

Ballencrieff Rare Pedigree Pigs

Belhaven Trout Co

J & M Craig (Tomatoes)

Garleton Prime Beef

JAK Celebration Cakes

Knowes Farm Shop

Lanchester Fruit

David Matear (Butchers)

Monarch Deer Park

The Parduvine Pantry

Scots' Cheer

Stichill Jerseys

Thisselcockrig Fruit & Veg

Traditional Farm Poultry

Trusty Crust Organic Bakery

**Congratulations to the winners of East Lothian Young Chefs' Award
Amy Bissett and Emma Renton of Knox Academy School
With Trout & Proscuitto in a Creamy Wine Sauce and
Wafer Baskets with Brammle Fool**

ONION, CARROT AND STILTON SOUP

50g Unsalted Butter
350g Onions, peeled and chopped
1 Large Carrot, trimmed, peeled and sliced
1 Celery stick, trimmed and sliced
300g Potatoes, peeled and diced
1litre Chicken stock
sea salt, black pepper
100g Stilton, grated

1. Melt the butter in a medium-size saucepan over a medium-low heat and sweat the onion, carrot and celery for 10mins stirring occasionally until glossy and softened, without colouring.
2. Add the potatoes, stir to coat them in the butter, then pour in the chicken stock bring to the boil and simmer for 15mins. Liquidize the soup, season it with black pepper, then return it to the saucepan.
3. Stir the grated stilton into the hot soup, then leave it for a minute or two and stir again.

CROUTONS

Cut the crusts off 1cm-thick slices of day-old white bread and dice the remaining bread. Heat 3-4 mm of groundnut oil in a frying pan until it is hot enough to immerse a cube of bread in bubbles. Add a single layer of bread cubes to the pan and fry them, tossing occasionally, until golden and crisp. Remove with a slotted spoon, drain on kitchen paper, then leave to cool.

TOMATO SOUP

25g Butter or Margarine
1kg (approx.) Red Tomatoes
1 Onion
1 Potato
50g Lean Ham (optional)
.75l Ham Stock (stock cubes)
Pinch of Bicarbonate of Soda
2tbls Sugar
Salt & Pepper
35g Corn flour (blended in a little milk)
Bay Leaf (optional)

1. Slice tomatoes, ham, onion and potato, put in pan with butter and seasoning and sauté for 10 mins.
2. Add stock, bicarbonate of soda and sugar.
3. Simmer until tender.
4. Rub through sieve with wooded spoon, until all the liquid is through.
5. Add corn flour blended with a little milk.
6. Tomato puree may be added if richer colour is desired.

BBQ BEEF, TOMATO AND OLIVE KEBABS

400g Rump/Sirloin Steak
16 Cherry Tomatoes
16 Large Stoned Olives
Salt & Ground Black Pepper
Focaccia Bread, to serve

Baste

4tblsp Olive Oil
1 tblsp Sherry Vinegar
1 Clove Garlic

Fresh Tomato Relish

1tblsp Olive Oil
½ Red Onion, finely chopped
1 Clove Garlic, finely chopped
6 Plum Tomatoes, deseeded, skinned & chopped
2 Pitted Green Olives
1tblsp Chopped fresh Parsley
1tblsp Lemon Juice

1. Trim any fat from beef and cut into 24 evenly sized pieces.
2. Thread meat onto 8 skewers, alternating with cherry tomatoes and olives.
3. Make the baste, combine oil, vinegar, garlic, salt & pepper to taste in bowl.
4. To make relish, heat oil and fry onion & garlic for 3-4 mins until softened. Add tomatoes & olives & cook for 2-3 mins until tomatoes are softened slightly. Stir in parsley & lemon juice & keep warm or leave to chill.
5. BBQ the skewers on an oiled rack over hot coals for 5-10mins. Basting & turning frequently. Serve with relish and slices of focaccia.

SHEPHERDS PIE WITH CHEESE AND OATMEAL

CRUMBLE

.75kg – 1kg cooked Blackface Lamb – finely minced
5tblsp Cooking Oil
2 Onions chopped
4 Carrots – finely diced
2 Parsnips – finely diced
1tblsp Wholemeal Flour
1pt Water or left over gravy
1tblsp Tomato Puree

For the Topping

75g Wholemeal Flour
75g Medium Oatmeal or Porridge Oats
100g Grated Cheddar Cheese
1tsp Mustard Powder

1. Heat oil in a casserole, add onions, carrots and parsnips stirring from time to time.
2. After about 10mins. Add the minced lamb and cook for a further minute or two.
3. Stir in flour and cook for a minute or so.
4. Pour on water or gravy together with tomato puree and salt and pepper.
5. Bring to the boil and simmer gently for 20mins or so.
6. Mix all the ingredients for the crumble, rubbing them with your fingertips. Sprinkle the crumble over meat filling in casserole and cook in a moderate oven – Gas mark 4, 180°C, 350°F, for 30-35mins.
7. Nice served with baked potatoes and cabbage, stir-fried with grainy mustard or grated nutmeg.
8. *Serves 6-8*

APRICOT AND WALNUT STUFFED BLACKFACE GIGOT OF LAMB

1 Gigot or Shoulder of Blackface Lamb. Boned out and trimmed

Stuffing

85g Dried Apricots (chopped and soaked in one glass of port)

1 medium Onion – chopped

25g Margarine

40g Walnuts – chopped

120g White breadcrumbs

¼ level tsp salt

50g Sultanas

2tblsp Milk

Sauce

1tblsp Soy or Worcestershire Sauce

2 level tblsp Heather Honey

2 rounded tblsp Cranberry Sauce

1tblsp distilled Malt Vinegar

1 rounded tsp Cornflour

Port drained from Apricots

Oven temp Gas Mark 4, 175°C, 350°F

1. Sauté the onions in the melted margarine, add to the other stuffing ingredients and the drained apricots.
2. Stuff the shoulder of gigot and secure with string.
3. Mix together all the sauce ingredients except the cornflour.
4. Pour over the lamb.
5. Cover and bake for 1-1½hours, remove for the final ½hour to crisp surface.
6. Place lamb on a serving dish and keep warm.
7. Blend the cornflour with 2tsp water and stir into the sauce, bring to the boil.
8. Pour into sauce boat.
9. Serve the lamb with roast potatoes, green vegetables and this delicious sauce.

VENISON STEAKS

4 thick Venison Steaks
3tblsp butter
salt & pepper
Crushed Juniper Berries
Grated Onion
125ml Beef Stock or Consommé
125ml Red wine
125ml Sour Cream
Redcurrant Jelly

1. Melt butter in a thick frying pan, sprinkle steaks with salt & pepper, & crushed juniper berries, brown in butter until done, about 4mins on each side.
2. Remove and keep warm.
3. Turn down heat and add some grated onion, mix well with all the bits left in the pan and add stock and wine, cook gently until sauce has thickened.
4. Add sour cream and a little redcurrant jelly.
5. Simmer and strain over steaks.
6. A few sautéed mushrooms sprinkled over the top is good.

PORK FILLET WITH GORGONZOLA

500g Ballencrieff Pork Fillet
100g Gorgonzola
4-5 sprigs fresh tarragon, leaves removed
110g unsalted butter
1tblsp Olive Oil
2tblsp Flour
120ml Dry White Wine
salt and freshly ground black pepper

Oven temp: Gas Mark 6, 400°F, 200°C

1. Buy as thick a pork fillet as possible. Make a deep cut lengthways along the fillet, without quite going the full length.
2. Cut the gorgonzola into thin slices and place them in the cut, together with the tarragon leaves.
3. Close the fillet as you would a book and tie it up with some kitchen string in 4 or 5 places, then rub in some salt and pepper.
4. Heat the butter and oil in a flameproof oven dish on top of the stove.
5. Sprinkle the flour on a board and roll the fillet in it, shake off any excess.
6. When the butter and oil are hot and have turned a hazelnut colour, place the meat in the dish and sauté it on both sides.
7. Splash with the wine, bring to boil, then place in the oven and cook for 20-25mins, depending on the thickness of the fillet.
8. Remove from the oven, remove the string and slice across into 1cm slices, cover and keep warm.
9. Taste the cooking juices, adjust seasoning, heat up adding 2tblsp hot water. Scrape the bottom of the dish and taste again. Spoon the sauce over the meat and serve at once with some buttery mashed potato.

serves 4

CHICKEN CRUMBLE

400g (Approx) Cooked Chicken on or off the bone

200g Partially Cooked Broccoli

Tin of Mushroom soup, or chicken soup

125ml Cream

Garlic

Pinch of Curry Powder

Cheddar Cheese

Breadcrumbs

1. In an ovenproof dish place pieces of cooked chicken in the bottom and cover with cooked broccoli.
2. Mix the mushroom soup, cream, garlic to taste and curry powder, and pour over chicken and broccoli.
3. Mix together grated cheese and breadcrumbs and sprinkle over the top of the dish.
4. Place in an oven (350F, 180C, Gas 4) for 1 hour or until well browned.

BACON WRAPPED CHICKEN BREASTS

2 Chicken Fillets
4 Slices Smoked Bacon
Mushrooms (as much as you like!)
125ml Single Cream
1 Glass White Wine
Butter

1. Place the bacon nose to tail to form two rectangles.
2. Shop some mushrooms.
3. Place chicken breast on each rectangle of bacon
4. Pile mushrooms on each chicken breast.
5. Wrap bacon over chicken and mushrooms to form parcel.
6. Wrap in foil.
7. Bake in oven at 150 °C for 30mins.
8. Remove parcels and keep warm.

Sauce

1. Pour stock into pan with small knob of butter.
2. Add mushrooms as required.
3. Add wine and heat adding cream until sauce thickens.

To Serve

Arrange parcels on cooked tagliatelle and pour over sauce.

CHICKEN WITH ORANGE & ROSEMARY SAUCE

4 Boneless Chicken Breasts
2 Tbsp Olive Oil
3 Tbsp Balsamic Vinegar
150 ml fresh Orange Juice
150 ml Chicken stock
2 Tsp fresh chopped Rosemary
1 Tbsp light Muscovado Sugar
Knob of Butter
Orange segments & Rosemary

1. Flatten the chicken slightly with a rolling pin between cling film
2. Unwrap and season both sides with pepper
3. Heat oil in frying pan and fry over medium heat for 5 mins
4. Pour 2 tbsps of balsamic vinegar, the orange juice and stock over the chicken and sprinkle with rosemary and salt.
5. Bring to the boil, simmer for 5 mins turning once.
6. Add sugar butter and rest of balsamic vinegar and sizzle for a few minutes.
7. Add orange segments and rosemary.
8. Transfer to a serving dish.

TROUT WITH MUSTARD SAUCE

Knob of Butter
8 x 115g Fresh Trout Fillets
3 Shallots, peeled & finely sliced
140ml Dry White Wine
4tsp Dijon Mustard
juice & zest of 1 lemon
50g Butter
2tblsp chopped Parsley
Sea Salt & Black Pepper

To Serve

Oil to drizzle
4 Slices Crusty White Bread
Few Salad Leaves
½ Cucumber
2 Spring Onions
2tblsp Olive Oil

To Garnish

8 Lemon Wedges
1tsp Chopped Fresh Parsley

1. Pre-heat oven to Gas 6, 200°C, 400°F. Grease the base of a large ovenproof dish with the knob of butter. Lay the trout fillets over the base and scatter over the shallots.
2. Mix together the wine and mustard, season with a little salt and pepper then spoon the sauce over the fish. Cover the dish with foil and bake for 10-12mins or until the fish is just cooked.
3. Meanwhile, heat a griddle pan, drizzle with a little oil and sear the bread on both sides. Remove from the pan and cut each bread slice in half diagonally. Remove the cooked fish from the oven and drain the juices into a saucepan. Keep the fish warm.
4. Boil the juices with the lemon juice and rind, whisk in the butter and simmer until the sauce has thickened slightly.
5. Serve the fish fillets with the seared bread and a side salad of olive oil dressed lettuce, cucumber and spring onions. Garnish with lemon wedges.

TROUT & PROSCUITTO IN A CREAMY WINE SAUCE

8	Trout fillets
4	Proscuitto slices
10ml	Fresh tarragon
20ml	Lemon juice
100ml	White wine
150ml	Crème Fraiche
20ml	Fresh parsley
200g	Long grain rice
10ml	Turmeric
10ml	Salt

1. Set oven. Gas 5, 190°C / 170°C – fan oven
2. Grease a shallow ovenproof dish. Season the fillets with salt and pepper on both sides.
3. Cut each Proscuitto slice in half lengthways.
4. Lay the meat flat, place a trout fillet on top, then sprinkle with chopped tarragon and lemon juice.
5. Roll up the fillets from the thicker end, then stand it up in the dish. Repeat this for all the fillets.
6. Pour the wine around the rolled fish, cook, uncovered for 15-20 minutes until the trout is tender and the meat crisp.
7. Spoon the crème fraiche and parsley around the fish, stirring it well, return to the oven for 5 minutes.
8. Serve the fish with the sauce and saffron or turmeric rice.

STICHILL JERSEYS CHEESE SOUFFLE

25g Butter
25g Plain Flour
125 ml milk
100g Stichill/Kelsae Cheese
¼tsp each of Salt and Pepper
5g English Mustard powder
4 large Eggs separated
10g Parmesan Cheese (optional)

1. Preheat oven to 190°C (375°F)
2. Make a sauce of the butter, flour and milk stirring all the time until thick & smooth.
3. Remove pan from the heat and stir in the crumbled cheese, salt, pepper and mustard.
4. Allow to cool slightly and stir in the egg yolks one at a time.
5. Whisk the egg whites until stiff & glossy, but not dry.
6. Add 2 – 3 tbs of the whisked white to thin the sauce and then gently fold in the remaining egg white.
7. Pour the mixture into a 2½ pt soufflé dish and sprinkle with the parmesan.
8. Bake in the centre of the oven for about 30 mins and serve immediately with a green salad. Serves 2 as a main course or 4 as a starter.

WARM FOCACCIA With TAPENADE, GOATS CHEESE AND AVOCADO

1 Focaccia per person
Tapenade (Black Olive Paste)
Goats Cheese
2 Avocados
1 Clove garlic – crushed
2 Tbsp lemon juice
few drops of Tabasco
2 Spring Onions thinly sliced
1 large tomato or 4/5 tomatoes diced
Freshly ground Salt and Pepper

1. Combine the avocados, garlic, lemon juice, Tabasco, spring onions and tomatoes and season.
2. Slice focaccia in two lengthways.
3. Spread the tapenade on the base, then the cheese, trying to keep separate layers of black and white.
4. Top with the avocado mixture.
5. Replace the lids and place on a baking sheet in the pre-heated oven 180°C, 350°F, Gas Mark 4 for 10 minutes.

ITALIAN FOCACCIA SANDWICH

Allowing 1 Focaccia per person, slice in two lengthways. Cover with sliced tomatoes, fresh basil leaves and slices of mozzarella cheese. Drizzle with olive oil and enjoy!!

APPLE AND CUCUMBER RELISH

- 1 Cooking Apple
- ½ Cucumber
- 2 Tbsp Granulated Sugar
- 150 ml White Wine vinegar
- ½ green chilli pepper

1. Core and thinly slice the apple and dice the cucumber and the chilli pepper
2. Heat the sugar, vinegar and chilli pepper in a saucepan and heat until sugar dissolves.
3. Add the apple slices and bring to the boil and boil for two minutes and add the diced cucumber and cook 5 more minutes.

Serve warm or cold.

Delicious with Ham, Sausages or barbecued pork

WAFER BASKETS WITH BRAMMLE FOOL

Tuilles

Serves 6-8

50g Butter

50g Icing sugar

50g Flour

1 Egg white

1. Mix all ingredients, rest for one hour.
2. Spread to required shape and size (medium scone cutter).
3. Bake at 190°C.
4. While hot mould biscuits to required shape and leave to cool.

Fruit Fool

Serves 2 small portions

100g Soft fruit e.g. raspberries, strawberries

25g Caster sugar

75ml Fresh whipped cream

Brammle to taste

1. Stew fruit gently with sugar. Pass through a sieve. Cool.
2. Mix together with the cream and serve in coupes (individual serving dishes)

BRAMBLE WHISKY APPLE CRUMBLE

1 Jar Bramble Whisky Purée
400g Apples, peeled, cored and diced
Granulated Sugar to taste

For the crumble

100g Flour (Plain or Self – Raising)
50g Butter or Margarine
50-70g Granulated Sugar

1. Put Apples into oven-proof dish with sugar.
2. Pour over jar of Bramble Whisky Puree.
3. For the crumble, sicve flour and rub in butter or margarine. Mix in sugar and sprinkle over the top of the apple and purée.
4. Bake in the centre of moderate oven Gas Mark 5, 180°C,350°F, for 25-30mins.
5. Serve with hot cream or custard.

SUMMER PUDDING

White Bread slices
450g Raspberries
225g Redcurrants
110g Blackcurrants
150g Caster Sugar

1. De-stalk the redcurrants and blackcurrants.
2. Rinse the fruits.
3. Put fruits and sugar in a large saucepan, and cook over a medium heat for 3-5 mins, until the sugar has melted and the juices begin to run. Don't overcook.
4. Remove the crusts from the bread.
5. Line a 1½ pint pudding basin with the slices of bread, ensuring they overlap and no juice can leak through.
6. Keep one cup of juice aside from the fruit and pour the rest of the fruit into the bread-lined bowl.
7. Seal the pudding with more slices of bread. Place a small plate or saucer on top and weigh down with something heavy (e.g. a bag of sugar).
8. Refrigerate overnight.
9. Turn out onto a serving dish and pour the reserved juice onto any white pieces of bread.
10. Serve with whipped cream, crème fraiche or natural yogurt.

Spiced Honey Cake

225g Plain Flour
110g Butter
75g Caster Sugar
1 level tsp Ground Ginger
1 level tsp Ground Cinnamon
¼ tsp Ground Cloves
Finely Grate Zest on 1 Lemon and 1 Orange
1 Large Beaten Egg
75g Runny Honey
1 Level tsp of Bicarbonate of Soda Dissolved in 3 tbsp of Cold Water.
50g Finely Chopped Mixed Candied Peel

Icing

110g Icing Sugar
1½Tbsp Lemon Juice
A Little Warm Water
Chopped Crystallised Ginger

1. Set Oven to 170°C, 350°F, Gas Mark 3.
2. Warm the honey in a bowl placed in a pan of barely simmering water.
3. Sift the flour and spices into a large bowl and add the sugar and orange and lemon zests.
4. Rub in the butter.
5. Add the egg and then the honey.
6. Add the Bicarbonate of Soda/water mixture and beat hard till the mixture becomes smooth.
7. Stir in the mixed peel and spoon mixture into a 18cm square tin.
8. Bake for about 30 minutes and cool for 10 minutes. Turn out.
9. Allow to get quite cold.
10. Spoon over the runny icing allowing it to run down the sides and top with chopped ginger.
11. Store in an airtight tin.