



Parham Harvest Fair 2017 - Recipes selected by Sam Bilton

Lamb & Black Pepper Stew / Pebre

From Vicky Hayward's translation of The New Art of Cookery by Juan Altamiras.

For pebre prepare your meat servings, brown them in your stewpot and take note of their weight so your other ingredients are in proportion. Pound garlic, salt and peppercorns together in your metal mortar, wash them into the olli with water, throw in bay leaves and, for thirty servings, a pound of olive oil and a cured ham bone. Even a bone with very little meat on it gives a lot of flavour to a stew. Now put it to cook over a gentle fire and, when it is done, dress it with a handful of parsley, pounded hard boiled eggs shined with the stews juice, some sharp citrus juice or, even better, tomatoes. Let all this simmer together for a while. It is a very good, tasty dish to serve every so often, but take note, the flavours are more intense than in other stews.

The quantities provided in Vicky Hayward's adaptation of Altamiras' recipe seem very generous because the weight given is for braising lamb on the bone. She does note that the recipe works well with lamb shanks too. I have used boned lamb and made a few minor alterations of my own to make it more suitable for 4-6 people (in part because sourcing a ham bone, especially a small one, could be quite tricky unless you know a friendly butcher!). By all means stick to Vicky's original recipe - I can vouch for it's deliciousness.

Vicky's Ingredients

- 1 ½ kg braising lamb or mutton, cubed and seasoned with salt and pepper
- 250ml fruity olive oil
- 6 chopped garlic cloves
- Black peppercorns to taste e.g 24
- A small wine glass of water
- 5 bay leaves
- 250g cured ham bone
- Small handful of flat leaf parsley, chopped
- 2 mashed hard boiled eggs
- 400g skinned and chopped tomatoes
- 1 lemon



My ingredients

- 750g braising lamb or mutton, cubed and seasoned with salt and pepper
- 125ml fruity olive oil
- 3 chopped garlic cloves
- Generous pinch of coarse sea salt
- ½-1 tsp black peppercorns (enough to impart a warmth rather than smack you in the taste buds)
- 60ml water
- 3 bay leaves
- 2 slices of Serrano ham, finely chopped
- Small handful of flat leaf parsley, chopped
- 1 mashed hard boiled egg
- 200g skinned and chopped tomatoes
- Squeeze of lemon

Method

1. Brown the seasoned lamb in batches in a little of the olive oil and when it is all done, put it in an earthenware casserole with a lid on top to cook slowly for about 10-15 minutes (up to 45 minutes for mutton).
2. Pound the garlic and peppercorns in a mortar, wash them into the meat with the water, add the bayleaves, the rest of the olive oil - cold - and the ham (or bone if using). Arrange everything so that it is covered by liquid, replace the lid and cook, bubbling lazily over a low heat for 1¼ hours for lamb. Open up occasionally to turn everything over and ensure there is no sticking. *My hob is rather fierce so I have cooked this stew in the slow cooker for the same amount of time on a low setting. Alternatively, you can cook it in a low oven (say 120°C) for about 1 hour. In both cases bringing the contents to the boil first.*
3. When the meat is nearly done, take out the ham bone (if using), cut off any chunks or shreds of meat on it and fork them back into the stew with the parsley, mashed hard boiled egg, and tomato. Check the seasoning and cook gently for another 20-30 minutes. Best made a day ahead then warmed through just before serving.



Celeriac Fritters with Mead Infused Pears

Makes 12 (serves 4 as a light lunch or 6 as a starter)

Ingredients

- 450g **celeriac**, peeled
- 50g plain flour
- ½ tsp baking powder
- 2 medium eggs
- Small bunch of chives, finely snipped
- **100g blue cheese e.g. Brighton Blue, grated or crumbled**
- 2 tbsp finely chopped fresh parsley
- Salt, pepper and nutmeg for seasoning
- Vegetable oil for frying

Method

- Bring a pan of lightly salted water to a rolling boil. Coarsely grate the celeriac then throw into the water blanch for 1 minute only. Drain and refresh with cold water to prevent it cooking further then dry on a tea towel, squeezing out as much moisture as possible. This removes the excess liquid and will improve the texture of the final fritters.
- Sift the flour and baking powder into a large bowl. Make a well in the centre of the flour. Break in the eggs then, using a fork, gradually combine to form a thick batter. Then add the celeriac. Compared to the amount of celeriac you have prepared it won't seem like a lot but this batter is more of a binding agent rather than something to coat the vegetables.
- Stir in the remaining ingredients except the oil. Coat the bottom of a large non stick frying pan with oil and place over a medium-high heat for a minute or two. Place generously heaped table-spoons of the celeriac mixture in the pan and flatten slightly. Cook for 2-3 minutes each side then keep the fritters warm (in a low oven) whilst you cook the remaining fritters, adding more oil if necessary.

Mead Infused Pears

Serves 4-6

This is like a 'fresh' chutney that can be eaten immediately.

Ingredients

- 30g butter
- 2 shallots, finely chopped
- 30ml (2 tbsp) **mead**



- 1 tsp cider vinegar
- 2 not too ripe pears, peeled cored and chopped
- honey to taste
- salt & pepper to season

Method

1. Melt the butter in a frying pan then fry the shallots over a low heat until golden. Mix together the mead and vinegar.
2. Turn the heat up to medium-high then add the mead, vinegar and seasoning. Allow to bubble away until the liquid has mostly evaporated and is syrupy. Add the chopped pear to the pan then cook for a minute or two. The pears should still have some bite to them and should not be mushy. Serve warm or cold with the fritters above.



Robert May's Pumpkin Pie (1660)

Take a pound of pumpkin and slice it, a handful of thyme, a little rosemary, and sweet marjoram stripped off the stalks, chop them small, then take cinnamon, nutmeg, pepper, and a few cloves all beaten, also 10 eggs, and beat them, then mix and beat them all together, with as much sugar as you think fit, then fry them like a fraise, after it is fried, let it stand till it is cold, then fill your pie after this manner. Take sliced apples sliced thin round ways, and lay a layer of the fraise, and a layer of apples with currants betwixt the layers. While your pie is fitted, put in a good deal of sweet butter before you close it. When the pie is baked, take six yolks of eggs, some white wine or verjuice, and make a caudle of this, but not too thick, cut up the lid, put it in, and stir them well together whilst the eggs and pumpkin be not perceived, and so serve it up.

Pumpkin & Apple Tart with Hazelnut Crumble

Whilst I have no problem including herbs in sweet recipes, on this occasion I feel they are unmerited as they compete with the spices. Instead I have replaced them with orange zest which would have been available during the period. I have included currants but these can be omitted if they are not your thing. I have borrowed the idea of the topping from the apple crumble tart in Jane Grigson's Fruit Book.

Ingredients

- 22cm pre-baked sweet pastry case, at least 3cm deep (see note below)
- **500g pumpkin or butternut squash (seeds removed but skin on)**
- 100g-150g golden caster sugar
- 50g unsalted butter, melted
- 3 medium eggs, beaten
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- Grated zest of a medium orange or half a large orange
- 3 tbsp currants (optional)
- **3-4 eating apples (c.350g) e.g. cox, peeled, cored and thickly sliced**
- 100g plain flour
- 75g cold unsalted butter, cubed
- 50g chopped, roasted hazelnuts
- 50g soft golden caster sugar
- ¼-½ tsp ground cinnamon

Method

1. Pre-heat the oven to 160°C. Cut the pumpkin or squash into chunks, removing the seeds but leaving the skin on. Place on a baking sheet skin side down then roast it for an hour or until



tender. Allow to cool then scoop the flesh away from the skin. Blitz in a food processor until smooth.

2. Place the pumpkin in a bowl along with 100g golden caster sugar, melted butter, eggs, spices and orange zest. Beat well until combined. Different squash and pumpkin have various degrees of sweetness so add more sugar if you feel the mixture requires it.
3. Place half the apples in the base of the cooked pastry case then sprinkle with 1½ tbsp currants (if using). Spread half the pumpkin mixture over the top then repeat the layers. Bake at 160°C for 30-40 minutes.
4. While the pie is baking make the crumble topping. Sieve the flour into a bowl then rub the butter in until it looks like fine breadcrumbs. Stir in the roasted hazelnuts, light brown sugar and ground cinnamon.
5. After the tart has been in the oven for 30 minutes, remove it then spread the crumble topping over the top. Increase the oven temperature to 180°C then return the tart to the oven and bake for a further 20 minutes or until the topping is brown and the filling completely set. Allow to cool slightly before serving. Can be served warm or cold and is lovely with cold cream or even ice cream.

Note: You may prefer to use shop bought sweet pastry in which case a 500g block would be ample for this recipe. Alternatively, if you prefer to make your own pastry allow 200g plain flour to 100g fat, cut into small cubes (I use 50g unsalted butter and 50g lard but all butter would be fine). Stir in 2 tbsp icing sugar before you rub the fat into the flour. Bind with a beaten egg plus a little cold water if needed to make a firm but not sticky dough. Refrigerate for at least 30 minutes before using. Whether you are using shop bought or home-made pastry you will need to bake the pastry blind before proceeding recipe. Preheat the oven to 180°C. Roll the pastry to fit the flan tin, leaving a little pastry overhanging the edges (reserve a little just in case of splits during cooking). Prick the base of the tart to prevent it puffing up. Line the case with baking paper and fill with ceramic beans. Bake for 10 minutes then remove the beans, brush with a little beaten egg (to avoid any soggy bottoms!) and bake for a further 10 minutes. The case is now ready to fill.



Spiced Ale Pancakes with Applemuse & Sherry Sauce

This recipe is adapted from the early 17th century recipe notebook kept by Elinor Fettiplace.

Spiced Ale Pancakes (makes 12-14 - serves 6)

Ingredients

- 110g plain flour
- Half tsp mixed spice
- 1 large egg
- **250ml light ale**
- 2 tbsp sweet sherry e.g Pedro Jimenez
- 75g unsalted butter, melted
- 50g golden caster sugar mixed with 1 tsp ground cinnamon.

Method

- Sieve the flour and spice into a large bowl. Make a well in the centre and break in the egg. Using an electric whisk beat the egg into the flour adding the ale a little at a time until you have a thin batter. Stir in the sherry and 3 tbsp of the melted butter.
- Heat an 18cm frying pan over a moderate flame. Dip some folded kitchen towel into the melted butter and wipe over the frying pan. Using a ladle pour a little batter into the pan (just enough to coat the bottom) then cook until the top looks done. Use a thin fish slice or palette knife to flip the pancake to cook the other side.
- Spread 1 tbsp of the Applemuse (see below) over the pancake then sprinkle with 1 tsp of the cinnamon sugar. Keep warm in a low oven whilst you cook the rest of the pancakes repeating this process as you go. Serve the 'cake' cut into wedges with sherry sauce.

Applemuse

Ingredients

- **4 eating apples (c.350g), peeled and cored**
- 4 tbsp cold water
- Half tsp each ground cinnamon and ground ginger
- 1 egg yolk
- 25g softened unsalted butter

Method

1. Slice the apple segments then place them in a saucepan with the water and spices. Bring to the boil then simmer until soft (about 15 minutes). They won't break down completely.



2. Place in a food processor then process until smooth. Add the egg yolk and butter then process again to combine.

Sherry Sauce

Ingredients

- 75g unsalted butter
- 75ml sweet sherry e.g Pedro Jimenez
- 75g soft dark brown sugar

Method

- Place all the ingredients for the saucepan then cook over a gentle heat to combine.

