

Fish and Chips with Mushy Peas

Recipe courtesy Young Sun Huh for Cooking Channel



Total Time: 1 hr
Prep: 20 min | Inactive Prep: -- | Cook: 40 min

Level: Intermediate

Yield: 4 servings

INGREDIENTS

One 10-ounce box frozen green peas	1 teaspoon baking soda
2 tablespoons cold unsalted butter	3/4 cup lager-style beer
Zest of 1 lemon	3/4 cup seltzer or sparkling water
Vegetable oil, for frying	1 teaspoon lemon juice
2 pounds russet potatoes, peeled and cut into 1/3-inch-thick batons	One 1 1/2-pound fillet hake, cut into 1 1/2-inch pieces (about 2 1/2 to 3 ounces each)
2 cups all-purpose flour	Kosher salt and freshly ground pepper
1/2 cup rice flour	Malt vinegar, for serving

DIRECTIONS

Bring 6 cups of generously salted water to a boil in a medium saucepan. Add the frozen peas and cook for 4 minutes. Reserve 3 tablespoons of the hot cooking water, and then drain the peas and return them to the pan. Immediately add the butter, lemon zest and cooking water and season with salt and pepper. Roughly mash the peas with a potato masher or in a food processor, and then cover and set aside.

Heat 2 inches of oil to 300 degrees F in a Dutch oven or heavy-bottomed wide pot. Meanwhile, rinse the potatoes with cold water to remove some of the surface starch and then dry well. Blanch the potatoes, in 2 to 3 batches to avoid overcrowding the pot, until just cooked through but still blond, about 2 minutes. Transfer to a paper-towel-lined baking sheet.

Raise the temperature of the oil to 345 degrees F. Preheat the oven to 200 degrees F. Whisk together 1 1/2 cups of the all-purpose flour, the rice flour, baking soda and 1 teaspoon salt. Pour in the beer, sparkling water and lemon juice and mix just until combined (do not over-mix). Keep the batter refrigerated until ready to use.

When the oil is ready, fry the potatoes in 2 to 3 batches until they are crisp and golden brown, about 3 minutes. Drain on a paper towel-lined baking sheet and sprinkle with salt, and then transfer to the oven to keep warm.

DIRECTIONS (CONT.)

Sprinkle the fish fillets with salt and pepper. Coat the fish in the remaining all-purpose flour and then dip into the batter to completely coat. Carefully swish the fish partway into the oil for a few seconds before completely releasing. Once the coating starts to set on the first fillet, you can add another battered fillet into the oil. Fry until the fish is puffed, golden brown and cooked through, 5 minutes for thin fillets or 7 minutes for thick fillets, and then transfer to a paper towel-lined plate. Cook the remaining fillets and sprinkle with salt.

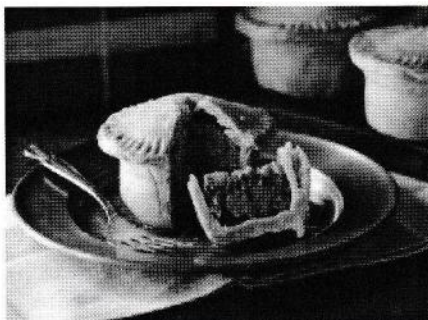
To serve, reheat the mushy peas if necessary. Serve the fish with the chips, mushy peas and malt vinegar on the side.

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Pork Pies

Recipe courtesy of Young Sun for Cooking Channel



Total Time: 2 hr 15 min

Prep: 35 min | Inactive Prep: 45 min | Cook: 55 min

Level: Easy

Yield: 6 pork pies

INGREDIENTS

FILLING:

1 tablespoon unsalted butter

2 teaspoons kosher salt

2 fresh sprigs thyme

1 small onion, cut into 1/4-inch dice (about 1 cup)

1/2 green apple, peeled and cut into 1/4-inch dice (about 1/2 cup)
2 cloves garlic, minced

1 pound boneless pork butt, cut into 1/4-inch dice

4 ounces thick-cut bacon (about 6 slices), finely chopped

2 teaspoons fresh sage, finely chopped

1/2 teaspoon freshly ground black pepper

1/4 teaspoon ground mace

1/4 teaspoon grated nutmeg

1/4 teaspoon ground white pepper

DOUGH:

4 cups all-purpose flour

6 tablespoons unsalted butter

6 tablespoons lard

1 1/2 teaspoons kosher salt

1 egg yolk, beaten with 1 teaspoon water

Hot English mustard, for serving

Special equipment: Six 6-ounce ramekins

DIRECTIONS

For the filling: Heat the butter in a medium skillet over medium heat. Add 1/2 teaspoon of the salt, the thyme, onions and apples and cook until the apples and onions soften, about 5 minutes. Stir in the garlic and continue cooking for 2 more minutes. Remove from the heat, discard the thyme, and let the mixture cool completely.

Toss together the cooled apple-onion mixture, pork butt, bacon, sage, black pepper, mace, nutmeg, white pepper and remaining 1 1/2

DIRECTIONS (CONT.)

teaspoons salt in a large bowl. Transfer half the mixture to a food processor and pulse until it starts to form a paste, about 10 times, and then return to the bowl and mix well with the chunkier pieces. Refrigerate while you make the dough.

For the dough: Place the flour in a large bowl. Heat the butter, lard and salt with 2/3 cup water in a small saucepan until the butter and lard melt, and then add into the flour. Mix until a smooth dough forms. While the dough is still warm, create the pie shells by pressing 1/4 cup of the dough into each ramekin so that it covers the bottoms and sides and spreads all the way up past the top. Make sure there are no holes and the dough is the same thickness throughout, about 1/8-inch thick. Divide the remaining dough into 6 equal pieces and roll out to form circles larger than the ramekin width (about 4 inches in diameter) to cover the pies. Cut out a small vent hole in the middle of each.

Place a baking sheet on the bottom rack of the oven. Preheat the oven to 425 degrees F.

Fill each ramekin with about 1/2 cup of the meat filling. Brush the beaten egg yolk on the top of the dough overhang on the edges of the ramekin, being careful not to get egg wash on the ramekin. Brush egg wash on the edges of the dough circles, and then cover the ramekins with the lids egg-wash-side down. Trim off any excess dough with kitchen shears and press down the edges with the tines of a fork. Brush the tops with more egg wash.

Place the ramekins on the hot baking sheet in the oven. Bake on the bottom rack 20 minutes, and then turn down the heat to 375 degrees F and continue baking until golden brown and slightly puffed, 25 to 30 minutes longer.

Let the pies cool completely before carefully popping them out of the ramekins. Serve at room temperature with mustard on the side.

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Strawberries Filled with "Clotted" Cream

Recipe courtesy of Bobby Flay



Total Time: 10 min
Prep: 10 min | Inactive Prep: -- | Cook: --

Level: Easy

Yield: 4 to 6 servings

INGREDIENTS

1 cup mascarpone cheese	1/4 teaspoon pure vanilla extract
1/2 cup heavy cream, very cold	1 vanilla bean, seeds scraped
3 tablespoons confectioners' sugar	16 large fresh strawberries

DIRECTIONS

Special equipment: a pastry bag fitted with a star tip

Combine the mascarpone, heavy cream, sugar, vanilla extract and vanilla seeds in the bowl of a stand mixer and whip until soft peaks form. Using a rubber spatula, scrape the mixture into a pastry bag fitted with a star tip.

Stand the strawberries upright on a platter. If the bottoms are too wobbly to stand, slice off the green stems. With a small sharp knife, cut an "X" in each strawberry, cutting almost to the bottom. (The cut should be such that the strawberry will open up but not fall apart.) With your fingertips, gently spread each strawberry apart to make "petals".

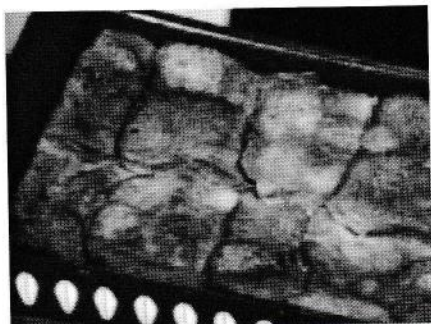
With a spoon, carefully fill each strawberry with a dollop of cream. Serve immediately.

© Recipe courtesy of Bobby Flay

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Bread and Butter Pudding

A typical British specialty.



Total Time: 3 hr
Prep: 2 hr | Inactive Prep: -- | Cook: 1 hr

Level: Easy

Yield: 8 servings

INGREDIENTS

8 tablespoons butter

2 tablespoons granulated sugar for dusting, plus 1/4 cup sifted

12 slices white bread, halved

12 slices brown bread, halved

5 cups milk

1 vanilla pod

Lemon zest, 3 pieces

2 cups raisins

2 ounces candied peel

Freshly grated nutmeg

6 eggs

2 tablespoons dry sherry

1/2 cup whipping cream

DIRECTIONS

Rub 2 tablespoons of butter around a casserole and dust with 1 tablespoon granulated sugar. Preheat oven to 325 degrees F. Butter the bread with the remaining 6 tablespoons of butter. Scald milk in a pan, add the vanilla pod and the lemon zest. Stir in 1/4 cup granulated sugar. Increase the heat and dissolve the sugar and then remove from the heat. Arrange some of the cut bread overlapping on the base of the casserole. Sprinkle with some of the raisins and candied peel. Place another layer of bread on top - alternating the brown and white slices. Cover with the remaining bread. Sprinkle the remainder of raisins on top and grate the nutmeg over them. Break the eggs into a bowl and whisk. Slowly stirring into the scalded milk (having removed the lemon zest and vanilla pod). Pour this mixture over the bread. Dust with 1 tablespoon sugar and sprinkle with the dry sherry. Allow to stand 1 hour. Before placing it in the oven, pour the 1/2 cup of whipping cream over the pudding. Cook in the preheated 325 degree oven on the middle shelf for 55 minutes.

© A typical British specialty.

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Welsh Rarebit

Recipe courtesy of Alton Brown, 2003



Total Time: 25 min
Prep: 15 min | Inactive Prep: -- | Cook: 10 min

Level: Easy

Yield: 4 servings as a side dish

INGREDIENTS

2 tablespoons unsalted butter	1/2 cup porter beer
2 tablespoons all-purpose flour	3/4 cup heavy cream
1 teaspoon Dijon mustard	6 ounces (approximately 1 1/2 cups) shredded Cheddar
1 teaspoon Worcestershire sauce	2 drops hot sauce
1/2 teaspoon kosher salt	4 slices toasted rye bread
1/2 teaspoon freshly ground black pepper	

DIRECTIONS

In a medium saucepan over low heat, melt the butter and whisk in the flour. Cook, whisking constantly for 2 to 3 minutes, being careful not to brown the flour. Whisk in mustard, Worcestershire sauce, salt, and pepper until smooth. Add beer and whisk to combine. Pour in cream and whisk until well combined and smooth. Gradually add cheese, stirring constantly, until cheese melts and sauce is smooth; this will take 4 to 5 minutes. Add hot sauce. Pour over toast and serve immediately.

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