beaten
- 1 tsp [chilli powder](#)
- pinch [rock salt](#)



Keema Plate Pie



Method

- Begin by making the filling to ensure it has enough time to cool after cooking.
- Pour the oil into a non-stick pan over a medium heat. Add the garlic and cook gently until golden. Add the onion, salt, mince and the art masala mix and cook until the mince is cooked through and any moisture has dried out completely.
- Take the drained butter beans, pour into a bowl and squash the beans using the back of a fork until completely mashed up. Add to the mince and mix well until you have a mixture that kind of comes together. Leave to cool completely.
- Now, onto the pastry. Preheat the oven to 180C/160C Fan/Gas 4 and put a baking tray in the oven to heat up.
- Lightly grease a 23cm/9in plate pie dish or a deep oven-safe dinner plate. Take one sheet of pastry and roll out until a little thinner and large enough to cover the base of the dish with some overhang. Trim off any excess overhang, leaving a 1cm/1/2in rim around the edge.
- Mix the spring onion and coriander through the filling. Add the filling to the dish and level off the top.
- Take the second pastry sheet and again roll out until thinner and cut into a circle large enough to fit the pie top with an overhang of about 1cm/1/2in. Brush the edges of the pastry in the dish very lightly with the beaten egg and add your pastry lid on top. Press along the seam so the pastry base and lid meet and stick. Tuck the pastry inwards and under itself all the way around and pinch (using your fingers or a fork) all along the edges.
- Brush all over with beaten egg, sprinkle over the chilli powder and rock salt and then brush again. Bake on the preheated tray for 45–50 minutes until golden on top and the pastry cooked through.
- Take out and leave to cool for 10 minutes, then serve straight out of the plate in big wedges.