

'Locked but Loaded'

A Fenstanton one-pot cookbook

Spring 2020



Front cover illustration of Ron's Farm Shop by kind permission of Linda Yates

Foreword

This is a short compilation of recipes to pay tribute to the management and staff of the Fenstanton Village community shops and services that have kept us 'loaded' through the Coronavirus lockdown from March to May 2020, and who knows for how much longer.

On behalf of the village, thank you for your commitment and dedication and for supporting us during this time:

- ◇ **Ron's Farm Shop**
- ◇ **Ash's Convenience Store**
- ◇ **Fenstanton Family Butchers**
- ◇ **Barkers Bakery**
- ◇ **Fenstanton Pharmacy**
- ◇ **Fenstanton Post Office**
- ◇ **Geoff and all our village posties**

Mark and Elaine Withers



Ash's Convenience Store



Fenstanton Post Office



Fenstanton Pharmacy

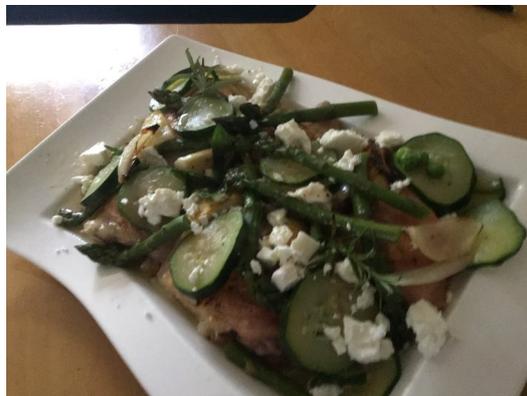
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Early Summer Roast Chicken (Ann Bruce)

Ingredients

8 chicken thighs, on the bone and skin left on
2 tbsp olive oil
1 lemon zested and cut into wedges
4 shallots thickly sliced
4 rosemary sprigs
2 courgettes thickly sliced
Small bunch of asparagus
100gm frozen peas
100gm feta cheese
Salt and pepper



Serves 4-8 depending on size of chicken thighs

Method

Heat oven to 200C /Gas Mark 6

- 1) Put chicken thighs in a large shallow roasting tin, season and toss with the olive oil, lemon zest and wedges, shallots and rosemary.
- 2) Arrange the chicken skin side up and roast for 40 mins until skin is crisp and golden
- 3) Meanwhile bring large pan of water to the boil and cook the asparagus for 3 mins, adding the courgettes and peas for another minute
- 4) Drain the vegetables and toss in with the chicken, coating well with the cooking juices
- 5) Crumble over the Feta cheese and serve

Good with Ron's new potatoes!

Notes

This is a recipe my lovely daughter-in-law introduced me to, it is very simple and can be cooked and prepared in an hour. It is delicious and looks so fresh and summery with all the vegetables.

I have called it Early Summer as the first weeks of Lockdown have been in such wonderful summer weather which has made life so much easier.

All the ingredients have been bought from all our Fenstanton shops: Chicken thighs from the butcher; courgettes, asparagus, lemon and shallots from Ron's Farm Shop and frozen peas and feta cheese from Ash's. Rosemary from my garden.

Stay Away Cape Malay Chicken Curry (Noelene Harding)

Ingredients

2 teaspoons curry powder
2 tsp masala powder
2 tsp tumeric
2 tsp coriander
3 tsp cumin
2 bay leaves
chillies to taste
2 onions
2-3 cloves garlic
1 cinnamon stick
6 potatoes
500g chicken thighs



A mild curry. Absolutely delicious. Cape Malay chicken curry from Cape Town (my home town). Malay = an ethnic group of muslims who were traded as slaves from Indonesia back in the day when South Africa was colonised by Britain.

Method

- 1) Braize the onions in oil (generous amount) with the finely chopped garlic and a cinnamon stick.
- 2) Add chillies to taste. Braize on a low heat.
- 3) Add 500g chicken thighs and cook through until meat is no longer pink (about 10 min) then add 300 ml water to the mixture and add circa 6 potatoes cut into squares or slightly smaller. Make sure the water covers the potatoes. Keep covered for a bit so that the potatoes soften.
- 4) Add more water and curry powder if you need and keep stirring.
- 5) When the potatoes are very soft - about 30 min (but not falling apart) and when the powder turns into a soft gravy, let the water evaporate and keep stirring the bottom of the pot.
- 6) Add frozen peas for 5 min at the very end.

Enjoy with rice and some salad on the side.

Moroccan Chicken Stake-Out Bake (Nikki Stock)

Ingredients

400g butternut squash, cut into 3cm cubes
2 tbsp olive oil, plus extra for drizzling
140g red onion, cut into wedges
8 free range chicken thighs
2 tsp ras el hanout spice
1 lemon
2 stp clear honey
300g cauliflower, cut into bitesized florets
2 tbsp chopped coriander leaves, to serve



Prep time 15 mins, cooking time 60 mins

Serves 4

Method

- 1) Preheat the oven to 200C/gas mark 6. Place squash in a large roasting tin, drizzle with a little oil, season and roast for 10 minutes. Tuck the red onion and chicken thighs among the squash.
- 2) Mix the ras el hanout, juice of half a lemon, 2 tbsp oil and honey together with seasoning in a small jug and drizzle over everything in the tin. Tuck the remaining lemon half into the tin.
- 3) Roast in the oven for 30 minutes. Add the cauliflower, drizzle with a little more oil and roast for another 15 minute, or until the chicken skin is golden and the juices run clear when a skewer is instead into the thickest part of the thigh, and the cauliflower is tender.
- 4) Divide the chicken and vegetables among 4 plates. Squeeze the roasted lemon over the top and scatter with coriander to serve.

If you've got squash left over, cut it up and freeze. You can use it to make soup another day.

This is a Waitrose recipe.

Socially Distanced Meatballs (Steve Hutson)

Ingredients

Meatballs

500g minced beef
2 medium eggs
Handful dried breadcrumbs
Pinch mixed herbs
2 garlic cloves
Salt & pepper

Sauce

Tbsp coconut oil
1 red onion, finely chopped
2 tbsp red wine
400g tinned chopped tomatoes
1 tbsp sugar
100 frozen peas
Handful (or 2) spinach leaves
Basil leaves to serve
400g rigatoni (dried) or similar



Serves 4

Method

- 1) Meatballs: Mix all ingredients together and then roll into equal sized meatballs (this quantity makes about 8 good sized ones or 10-12 small ones)
- 2) Sauce: Put oil and onions in large frying pan over a medium heat and fry for 1 minute then add the meatballs and fry for about 2 minutes until the meatballs are all evenly browned.
- 3) Pour in the wine, chopped tomatoes, 150ml of water and the sugar.
- 4) Cover and simmer for 5 minutes
- 5) Cook pasta as per instructions, but 2 minutes before ready, drop in the frozen peas. Bring back to the boil and then drain.
- 6) Check the meatballs are cooked (cut into one to check there are no pink bits). Add the spinach and stir through.
- 7) Pour pasta and peas into the meatball sauce and mix together.
- 8) Serve with basil leaves, ensuring meatballs are socially distanced!

Lockdown Tatie Pot (Kim Yeomans)

Ingredients

500g lean lamb or mutton shoulder, cubed
2 teaspoons oil
2 medium onions, peeled and coarsely chopped
3 medium carrots, peeled and chopped
1 small swede, or turnip, peeled and chopped
200g black pudding, skinned and thickly sliced
1 tablespoon plain flour
600ml good, hot lamb or beef stock
2 fresh bay leaves (optional)
Small handful freshly chopped mint (optional)
450g potatoes, skin on and thinly sliced



I encountered this dish whilst living as a single in Cumbria. I lived alone with my sheep dog Ben on the Cumbrian coast, all there was to do was work, play rugby, drink and eat! So an ideal choice for Lockdown.. The rugby club in Aspatria held an annual "Tatie Pot Supper" at which the "Tatie Pot" was served before speeches and awards. I coaxed the recipe from the chefs

Method

- 1) Fry the onion for a few minutes until just soft, set aside.
- 2) Coat the meat in flour and brown in the onion pan for a few minutes, set aside.
- 3) Put the onion carrots and or swede in the cooking pot, stir together, layer the black pudding and lamb on top
- 4) Prepare the stock and add to the dish to cover ingredients (optional thickening can be added at this stage by adding flour and water mixture to the stock cold.)
- 5) Season well! Salt to taste, but a characteristic of this dish is to add ground pepper probably more than you normally would!
- 6) Add herbs if desired
- 7) Layer the sliced potatoes on top to cover the whole dish.
- 8) Put in preheated oven for minimum 1 and a1/2 hours at 350F 180C gas mark4. (I tend to leave longer after this, depending on the cut of meat)
- 9) When cooked, remove cover and cook for a further 15 - 20 mins until the potatoes are browned.

Adjust the quantities depending on how many you're cooking for.

Quarantine Keema (Hooch Garrood)

Ingredients

Small splash of oil
1 onion
2 garlic cloves
1 thumb-sized piece of root ginger
500g mince beef
2 teaspoons curry powder
400g tin of chopped tomatoes
1 beef stock cube, dissolved in water
Salt to taste
100g frozen peas
2 small fresh tomatoes
Fresh herbs or greens to garnish (optional)



Serves 4

Inspired by this recipe

<https://www.jamandclottedcream.co.uk/2016/03/one-pot-beef-keema.html>

Method

- 1) Chop the onions, crush the garlic and peel and grate the ginger.
- 2) Heat a splash of oil in a pan, and gently fry the onion, garlic and ginger until softened.
- 3) Add the minced beef, stirring occasionally until browned and slightly catching (this adds flavour).
- 4) Stir in the curry powder (it's about this time that people will appear in the kitchen to ask what's for dinner because it smells gorgeous).
- 5) Add in the tinned tomatoes plus that tin half-filled with hot water to dissolve the stock cube.
- 6) Turn the heat down, put a lid on the pan and let it simmer for 15 minutes.
- 7) Add the frozen peas and quartered tomatoes and continue simmering till heated through.
- 8) Sprinkle with garnish if using, and enjoy with rice or naan bread.

Notes

I chose this recipe because it's quick and easy, very tasty, and all of the ingredients are available in the village.

In the Coop Peri Peri Chicken Pasta (Kira Collins)

Ingredients

Wholewheat Pasta (amount as required)
Spinach
Cherry tomatoes
Nando's peri peri sauce (I usually use medium garlic but it's up to you and your heat tolerance which one you choose!)
Double cream 250ml
Plain cooked chicken breast



Method

- 1) Put the pasta on the hob to cook
- 2) Whilst cooking pasta mix 250ml double cream and one tablespoon of chosen Nando's peri peri sauce into a cup and chop the cherry tomatoes into halves
- 3) Drain pasta
- 4) Pour sauce over the drained pasta
- 5) Put the halved cherry tomatoes and spinach as well as the cooked chicken breast into pan and warm through on the hob
- 6) Add to pasta, stir through and serve
- 7) Salt & pepper to taste!

Notes

Adjust the quantities depending on how many you're cooking for.

Dad's Special (Mike Francis)

For the busy dad who's been detailed to cook tea for 2+ children

Ingredients

Dried penne pasta (handful per child)

Frozen sweetcorn and peas

Sliced ham

Grated cheese



Method

- 1) Cook pasta according to packet instructions (usually 11-12 mins)
- 2) Boil peas and sweetcorn
- 3) Roughly tear ham into pieces (omit for veggies)
- 4) Serve to adoring children
- 5) Sprinkle grated cheese over the top with a flourish

Outcome

Healthy meal, bright colours, happy people as no-one detained too long from what they want to do. Kids return in minutes to a screen, Dad gets back to the sport and duties fulfilled. Boom!

Spicy Veg-at-Home Pasta! (John Jackson)

Ingredients

100g – 150g pasta of your choice, depending on appetite
1 tbsp olive oil
1 onion finely chopped
2 cloves garlic crushed
1 fresh chilli chopped OR 1 tsp chilli flakes
1 red pepper, diced
1 medium courgette, diced
1 tin tomatoes



Serves 2

Method

- 1) Cook pasta according to packet instructions.
- 2) Heat oil over medium heat and add onion, garlic and chilli. Fry for 5 minutes stirring occasionally.
- 3) Add pepper and courgettes and fry for 10 minutes, reducing heat to low after 5 minutes.
- 4) Add tomatoes. Let mixture bubble for 5 minutes.
- 5) Check seasoning – if not hot enough, add a dash of chilli powder.
- 6) Drain pasta, mix with veg and serve.

Notes

This is a very adaptable recipe. Increase or decrease chilli to taste. Chilli powder can be used as a substitute but add with tomatoes. If no red pepper, substitute with a pepper of another colour!

Adaptation of a Waitrose recipe

Not Bean Anywhere Pasta Fagioli (Chris Burns)

Ingredients

Good dash of extra virgin oil.
1 medium onion diced
2 cloves of garlic chopped
Good pinch of dried chilli flakes
5/600g of diced vegetables such as celery/
leek/carrot/sweet potato. Use whatever you
have.
2 teaspoons of dried herbs.
1ltr of vegetable or chicken stock. Fresh is
best but if using stock cubes then you may
have to cut down on seasoning later.
80-100g of dried pasta. So many types to
choose from so any or a mix will do.
1 x 400g tin of cannelloni/haricot beans but
chickpea will do.
50g Grated Parmesan.
Seasonings.



Serves 4-6

Method

Open a bottle of red wine - you don't need it for the dish but cooking with a glass is fun!

- 1) Heat a decent splash of oil in a deep pan -medium heat- and add onion, garlic and chilli flakes. Cook for 3-4 minutes until softened.
- 2) Add mixed vegetables, herbs & seasoning (not required if using stock cubes). Cook for a further 3-4 minutes.
- 3) Cover pan and leave to cook for 5-10 minutes. Make sure heat is not on high.
- 4) Add stock and beans, bring to a boil then low to medium heat, put the lid on the pan and let it simmer for about 20 minutes. If it starts to thicken too much then add more stock or a cup of water.
- 5) To serve, ladle into bowls, garnish as required and serve accompanied by a bowl of Parmesan cheese.

Notes

Have a small bowl of chilli flakes to hand for added spice and accompany the dish with home made garlic bread. Drizzle a bit of extra virgin oil on top.

Zesty Salmon & Parsley Rainbow Risotto (Shaun Kearley)

Ingredients

1.5 litres hot vegetable stock
265g pack 2 Scottish salmon fillets
1 tbsp olive oil
2 onions finely grated
300g to 400g sweetcorn
1 cup of garden peas
1/2 Romano pepper chopped
350g Risotto rice
1 clove garlic finely chopped
25g pack flat leaf parsley leaves and stalks chopped
Grated lemon zest and juice
Knob of English salted butter
2 tbsp grated Parmigiano Reggiano plus extra to serve
Preparation 10 mins, cooking 35 mins



Rainbow Risotto



Red (pepper) and yellow (sweetcorn) and pink (salmon) and green (parsley)

....chases away the blues and reaches the parts that other risottos can only dream of....heaven on a plate!

Serves 4

Method

- 1) Pour the stock into a wide saucepan and add the salmon fillets. Simmer gently for 8-10 minutes until cooked through, then lift out the fish and transfer to a plate reserving the stock in the pan.
- 2) Heat the oil in a separate large saucepan and cook the onion and chopped Romano pepper for 5 minutes until softened. Stir in the rice and garlic and cook for 1 minute. Ladle in a third of the reserved stock, sweetcorn and peas stirring until it absorbs the liquid. Continue to cook and add the remaining stock stirring regularly until the stock has been absorbed and the rice is tender - this should take 20 minutes.
- 3) Remove from the heat and stir in the parsley leaves and stalks, the lemon zest and juice, butter and cheese. Break the salmon into large flakes and carefully fold through the risotto. Serve with extra cheese and a good grinding of black pepper.

This is adapted from a Waitrose recipe.

Holed Up Hash (Mark Withers)

Ingredients

200 g Rice
400 g Minced Beef
4 Bacon Rashers
1/2 Red Pepper
1/2 Yellow Pepper
1/2 Green Pepper
1 Onion
1 Carrot
6 Mushrooms
1 bunch spring onions
1 Beef Stock Pot
200 ml Boiling Water
2 or 4 tsp Cajun Seasoning
1- 2 dashes Worcestershire Sauce
Low Calorie Cooking Spray
1 Chicken Stock Cube
Splash of Sriracha Sauce (optional)



Serves 4

This dish is quick and quite easy. Great for leftovers and batch cooking. Lots of variations. Pairs particularly well with cold beer and Springsteen!

Method

- 1) Cook the rice according to the packet instructions and add a chicken stock cube to the water before cooking. Set the rice aside once cooked.
- 2) Spray a frying pan with Low Calorie Cooking Spray, then cook the mince, onions and bacon until brown
- 3) Add the cajun seasoning and Worcestershire sauce and stir
- 4) Prepare the beef stock by adding the beef stock pot to 200ml of boiling water
- 5) Add the carrots, mushrooms, peppers and beef stock. Cook until the peppers start to soften
- 6) Add the cooked rice and spring onion and stir until all the rice is coated
- 7) Taste and add some more Cajun seasoning if it's not spicy enough
- 8) For a little extra spice add some Sriracha Sauce but sparingly!!

From a Pinch of Nom

(P)PaElla Valenciana (Monty Francis)

Ingredients

400g 'bomba' or paella rice
1kg chicken (leg, thigh and breast meat)
500g rabbit meat
200g green beans
100g butter beans
100g chopped tomatoes
6tbsp olive oil
A few saffron threads
Paprika
A sprig of rosemary
Salt
Water
Lemon wedges



Serves 4

This is a recipe for traditional paella, which was first invented in Valencia. It was thought up by poor, working class families, who used the ingredients they could get their hands on (this sometimes included snails alongside the chicken and rabbit). I have been living in Valencia since September, so I thought it would be nice to provide a traditional recipe from my adopted city. ¡Buen provecho!

Method

- 1) Heat the oil in your paella dish (or a large sauce pan) over a medium-high heat. Add the meat and fry it until it has a golden colour.
- 2) Add the green beans, butter beans and tomato. Briefly fry them and continue to stir constantly.
- 3) Add a few pinches of paprika, then fill the pan with water up to the line of the handles. Add the rosemary, saffron and salt.
- 4) Cook for 5 minutes on a high heat, then reduce the flame to medium and let it simmer for a further 20 or 30 minutes.
- 5) Turn the heat back up to high and add the rice. Salt to taste.
- 6) Cook for 10 minutes, then reduce the heat and cook until the rice is ready, approx. another 10 minutes.
- 7) Garnish with lemon wedges to serve.

Notes

Source: 'LaFallera'

Lentil and Back-off Soup (Joan Withers)

Ingredients

8oz dried green lentils
6 rashers smoked bacon, cut into strips
Low calorie cooking spray
4 carrots (chopped)
3 celery sticks (chopped)
2 onions (chopped)
400g chopped tinned tomatoes
2 cloves garlic, finely chopped
2 vegetable stock cubes dissolved in 1 litre water
Salt & freshly ground black pepper
Chilli flakes (optional)



Method

- 1) Fry the bacon in a hot frying pan and set aside
- 2) In the same pan, spray some low calorie cooking spray then fry the chopped onions, carrots and celery until beginning to brown at the edges
- 3) Add the bacon back into the pan.
- 4) Add the tomatoes, garlic, lentils and pour in the vegetable stock.
- 5) When boiling, reduce the heat to a simmer for 30 minutes and put a lid on the pan until the soup has thickened.
- 6) Add salt and pepper to taste.

This is tasty, cheap and very filling. More or a stew than a soup!

Ratatouille (Jane Francis)

Ingredients

2 aubergines
3 courgettes
2 onions
2 peppers
4 large tomatoes (or a tin of whole plum tomatoes drained)
2 cloves of garlic crushed
4 tablespoons olive oil
chopped fresh basil
Salt & freshly ground black pepper



Serves 4-6

Method

- 1) Fry onions and garlic in the olive oil in a large pan (I use a large Le Creuset) for 10 minutes,
- 2) Add the chopped peppers.
- 3) Next add the aubergines, courgettes, basil and a seasoning of salt and pepper.
- 4) Stir once really well then simmer very gently (covered) for 30 minutes.
- 5) After that add the tomato flesh roughly chopped, check the seasoning and cook for a further 15 minutes with the lid off.

If you can make ahead it allows the flavours to develop. I use lots of garlic and basil.

This is Delia Smith's recipe.

Impossible pie (Teresa Dellar)

Ingredients

4 medium eggs
2oz 50g margarine
6oz caster sugar
3oz plain flour
¼ teaspoon salt
½ teaspoon baking powder
¾ pint milk
4oz desiccated coconut
1 teaspoon vanilla essence



Serves 4-6

Grease an 8-inch pie dish

Set oven to 350F, 180C, 160C fan, Gas mark 4

Method

Put all ingredients into blender and mix 'til smooth.
Pour into prepared dish, bake for approximately one hour
A knife inserted into the centre will be clean when the pie is cooked.

Notes

This is so easy to make—you don't believe it will make a pie but it does.
When cooked you have a crust at the bottom, custard filling and coconut topping.

Chocolate Stir Crazy (Teresa Dellar)

Ingredients

225g margarine
225g self-raising flour
225g granulated sugar
150g porridge oats
2 heaped tablespoons cocoa powder



Method

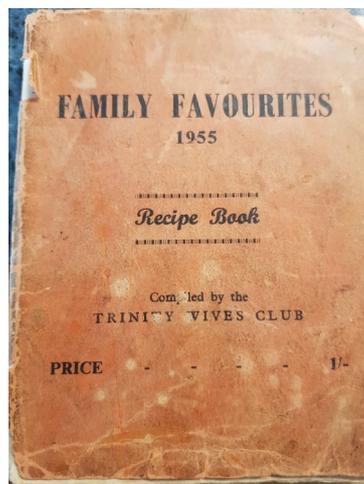
- 1) Melt the margarine gently in a large pan and stir in the cocoa powder.
- 2) Add flour, sugar and porridge oats and mix thoroughly.
- 3) Spread into two swiss roll tins and bake for 15 minutes (350F/180C/fan 170C/gas mark 4. If baked for longer it becomes hard and loses its fudgy consistency.
- 4) When cool, cut into slices.

A luxury touch may be added by spreading melted chocolate over the top.

Mrs. Pepper's Coconut Cheese Cakes (Jean Ding)

Ingredients

225g shortcrust pastry
60g margarine
60g sugar
60g desiccated coconut
30g ground rice
1 small egg, beaten
Jam



This was first published in a Family Favourites 1955 Biggleswade Trinity Wives Club book (priced 1 shilling) pictured above. Mrs. A Pepper was my mother!

Method

Cover small cake tins with pastry and place a little jam in each.

Cream margarine and sugar, add beaten egg and fold in the coconut and ground rice.

Place a little mixture in each tin and decorate with crossed strips of pastry.

No baking instructions are given but we'd guess a moderate oven until the pastry is golden brown!