



Let's Cook  
Great British Food  
from Great British Farms



## Why should I buy British?

Our farmers and growers provide almost two thirds of the UK's total food supplies and three quarters of all foods that can be easily produced in our climate. These include apples, pears, salads, herbs, milk, beef, lamb, pork, poultry meat, eggs, wheat and vegetables.

Agriculture and horticulture don't just deliver a secure supply of quality food produced to world-class standards. Farming is integral to the economy and employment, being at the heart of the food industry, the UK's largest manufacturing sector. Farmers also deliver for the environment, managing our beautiful countryside that provides opportunities for leisure and is central to the thriving rural tourism industry. They often produce renewable energy and continually strive to improve sustainability through the adoption of new technologies.

There are countless good reasons to choose British produce when shopping. This recipe book aims to help you understand more about the farmers and the production standards behind your food, and some of the food assurance logos you may see, so you can make an informed choice. Buy British and Back British Farming to safeguard our farming industry, ensuring future generations enjoy consumer choice. Farming deserves your support: [www.nfuonline.com/back-british-farming](http://www.nfuonline.com/back-british-farming)

## Logos to look out for

There is a great deal of choice for consumers, allowing produce to be selected according to budget and ethical beliefs. These different standards are denoted by logos linked to the various food assurance schemes. Food assurance schemes are voluntary arrangements through which consumers and businesses along the food chain are provided with assurance that food has been produced to certain standards. They generally cover food safety and traceability, animal welfare and environmental care.

Among the food assurance logos that you will find in supermarkets and convenience stores is the Red Tractor mark. You may also see the LEAF Marque (for food produced to certain environmental standards), the RSPCA Assured logo (an animal welfare scheme run by the RSPCA); and the Soil Association organic symbol (for food produced to specific organic standards laid down by the Soil Association).

Information for consumers about these schemes and the standards behind them can be found online. Recipes may also be found on these sites.



Red Tractor is the biggest food standards scheme in the UK, covering animal welfare, food safety, traceability and environmental protection. Food and drink bearing the Red Tractor logo has been produced responsibly to some of the most comprehensive and respected standards in the

world. The way that the food is farmed and prepared is regularly tested by independent experts to ensure that it is of a good standard.

[www.redtractor.org.uk](http://www.redtractor.org.uk)

LEAF Marque - Linking Environment and Farming - [www.leaf.org](http://www.leaf.org)

RSPCA Assured - [www.rspcaassured.org.uk](http://www.rspcaassured.org.uk)

Soil Association organic symbol - [www.soilassociation.org](http://www.soilassociation.org)

In addition, there are quality marks for certain types of meat in the UK. These marks signify a set of production standards.

The Quality Standard for beef and lamb is the only scheme in the UK to cover eating quality. All beef and lamb carrying the Quality Standard Mark is chosen according to a strict selection process.

[www.simplybeefandlamb.co.uk/quality-standard-mark](http://www.simplybeefandlamb.co.uk/quality-standard-mark)

## About My Farm

### Thomas Bradshaw

Fletchers Farm, Colchester, Essex

Thomas Bradshaw is a fourth generation farmer on a small family farm near Colchester in Essex, growing a range of combinable crops. The business also has a large equestrian unit and manages several farms for other farmers in the local area.

Thomas says: "We are growing milling wheat which is used to produce flour and eventually makes either cakes or bread.

"Some of our wheat is grown to produce animal feed and is fed to chickens, pigs and cows. In May the countryside often turns yellow with oilseed rape flowers. This crop is grown for its seed, which is then used to make either cooking oil or to power diesel cars as biodiesel. We also grow barley, which is used to make beer.

"All of our crops are produced to a very high standard so that they are able to be safely eaten. This makes sure that we are producing good quality food and protecting the environment at the same time.

"We have an abundance of wildlife here, including deer, grey partridge and the regular appearance of skylarks."

*One hectare of wheat will produce enough grain to make about 11,500 loaves of bread.*



Photo by: Archant

## Breakfast Hash with Bacon & Poached Eggs

Serves 4

Preparation time: 25 minutes

Cooking time: 10 minutes

### Ingredients:

700g potatoes, diced	150g cherry tomatoes, halved
3 tbsp rapeseed oil	4 slices lean back bacon
1 onion, sliced	4 medium eggs, poached
150g mushrooms, sliced	White wine vinegar
100g spinach	Salt and freshly milled black pepper

### Method:

Boil the potatoes for 15-20 minutes until tender, drain and cool slightly. Meanwhile, heat 1tbsp oil in a frying pan and fry the onion for 4 minutes, add the mushrooms and fry for another 3 minutes. Add the spinach and tomatoes and cook for a further minute. Roughly mash the potato and mix into the onion mixture. Season with salt and pepper.

Meanwhile, cook the bacon under a preheated grill for 4-5 minutes.

To poach the eggs, take a small saucepan, fill it to one third full with boiling water. Add a dash of white wine vinegar and turn down to simmer. Crack the eggs one at a time into a small bowl and gently tip into the simmering water. Lightly poach for 3-4 minutes. Remove with a slotted spoon, allowing any water to drain.

Divide the potato hash into 4 rounds. Heat the remaining oil in a large frying pan and fry the hash rounds for 2 minutes on each side.

Top with bacon and poached egg, then serve.



*Tip: Ideal for using up leftover cooked potatoes. For a breakfast brunch, add sausages.*

Recipe



## About My Farm

### Blythburgh Free Range Pork

St Margaret's Farm, Halesworth, Suffolk  
[www.freerangepork.co.uk](http://www.freerangepork.co.uk)

Blythburgh Free Range Pork is a family run free range pig farm on the Suffolk Heritage coast. Jimmy Butler founded the enterprise in 1999 and still plays a key role, with support from his wife, Pauline, and sons, Stuart and Alastair.

"We aspire to be the UK's leading free range pig farm, with the mission to serve butchers, chefs and consumers with a consistent source of the very best pork," says Jimmy.

Stuart explains: "We supply more than 500 free range pigs to butchers and chefs weekly. At Blythburgh it is so much more than just improving animal welfare - for us, it's about giving a pig a life worth living."

Pigs are born outside and spend their whole lives outdoors, roaming freely in large paddocks, rooting in sandy soil and playing together. Shelter is offered in airy, tented barns filled with bedding straw. All straw is sourced from neighbouring crop farms.

"Our active, happy pigs burn so many calories that they grow slowly and the result is flavourful, succulent meat!" adds Stuart.

*Pork is a great source of protein, providing 10 essential vitamins and minerals.*



Photo by: Archant



Recipe



### Spring Lamb Stew

An all in one dish of succulent spring lamb with tender vegetables and white wine - an ideal supper dish for a chilly spring evening.

Serves 6

Preparation time: 20 minutes

Cooking time: Approximately 1 hour 30 minutes

#### Ingredients:

- 1Kg lean boneless lamb shoulder, cubed
- 2 bay leaves
- 4 sprigs fresh thyme
- 1 onion, peeled and cut into quarters
- 1 leek, roughly chopped
- 3 garlic cloves, peeled and crushed
- Salt and freshly milled black pepper
- 1.2l cold water
- 200g baby carrots, scraped and halved if large
- 200g baby turnips, scraped and quartered, if large
- 200g baby onions or shallots, peeled
- 200g baby or small leeks, halved
- 200ml white wine (dry or medium)
- 200ml good, hot lamb stock
- 200g dwarf or French beans, trimmed
- 200g peas or petit pois
- 30ml/2tbsp freshly chopped parsley or chervil



*Tip: The stew can be cooled and kept in the fridge for up to 24 hours, then reheated slowly until piping hot.*

#### Method:

Place the lamb into a large pan with the bay leaves, thyme, onion, leek, garlic, seasoning and water, to cover. Bring to the boil, reduce the heat and simmer over a low heat for 1 hour, skimming regularly, if required. Remove from the heat and cool slightly.

Transfer the lamb to a large, ovenproof casserole dish and strain the vegetable liquor over the lamb. Discard the vegetables and herbs.

Add the baby carrots, turnips, onions, or shallots, leeks, white wine and lamb stock. Bring to the boil, reduce the heat and simmer for 15 minutes.

Add the dwarf or French beans, trimmed and cook for a further 3-4 minutes. Add the frozen peas or petit pois and cook for a further 2 minutes, or until the vegetables are cooked.

Season and garnish with the herbs and serve with plenty of crusty bread to soak up the juices.

## About My Farm

### Isobel Bowden

Mill End Farm, Henley, Oxfordshire

Isobel is a fourth generation farmer and farming is a family affair. She's proud that local pubs serve meat produced on her family's farms in the heart of the Chilterns Area of Outstanding Natural Beauty.

"I farm alongside my father, Oliver Bowden, and also with my partner, Christopher Connell, at Hambleden and Frieth, near Henley-on-Thames in Oxfordshire. Both farms rear sheep, beef cattle and grow arable crops and Dad also has dairy cows. Sheep have always been my passion and at certain times of year, such as lambing, I'm with them almost 24/7 as their health and welfare is my top priority!

"We're market focused. Between us, we have 2,000 ewes (female sheep). We use Charollais, Texel and Suffolk rams on our ewes to produce fantastic lambs that grow well and end up as quality meat with a great taste. We finish (fatten for meat) our lambs on grass and home grown turnips which enhances the flavour.

"Our grazing livestock contribute to the care of the Chilterns countryside and we farm sustainably so this landscape will be here for generations to come."

*Lamb is the meat of a sheep younger than one year old. It is rich in protein, vitamins and minerals.*





## Red, White and Blue Cheese Salad

Serves 4

Preparation time: 10 minutes

Cooking time: 5-6 minutes

### Ingredients:

225g rindless smoked streaky bacon	225g blue cheese, cubed eg. Blue Vinney, Oxford Blue, Stilton
4 Little Gem lettuces	2 x 15mlsp (2tbsp) red wine vinegar
450g British cherry tomatoes	2 x 5mlsp (2tsp) runny honey
1 bunch watercress	1 x 5mlsp (1tsp) Dijon mustard
2 avocados	4 x 15mlsp (4tbsp) rapeseed oil
Juice of 1 lemon	Salt and freshly milled black pepper

### Method:

Grill the bacon until crisp and then chop into small pieces.

Separate and rinse the lettuce leaves, halve the cherry tomatoes, trim and rinse the watercress. Mix the lettuce leaves, tomatoes and watercress together.

Peel and slice the avocados and coat with lemon juice to prevent browning. Combine the avocado slices and blue cheese with the salad.

Whisk together the wine vinegar, honey and mustard. Add the rapeseed oil steadily in a fine stream, whisking as you pour.

Season the dressing to taste. Divide the salad between 4 serving plates or bowls and drizzle with the dressing. Scatter the crispy bacon over the top before serving.



*Tip: Tomatoes are best stored at room temperature in the fruit bowl rather than in the fridge as refrigeration impairs natural ripening.*

## About My Farm

### Chris Wall

Eric Wall Ltd, Barnham, West Sussex  
[www.ericwallnursery.co.uk](http://www.ericwallnursery.co.uk)

This family run business is one of the UK's leading growers of tomatoes. It produces 5 million kilos of top quality vine tomatoes for supermarkets annually from within 10.5 hectares of glasshouses at Barnham, where it employs 150 people.

"We strive to grow tomatoes without the need for artificial plant protection products. We use predatory insects to control pests and bumble bees are used to pollinate our tomato plants. We also buy plants with a specific rootstock which has natural disease resistance properties. This, together with preventative work and careful monitoring, helps to keep pests and diseases under control," says Chris.

"Over the last decade we have reduced our environmental impact through energy efficient boilers, thermal screens and more sustainable water management. Rainwater is collected from the glasshouse roofs and fed to our on-site reservoir so we can use it to irrigate the crops.

"The reservoir has become a valuable wildlife habitat.

"We are committed to reducing waste wherever possible. Tomato waste is composted and we use a special kind of ground cover plastic which allows plant material to dehydrate on the floor. It lasts for a number of seasons, which helps to further reduce waste."

*Tomatoes are a good source of Vitamins A, C and E, the natural plant pigments known as carotenoids (both beta-carotene and lycopene) and flavonoids.*



## Jerk Chicken

Serves 4

Preparation time: 20 minutes [marinade overnight]

Cooking time: 50 minutes

### Ingredients:

- |   |  |
|---|--|
| 4 large chicken legs or breasts, skin on, bone in | 1 tbsp runny honey   |
| 1 onion finely chopped                            | 2 tsp ground allspice  |
| 3 cloves garlic finely chopped                    | 1 tsp mustard powder   |
| 3 cm piece fresh ginger grated                    | 1 tsp ground cinnamon  |
| 3 tbsp balsamic vinegar                           | Zest (finely grated rind) and juice of 1 lime  |
| 1-2 tbsp dried chilli flakes                      | [Pitta bread/flatbreads and salad, fresh parsley/thyme sprigs, to serve, or coconut rice]. |
| 2 Scotch bonnet chillies, deseeded and chopped    |  |
| 1 tbsp soft brown sugar                           |  |

### Method:

Simply score the chicken pieces down to the bone with a sharp knife a few times and then marinade the chicken overnight with all the ingredients.

Heat the oven to 200°C/180°C fan/gas mark 6. Roast the chicken for around 45/50 minutes in the oven, until golden brown and cooked through. When tested with a skewer the juices should run clear.

Serve with pitta bread/flatbreads and salad or with coconut rice. Garnish with parsley/thyme sprigs.



*Tip: A warm, sweet, spicy supper. Jerk is a style of cooking native to Jamaica.*

## About My Farm

### Thomas Wornham

Royston, Hertfordshire

Thomas Wornham is a fourth generation farmer growing crops including wheat on 100 hectares of land and rearing Red Tractor farm-assured chicken for meat. He has invested in renewable technology on the farm with solar panels, biomass boilers and a heat exchanger.

“The public expect the food they eat to have been produced to high standards of welfare and I support that. We are guided by what the public wants,” says Thomas.

“Our birds have access to natural light, we provide bales they can peck at and use computer technology to ensure they are housed at the right temperature with access to the right amount of food and water.

“They are kept on straw from our fields, along with wood chips sourced locally, and the majority of their feed is UK-grown wheat and oilseed rape. The used litter is applied around the farm to improve our soils.”

*Chicken is the nation's favourite meat, accounting for 49% of all meat eaten in the UK.*





## Summer Kebabs

Serves 4

Preparation time: 20 minutes

Cooking time: 20 minutes

### Ingredients:

2 lamb steaks, cut into chunks  
2 skinless, boneless chicken breasts  
1 sirloin steak, cut into chunks  
2 courgettes, cut into chunks  
1 red pepper, de-seeded and cut into chunks  
1 small aubergine, sliced  
4 tomatoes, quartered

### For the glaze:

4 tbsp rapeseed oil  
1tbsp lemon juice  
1tsp runny honey  
1 tsp Dijon mustard  
1 tbsp flat leaf parsley, chopped  
You will also need 8 metal skewers

### Method:

Thread the meat and vegetables onto eight metal skewers.  
Place the glaze ingredients into a screw-topped jar. Shake and brush over the skewers. Grill for 20 minutes, turning occasionally.

*Sweet peppers start out green and ripen to different colours according to the variety. More unusual colours can include white and even sweet tasting chocolate-brown!*

*Sweet peppers are a great source of vitamin C, vitamin E and carotenoids.*



*Tip: Great for a summer barbecue with bread or couscous.*



## Tomato, Spinach, Cheese and Nut Bake in Pepper Halves

Serves 4

Preparation time: 7 minutes

Cooking time: 20-25 minutes

### Ingredients:

2 red or yellow peppers cut in half lengthways	75g pine nuts
100g spinach	75g feta or salad cheese
4 sliced cherry tomatoes	Salt and freshly milled black pepper to taste

### Method:

Place the sliced cherry tomatoes in each pepper base and put spinach leaves on top. Grate the feta / salad cheese and mix with the pine nuts, salt and pepper. Then spoon the cheese and nut mix into the pepper bases, pressing it down firmly. Bake at 180°C (gas mark 5) for 20 to 25 minutes.

Sweet pepper production takes place in specialist glasshouses that use cutting edge technology, recycling water and using beneficial insects to control pests. These are concentrated in the Lea Valley, north east of London, where 70 million sweet peppers are grown, and near Chichester, in West Sussex, where 54 hectares of pepper crops cover the equivalent of 108 football pitches. Both these areas are also major centres of production for salad crops including lettuce, tomatoes and cucumbers. The West Sussex coastal plain, with its excellent quality of light, is now recognised as the largest glasshouse area in England, where produce of a retail value of more than £500 million is grown.



*Tip: Serve on a babyleaf salad for a supper or a barbecue accompaniment.*



## Chocolate Pistachio Berry Pavlova

This has certainly got the wow factor - and the undecorated pavlova can be made the day before. Keep it loosely covered with non-stick baking paper or a clean tea cloth and then just decorate minutes before serving.

Serves 8

Preparation time: 25 minutes

Cooking time: 1 hour 15 minutes

### Ingredients:

4 medium egg whites  
225g caster sugar  
40g pistachio nuts,  
very finely chopped

### For the topping:

100g dark chocolate,  
broken into pieces  
300ml double cream  
550g mixed strawberries,  
hulled, halved, blackberries,  
blueberries and raspberries



### Tip:

*If you are unsure if the egg whites are whisked enough for the meringue, try turning the bowl upside down. If they're ready they won't move, if not they will slide out of the bowl!*

### Method:

Preheat the oven to 140°C (120°C fan), Gas 1. Line a baking sheet with non-stick baking paper and draw a 23cm (9 inch) circle on to it.

Whisk the egg whites with an electric mixer until they form stiff moist looking peaks. Gradually whisk in the sugar a teaspoonful at a time and continue whisking once all the sugar has been added, whisk for a few more minutes until the meringue is very thick and glossy. Gently fold in the pistachio nuts. Spoon the meringue inside the marked circle on the paper lined baking sheet and spread into soft swirls.

Bake for about 1¼ hours until crisp on the outside and just firm enough that the paper may be peeled away from the underside of the pavlova.

Leave the pavlova to cool completely, still on the paper, on a wire rack. Loosely wrap in non-stick baking paper until ready to serve.

Melt the chocolate in a bowl set over a saucepan of barely simmering water. Lift the pavlova off the paper on to a serving plate then drizzle the chocolate over the top, saving a little of the chocolate to drizzle squiggles on to a baking sheet lined with more non-stick baking paper for decoration. Chill for 30 minutes or so until the chocolate is firm.

Whip the cream until it forms soft swirls then spoon over the chocolate topped pavlova. Scatter the berries on top, peel the chocolate decorations off the paper and tuck in between the berries then serve.

## About My Farm

### Harry Hall,

Hall Hunter Partnership  
[www.hallhunter.co.uk](http://www.hallhunter.co.uk)

Hall Hunter Partnership (HHP) is a family business located in Berkshire, Surrey and West Sussex and a leading UK grower of top quality berries for supermarkets. During the harvest season HHP employs more than 2,000 workers spread across eight production sites, five traditional farms and three nurseries.

Harry explains: "Our strawberries are available from March until December, while raspberries and blackberries follow from April, going on until November and December respectively. Blueberries crop between June and October. Varieties are chosen carefully and fruit is grown under tunnels or glass, (in polytunnels or in glasshouses), except about 40% of the blueberry crop which is in the open.

"Tunnels and glasshouses provide the ideal growing environment and enable us to grow top quality fruit as berries are protected from weather damage. We can also target watering and reduce the amount of crop protection products used."

Wildlife is encouraged on farms, thriving in woodland, wildflower areas and boundary features. Hedges and beetle banks shelter helpful predatory insects that prey on crop pests.

*Strawberries are high in folic acid and also zinc.*







## Potato Rosti with Asparagus and Poached Egg

Serves 4

Preparation time: 5 minutes

Cooking time: 25 minutes

### Ingredients:

500g fluffy potatoes (such as Maris Piper or King Edward), peeled  
2tbsp rapeseed oil  
1 egg yolk  
Salt and milled pepper

For the Hollandaise:  
60g butter  
2 medium egg yolks  
2tbsp white wine vinegar  
1tsp of hot water  
A squeeze of lemon juice

### To serve

12 asparagus spears, halved  
4 large eggs  
1tsp white wine vinegar



### Tip:

*If you have a chef's ring, place into the frying pan and press the rosti mixture in. This will give you a lovely professional look but is certainly not essential.*

### Method:

To make the rosti, grate the potato into a clean tea towel and squeeze any excess water out. Pop the potato into a bowl, season add the egg yolk and mix well. Divide into 4 and then form into a rosti shape.

Place a non-stick frying pan over a medium heat add the rapeseed oil. Carefully place in the rosti and cook for 4-5 minutes before turning over. The rosti should be golden and crisp before turning.

While the rosti is cooking place a large pan filled with water about 3 inches (7.5cm) deep for poaching the eggs with the vinegar. This water should be barely simmering.

For the Hollandaise, melt the butter in a jug, a microwave works very well. The butter must be hot. Place the eggs and vinegar into a bowl and while whisking slowly pour in the melted butter, a little at a time. Leave the white sediment in the jug. Add a squeeze of lemon juice and a tsp of hot water and leave until needed.

Cook the asparagus in a small saucepan of water for 3 minutes. Crack the eggs into the water with the vinegar and poach for 3-4 minutes for a runny yolk. To assemble, place the golden crisp rosti onto the plate, add the asparagus, followed by the poached egg and finally drizzle over the Hollandaise sauce.

## About My Farm

### Tim Jolly,

Roudham Farm, East Harling, Norfolk  
[www.norfolk-asparagus.co.uk](http://www.norfolk-asparagus.co.uk)

Tim Jolly has been growing Norfolk County Asparagus at Roudham Farm, Norfolk for nearly 30 years. The light sandy soils of the Brecks combine with fluctuating temperatures to produce asparagus of the highest quality, with great British taste and flavour.

The crop is cut daily by hand during April, May and June and then immediately cooled and washed, before it is graded in the farm's packhouse.

Tim says: "Asparagus is grown and packed here to the highest standards. We take pride in every step of the process to ensure only the best asparagus leaves our farm.

"We have always supplied Covent Garden, Spitalfields and Western International markets in London and, through them, restaurants, catering businesses and retail outlets through the capital and beyond. We also supply a major supermarket, top restaurants and local shops. Farm gate sales are becoming more popular as well and we are amazed at how far people travel to collect their 'taste of summer'. It's always great to see our customers again each spring, like old friends."

*Asparagus is a rich source of folic acid, pro-vitamin A, vitamin C and iron.*



Photo: [www.britishasparagus.com](http://www.britishasparagus.com)



## Potato and Mushroom Omelette

Serves 4

Preparation time: 5 minutes

Cooking time: 20 minutes

### Ingredients:

2 medium-sized smooth potatoes (such as Desiree), peeled and thinly sliced (equates to 300g)	20ml milk
100g chestnut mushrooms, sliced	1tbsp rapeseed oil
5 medium eggs	10g butter
	2tbsp chopped fresh parsley
	Salt and milled pepper

### Method:

For this recipe you need a non-stick frying pan, 25cm or a little larger. Place the sliced potatoes into a pan of boiling water and cook for 5 minutes, drain and leave until needed.

In the frying pan add the rapeseed oil and butter and cook the sliced mushrooms until soft, for about 5 minutes.

While the mushrooms are cooking preheat your grill to medium. In a bowl lightly whisk the eggs, cream, parsley and a little seasoning.

Pop the potatoes into the pan with the mushrooms, arrange so the pan is evenly covered. Pour in the egg mixture and cook over a very low heat until the egg is setting around the edge, pop under the grill and continue to cook until set. Don't have the grill on too high a temperature. Serve with fresh crisp salad.



*Tip: Ideal for using up leftover cooked potatoes.*

## About My Farm

### Peter Ewin,

Wayland Free Range Eggs, Attleborough, Norfolk  
[www.waylandfreerange.com](http://www.waylandfreerange.com)

Set up in 2004, Wayland Free Range Eggs now produces 10.5 million eggs a year from 34,000 free range hens. Peter works with 10 employees (including his mum and dad), supplying a range of local businesses from bed and breakfasts to wholesalers.

"Over the past few years the business has really taken off, with growing demand for free range eggs. We have had to take on extra units to keep up and we'll carry on expanding if we can," said Peter.

"We farm to high welfare standards. We have just over 30 hectares of land across four farms so there is plenty of space for our hens to roam. We've also planted lots of trees to encourage them to range.

"Eggs are now recognised as a really healthy food, rich in proteins and vitamins. They are also such a versatile ingredient for cooking - if you've got an egg in the fridge you've got a meal."

*We eat about 33 million eggs every day in the UK.*

*Eggs contain a wealth of vitamins and minerals and are one of the best sources of high quality protein.*



Photo by: Archant

Recipe



## Pulled Pork with Caramelised Apples and Sage

Serves 6

Preparation time: 20 minutes

Cooking time: about 6 hours

### Ingredients:

1.6kg joint boneless pork shoulder (remove the rind/skin if you wish)	3 red onions, halved
2tsp sea salt	6 eating apples, such as Braeburn
1tsp ground black pepper	25g butter
1tbsp onion powder	25g soft brown sugar
1tbsp dried sage	Lemon juice
2tbsp light brown sugar	

### Method:

Preheat your oven to 220°C (fan 200°C), gas mark 7. Line a roasting tin with a sheet of foil large enough to cover the pork later. Loosely fold the foil back for now. Remove the string, unroll the pork, pat dry with kitchen paper and place in the tin.

Mix together the salt, pepper, onion powder, sage and sugar. Rub the mix all over the pork. Roll the pork up again (there is no need to re-tie the string) and put it in the oven for 15 minutes until browned.

Turn the oven down to 150°C (fan 130°C), gas mark 2. Remove the pork, add the onions to the bottom of the tin and fold the foil over the top. Put it back into the oven and let it cook for at least 5 hours or until tender and ready to pull apart.

Take the pork out of the oven, cover with foil and let it rest for 30 minutes.

While the pork is taking it easy prepare the caramelised apples. Core and cut the apples in half, melt the butter in a large frying pan and stir in the sugar. Add the apples, cut side down and cook over a medium heat, gently shaking the pan occasionally for about 8 minutes or until the apples are lightly caramelised. Squeeze over the lemon juice and then carefully turn the apples over. Cover the pan with foil and cook for about 4-5 minutes or until the apples have softened, but not collapsed. Turn the apples over again to coat in the mixture.

Shred the pork (in the cooking juices) into chunky pieces with two forks and serve with the apples, onions and crackling.

*Tip: Quick crackling: before cooking joint, remove rind. Put it in a roasting dish and pour over boiling water, draining after 5 minutes. Pat dry with kitchen paper, rub with oil and salt and cook for 30 minutes in a hot oven.*

## About My Farm

### James Smith

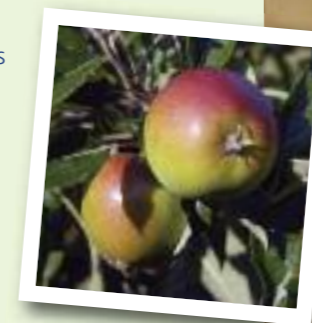
Loddington Farm, Maidstone, Kent

Award winning apple and pear grower James Smith is the fifth generation of his family to grow apples at Loddington, where there are 45 hectares of orchards and the company produces about 2 million kilos annually.

In total, this family run business farms almost 140 hectares on four sites in west Kent, using modern growing systems and with care for the environment. Both dessert and culinary varieties of apples are grown, including the famous Bramley cooking apple. James also helps to run a fruit marketing group that works with around a quarter of the UK's growers to pack and sell apples, pears and plums to supermarkets.

James explains: "Nothing beats the flavour of English apples. We're confident we can grow the best apples whilst making room for wildlife on our farms, and ensuring the sustainable use of water and other natural resources. We use renewable energy for some of our electricity and do our best to minimise waste at all times. The result of all of this work is world class apples and pears for the UK consumer!"

*Apples are a great source of vitamin C and antioxidants.*



## Bramley Apple and Blackberry Pie

Serves 6

Preparation time: 20 minutes

Cooking time: 45 minutes

### Ingredients:

75g golden granulated sugar, plus 1tsp extra	650g Bramley apples
1tsp mixed spice	150g blackberries
1tbsp plain white flour, plus a little extra for rolling out	350g sweet shortcrust pastry
Grated rind and juice of 1 orange	1 medium egg, beaten
	To serve: cream, custard or ice cream

### Method:

Preheat the oven to 200°C (180°C fan oven) gas mark 6.

Mix together the sugar, spice, flour and orange zest.

Peel and core the apples, then cut into thick slices. Put in a bowl and pour over the orange juice.

Put half the apple slices and blackberries in the base of a 20cm pie dish and sprinkle with half the sugar mixture. Add the remaining apples and blackberries, then cover with the remaining sugar mixture and pour over any orange juice left in the bowl.

Cut off 25g pastry and roll out on a lightly floured board into a thin 1.25cm strip - you can do this in two or three pieces if you like.

Dampen the edge of the pie dish with a little water then put the thin strip of pastry along the edge.



*Tip:*  
To serve... Cool for 5 minutes, then serve warm with cream, custard or ice cream.

Roll out the remaining pastry to make a round to fit the top of the pie. Dampen the thin pastry strip with water, then lift up the pie top using the rolling pin and cover the pie. Trim any excess pastry from the edge. Use the prongs of a fork to seal the pastry edges together.

Brush the whole of the pie with beaten egg, sprinkle over 1tsp granulated sugar, then cut two holes in the top. Bake in the preheated oven for 15 minutes then reduce oven temperature to 180°C (160°C fan oven) gas mark 4 and continue to cook for 30 minutes or until the pastry is golden brown.

## About My Farm

### Jamie Butler

Whitewool Farm, Petersfield, Hampshire  
[www.meonsprings.com](http://www.meonsprings.com)

Jamie has 450 Holstein dairy cows, producing milk for Sainsburys. He farms 485 hectares with his brother, Will, who grows the crops to feed the cattle. For more than 20 years, Whitewool Farm has been in a green farming scheme, protecting wildlife and landscape features. Its diversified businesses include a fly fishery and a glamping site.

Jamie explains: "The health and welfare of my cows is my top priority as happy cows are productive cows. We're also keen to reduce our environmental impacts, so solar panels on a cowshed roof are producing electricity to help meet our energy needs.

"I'm a firm believer in education. Getting people out onto the farm helps them understand where food comes from and then hopefully they will actively go out to buy British milk and dairy products!

"People who are staying with us can see the cows and watch them being milked. Some have even seen calves being born."

An annual 'Country Experience Day' attracts around 3,000 visitors to the farm, which is in the South Downs National Park.

*Milk and dairy products provide protein, vitamin B12, calcium and other vital minerals.*



## Beef in Brown Ale served with Pan Haggerty

Serves 4-6

Preparation time: 10 minutes

Cooking time: 30-40 minutes per 450g/1lb plus

30-40 minutes plus marinating time

### Ingredients:

1.25kg lean beef brisket joint

500ml brown ale

100g black treacle

30ml/2tbsp gravy granules (optional)

Handful fresh mixed herbs, chopped

### For the Pan Haggerty:

3 whole cloves

15ml/1tbsp oil

2.5ml/½tsp black peppercorns

1 onion, peeled and finely sliced

150ml white wine vinegar

450g potatoes, peeled and grated

2 onions, peeled and quartered

Salt and freshly milled black pepper

3 carrots, peeled and cut

100g grated Cheddar cheese

into chunks

### Method:

Place the beef joint in a large lidded casserole dish. Mix together the black treacle, herbs, cloves, peppercorns and white wine vinegar. Pour over the brisket and mix well to coat the joint. Cover, refrigerate and marinate for approximately 8 hours or overnight.

Preheat the oven to 170°C, gas mark 3.

Add to the casserole dish the onions and carrots, pour over the brown ale, cover and simmer on hob or in preheated oven for calculated cooking time. Once cooked, thicken the gravy with gravy granules if you prefer a thicker sauce.



Recipe

*Tip:*  
Serve sliced into wedges with the beef in Newcastle ale and seasonal green vegetables.

Meanwhile, to prepare the pan haggerty; heat the oil in a frying pan and cook the onion for 4-5 minutes until softened. Meanwhile squeeze out the excess starch from the potatoes with kitchen roll or a clean tea towel.

Remove the onions from the pan, and mix through the grated potato, return back to the frying pan carefully pressing down to form an even layer. Season well and cook over a gentle heat for 8-10 minutes until golden on the bottom. Carefully turn the potato cake over by inverting onto a plate and sliding back into the pan. Top with cheese and cook for a further 5-10 minutes until golden and cooked through and the cheese has melted.

## About My Farm

### Duncan Parker

Chilton Grounds Farm, Aylesbury, Buckinghamshire

Duncan Parker is the third generation of his family to farm at Chilton Grounds Farm, a beef and sheep enterprise on 60 hectares of permanent pasture in Aylesbury Vale.

Duncan breeds all his own cattle, especially to produce beef. His 'suckler' herd of 60 Simmental cross cows suckle their young calves which grow up naturally, drinking their mother's milk.

"Animal welfare and the quality of life of my animals is of paramount importance to me and we ensure they have the best life possible," explains Duncan. "My calves are mostly sold to local farmers who then rear them (for beef) and many supply butchers across Buckinghamshire. I also sell a few cattle through nearby Thame Market."

The farm boasts a network of wildlife-rich hay meadows, grazing pasture and hedges, many of which have been restored. During summer, grass is cut and conserved as hay to feed the livestock during winter. Wildlife includes barn owl, kestrel, skylark and brown hare. Duncan's partner Diana helps with the livestock and also runs an interior design and curtain making business from the farm.

*Beef production delivers countless benefits for the British countryside.*



Recipe

### Carrot and Parsnip Hash

A slow cooked veg delight that is excellent reheated for breakfast if you have any left over. You can use the drippings from the previous week's roast - beef, lamb, pork or chicken, they really do improve the flavour - but vegetable oil works fine too.

Serves 2 (generous portions)

Preparation time: 7 minutes

Cooking time: Approximately 1 hour, 20 minutes

**Ingredients:**

- 200g carrots
- 1 baking potato (weight around 250g)
- 100g parsnips
- 1 red onion
- 1 small clove of garlic
- 2 bay leaves (fresh, ideally)
- 2tbsp dripping or rapeseed oil
- Salt and freshly milled pepper
- To serve: poached eggs and steamed spring cabbage, curly kale or broccoli.

**Method:**

Cut the carrots, parsnips and potato into 1cm cubes - no need to peel them. Peel and slice the red onion.

Heat 1 tablespoon dripping or oil in a small non-stick frying pan (a pan measuring 18-20cm across the base) and add the onion. Cook until tender and golden. Crush in the garlic and cook for a minute more.

Meanwhile, bring 1 litre of water to the boil with ½ teaspoon salt in a large pan. Add the veg and bay leaves and bring back to the boil. Boil for 7-10 minutes until the potatoes are tender. Drain and allow the veg to dry in the colander for a few minutes. Add the veg to the onion pan and cook over a low heat, stirring occasionally, for half an hour or so, until the veg starts to brown. Taste and season with salt and pepper.



*Tip: At the final stage, don't worry if your frying pan is losing its 'non-stick'. Scrape the 'veg cake' out, oil the inside of pan and line it with non stick parchment, before tipping the veg mix back and then cooking 20 minutes per side.*

Press the veg down very firmly so it forms a round cake in the frying pan. It helps to lay a sheet of non-stick baking parchment over the top and then tamp down the mix with a smaller, flat bottomed pan.

Turn the heat down very low and cook gently for 20 minutes or so, until golden underneath. Slide on to a plate. Add some more dripping or oil to the pan, heat, then invert the hash back into the pan. Press down again, and cook for another 20 minutes or until nicely golden and crusted.

Serve with poached eggs and steamed spring cabbage or broccoli.



### Back British Farming

British farmers are passionate about providing a huge variety of quality British food for us all to enjoy. But farming is not just about growing great food. Farmers contribute to the economy, the environment, animal welfare, renewable energy production and much more.

Our Back British Farming campaign highlights hundreds of reasons why farming deserves your support.

[www.nfuonline.com/back-british-farming](http://www.nfuonline.com/back-british-farming)

Join our Back British Farming community by signing up for our newsletter

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### Credits for recipes & links to consumer information:

- AHDB (the Agriculture & Horticulture Development Board) [www.ahdb.org.uk](http://www.ahdb.org.uk)
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# Let's Cook

Great British Food  
from Great British Farms

