



SAMPFORD COURTENAY READY STEADY COOK FOR CORONAVIRUS

WEEK 1 – FRIDAY 3RD APRIL 2020



INGREDIENTS – What can you make with Celeriac, Red Cabbage, Leeks and either Chicken or Pork? And any items in your store cupboard.

BRAISED RED CABBAGE –

½ Red Cabbage – finely shredded

2 bay leaves

5 star anise

½ tsp ground cinnamon

200 ml vegetable stock

50 g golden caster sugar

75 ml Cider vinegar

2 pears , cored and diced.



Method -

1. Place all ingredients in large saucepan (except for diced pear), bring to a boil on medium heat, then simmer for 30 mins. Add pears and simmer for further 15 mins.

CELERIAC & LEEK GRATIN

2 leeks, washed & cut into rings

25 g butter

½ tsp Dried Rosemary & 1 Bay leaf

300 ml Double Cream

300 ml Milk

500 g Celeriac – peeled, quartered and cut into thin slices

100g Cheddar cheese grated.



Method

1. Melt butter in saucepan, & add leeks, rosemary, bay leaf and cook for 10 mins until soft.
2. Add milk and cream and bring to the boil – then remove from heat and remove bay leaf.
3. Layer up celeriac and leek mixture in alternate layers, and add a sprinkle of grated cheese to each layer.
4. Cook in 180 C oven for 1hr to 1hr 15mins.

Snap Crackle Pop Chicken

Couple handfuls rice krispies

Pinch Smoked paprika

3 oz Plain flour

1 egg

Milk to make batter

Salt and Pepper to season

2 pieces chicken breast



Method

1. In shallow dish paprika with rice krispies
2. In a small bowl make a thickish batter with flour, egg and milk and season
3. Dip chicken pieces in batter and then into rice krispies to coat.
4. Oil a baking pan and cook chicken in 180 C oven for 45 mins or until cooked.

