

Corned Beef Fritters 15mins

Serves 4

Ingredients

225g/8oz Corned Beef, cut into slices 1cm/½ inch thick
50g/2oz Plain Flour
1 Egg, beaten
2 tbsp Milk
Salt and Pepper
Oil for frying

Instructions

1. Heat the oil until hot.
2. In a bowl, mix together the flour, egg, milk and seasoning and beat to form a smooth batter.
3. Dip the slices of corned beef into the batter and fry on both sides until crisp.
4. To serve - drain on kitchen paper and serve with mashed potatoes and vegetables of your choice.

Beef in Whisky Sauce 20mins

Serves 4

Ingredients

15g/½oz Butter
2 teasp Olive Oil
675g/1 ½lb Sirloin Steak
1 Large Onion, chopped
4 tbsp Drambuie
90ml/3 fl.oz. Double Cream
Salt and Pepper

Instructions

1. Cut the steak into strips 2.5cm x 5cm/1 x 2 inches.
2. Melt the butter and oil in a frying pan, add the onion and fry for 2 minutes, stirring.
3. Add the meat and cook, turning from time to time, for 5-10 minutes, according to taste.
4. Stir in the Drambuie and cream and heat gently. Season with salt and pepper and serve immediately.

Corned Beef Hash 20mins

Serves 4

Ingredients:

350g/12oz Corned Beef, diced
50g/2oz Butter
1 tbsp Oil
275g/10oz Boiled Potatoes, sliced
2 Medium Onions, chopped
Salt and Pepper
Fried eggs to serve (optional)

Instructions

1. Heat 25g/1oz of the butter and oil in a large frying pan and gently fry the sliced potatoes, turning occasionally for 5 minutes or until brown - do not mash. Remove with a slotted spoon and keep warm.
2. Add the remaining butter to the pan and fry the onions for 5 minutes until soft and golden. Add the corned beef and reserved potatoes, salt and pepper and heat thoroughly, turning all the time.
3. To serve - pile into a pyramid onto a hot serving dish and top with fried eggs is using. Serve very hot.

Mustard Steaks 20mins

Serves 4

Ingredients

4 tbsp Prepared English Mustard
1 tbsp Plain Flour
4 Beef Steaks, e.g. Sirloin, Rump, Fillet
2 tbsp Freshly chopped Parsley
2 tbsp Freshly chopped Thyme

Instructions

1. Preheat the grill to hot and line the grill pan with aluminium foil.
2. In a small bowl, mix together the mustard, flour, parsley and thyme until well blended then spread half the mixture between each steak.
3. Place the steaks, mustard side up, in the lined grill pan and grill for 3-5 minutes.
4. Turn the steaks, spread the remaining mustard mixture over the top and continue to grill for a further 3-8 minutes until done to your liking.

Neua Pad Kimao (Flamed Beef) Thai 20mins

Serves 4

Ingredients

450g/1lb Rump or Sirloin Steak
2 tbsp Vegetable oil
2 Thai Chillies, very thinly sliced
3 Garlic Cloves, very thinly sliced
2.5cm/1 inch piece of Galangal, very thinly sliced
2 Shallots, very thinly sliced
1 tbsp Fish Sauce
1 teasp Tamarind Concentrate
4 Kaffir Lime Leaves, shredded
1 teasp Palm Sugar
240ml/8fl.oz. Whiskey or Brandy

Instructions

1. Very thinly slice the beef across the grain. Place the brandy and whiskey in a small saucepan and heat until warm.
2. Meanwhile, heat the oil in a large frying pan or wok until very very hot then add the remaining ingredients (apart from the whiskey or brandy) and stir fry for 5 minutes.

3. Add the warmed alcohol to the pan containing the beef mixture and very carefully ignite. After about 30 seconds, if it is still aflame, place a lid on the pan to extinguish the flames. Serve immediately.

Peppered Steak 20mins

Serves 4

Ingredients

4 Beef Fillet Steaks
Crushed Peppercorns
Salt
50g/2oz Butter
2 tbsp Olive Oil
2 tbsp Brandy
90ml/3 fl.oz. Single Cream

Instructions

1. Coarsely crush the peppercorns with a rolling pin.
2. Brush each side of the steaks with some of the oil then coat with the crushed peppercorns.
3. Heat the butter and remaining in a frying pan then quickly cook the steaks over a high heat for 2 minutes each side.
4. Reduce the heat and cook for a further 2 - 5 minutes each side according to taste. Sprinkle with sea salt.
6. Warm the brandy in a small pan, carefully set it alight and pour over the steaks. Remove steaks to a warmed serving dish and keep hot.
7. Stir the cream into the meat juices in the pan then pour over steaks. Serve immediately.

Stilton Steaks 20mins

Serves 4

Ingredients

100g/4oz Stilton Cheese, crumbled
25g/1oz Softened Butter
50g/2oz Walnuts, finely chopped
Black Pepper
4 Fillet or Sirloin Steaks

Instructions

1. Preheat the grill to hot. Place the stilton in a bowl and mash with a fork. Add the butter, walnuts and black pepper and mix well.
2. Season the steaks with black pepper and cook under a hot grill for 3-10 minutes on each side, according to how rare you like them.
3. Remove from the grill and spread a quarter of the cheese mixture over each steak. Return to the grill and continue to cook for 1-2 minutes until the topping is bubbling. Serve immediately.

Spicy Meat Balls 30mins

Serve 4

Ingredients

1 small Onion, finely chopped
1 Clove Garlic, minced
675g/1½ lb Lean Minced Beef
1 Egg
25g/1oz Fresh White Breadcrumbs
Salt & Pepper
½ teasp Ground Allspice
Oil for shallow frying

Instructions

1. Put all the ingredients, except the oil, into a bowl and mix well.
2. Shape into walnut sized balls and lightly coat with flour.
3. Shallow fry in oil for about 15 minutes turning once. Serve immediately with a tomato sauce.

Mustard Fillet Steaks 30mins

Serves 4

Ingredients

4 x 175g/6oz Beef Fillet Steaks
Salt and Pepper
4 teasp Wholegrain Mustard
4 teasp Black Olive Paste
4 Very large flat Mushrooms

Instructions

1. Preheat the oven to 230C, 450F, Gas mark 8. Using a sharp knife, score the steaks in a cross pattern at 1cm/½ inch intervals, cutting just less than halfway through depth. Preheat the grill to very hot.
2. Mix together the mustard and olive paste and spread over the meat and into the cuts.
3. Place the steaks, mustard side down, on a foil lined baking tray. Cook under the grill for about 3 minutes on one side only.
4. Put the mushrooms, flat side up, on the baking tray. Turn the steaks over and carefully place on top of the mushrooms. Bake in the oven for 10 minutes or until the mushrooms are cooked through. (For well done steaks cook for 4 to 5 minutes longer.) Serve immediately.

Bubble and Squeak 30mins

Serves 4

Ingredients:

25g/1oz Butter
1 Onion, chopped
450g/1lb Cooked Potatoes, mashed
225g/8oz Cooked Cabbage, chopped
4-6 sliced cooked Beef chopped

Salt and Pepper

Instructions

1. Melt the butter in a large frying pan, add the onion and sauté gently for 5-6 minutes until soft, stirring from time to time.
 2. Raise the heat to medium hot, add the potatoes, cabbage, beef, salt and pepper and continue to fry for 15 minutes, stirring from time to time, until browned and crispy. The crispy bits should be mixed throughout. Serve immediately.
- N.B. This is a classic British dish for using up leftovers.

Beef and Ale Pie

Cooking Time: 45 Minutes

Ingredients:

Serves 4

2 medium sized leeks finely chopped
12 button mushrooms
600g steak, roughly cubed
1/2 litre of Kentish Ale
1/4 litre of beef or vegetable stock
Squirt of vegetable or olive oil
Salt and pepper to taste
Small shaving of horseradish root or half teaspoon of horseradish sauce
Pastry to cover the pie

Cooking Instructions:

1. Warm the oil in a heavy bottom pan on a medium heat, gently add the steak and washed mushrooms and brown for about ten minutes. When the meat is brown add the leek, cook for a further five minutes then gradually introduce the stock and ale and add the horseradish, stir regularly. The mixture should not get to boiling point, we want the flavours to merge before the liquid reduces too much. Simmer for about 15 minutes.
2. When the meat has started to become tender and the liquid reduces by about half, pour the mixture into a pie dish, add the pie crust, brush the top of the crust with a little oil and decorate. Place the dish in a pre-heated oven at about 190c for about 45 minutes or until the crust is golden brown (no less than 30 minutes).
3. Remove from the oven and serve whilst piping hot with vegetables of choice. Works particularly well when supported by oysters as a starter.

Beef Curry In A Thai Sauce

Cooking time: 60 Minutes

Perhaps curry and traditional Kentish food don't normally fall in the same sentence but Asian food is now one of the most widely eaten and prepared cuisines in the county.

Not a recipe for the curry purist nor completely authentic but it will deliver an exceptionally tasty meal using many ingredients already contained within your own spice cupboard. I've used the sauce as a base for both lamb and chicken curry but in my opinion it works best with beef.

Traditional Thai curry would utilise Lemon Grass, Lime Leaves and Fish Sauce most of which you'll find in any good red or green Thai curry paste

Ingredients:

Serves 4

400g of steak cut roughly into 3cm cubes
4 medium sized potatoes peeled and cut into quarters
4 medium sized tomatoes sliced

1 medium sized leek finely chopped
4 cloves of garlic crushed
300 ml of coconut milk
100 ml of vegetable, beef or even fish stock
1 tsp of cumin
1 tsp of turmeric
1 tbsp of curry paste
2 birds eye hot chilies
2 fresh red chilies finely chopped
The seeds from four cardamom pods
Vegetable oil
Fresh chopped coriander

Cooking Instructions:

1. Place the cloves, seeds from the cardamom pods, and cumin into a hot heavy based pan and cook for a couple of minutes until you start to smell the aroma from the spices.
2. Reduce the heat then add a splash of oil, crushed garlic, the birds eye hot chilies, the chopped chilies, leek and the curry paste.
3. Blend together on a medium heat stirring continuously for five minutes then put to one side.
4. Place some oil in an oven proof pan over a medium heat, add the meat, brown on all sides then add the potatoes and tomatoes stirring all the time.
5. Introduce your mix of spices and chilies, stir to coat all of the meat and gently introduce your stock, and coconut milk.
6. Allow to simmer on the stove for 15 minutes without boiling, when you are happy with the flavour place on the top shelf of the oven for about half an hour at 180°C.
7. Remove from the oven, serve with rice and garnish with chopped coriander.

Coq Au Vin

Cooking Time: 40 Minutes

Ingredients:

Serves 4

4 skinless breasts of chicken
100g smoked bacon with the rind cut off
175g shallots or small onions
5 Tablespoons of olive oil
225g button mushrooms
1 tablespoon plain flour
Salt and pepper
1 clove of garlic
300ml pint red wine
1 bouquet garni

Cooking Instructions:

1. Remove the rind and gristle from the bacon then dice. Peel the shallots, wash and slice the mushrooms.
2. Heat the oil in a saucepan, cook the bacon, shallots and mushrooms for about 5 minutes until golden brown.
3. Remove from the saucepan with a slotted serving spoon, leave on the side in a dish.
4. Cut the chicken breasts in half length ways.
5. Put the flour and seasoning into a shallow dish, then add the chicken make sure to completely cover the chicken.
6. Add the chicken to the pan and cook for 5 minutes turning until golden brown, you will need a high heat, as you will just want to brown the chicken and not cook it completely.
7. Return bacon and shallots to the saucepan.

8. Peel and crush the garlic, stir into the saucepan with the wine and bouquet garni.
9. Cover and simmer for 20 minutes until tender.
10. Stir in the cooked mushrooms , simmer for a further 10 minutes. Remove the bouquet garni and serve.