

Honey Roasted Butternut Squash Soup



Takes - 65mins

Serves - 4

25g butter

450g butternut squash, peeled and diced

½ onion, roughly chopped

1 carrot, diced

1 garlic clove, crushed

2 teaspoon freshly chopped thyme

Salt and black pepper

1 tbsp honey

1L fresh chicken stock

250ml Thatchers Green Goblin Cider

A little double cream

Preheat the oven to 200C, 400F, Gas Mark 6, placing a shallow baking tin containing the butter in the oven to melt, add the parsnips, carrots, onion and garlic to the melted butter in the baking tin, toss to coat and roast for about 20 minutes or until golden brown. Then add the thyme, salt and pepper, mix well and then drizzle the honey over the top and continue to cook for a further 10 minutes until the vegetables have caramelised.

Transfer all the roasted vegetables to a large saucepan together with the stock, bring to the boil over a medium heat, mixing well, then reduce the heat and simmer for 10 minutes. Finally add the cider to the pan, mix well then transfer the soup into a blender or food processor and process until smooth.

Strain back into the rinsed out pan through a fine sieve, bring back to simmering point.

Transfer to soup bowls and swirl a little cream into each bowl. Serve hot with crusty bread.

Wild Sea Bass with Cidered Mushrooms

Takes - 30mins

Serves - 4

450g Wild Sea Bass fillet

Salt and pepper

1 tomato, skinned and sliced

50g wild mushrooms, chopped

250ml Thatchers Gold Cider

50g butter

25g plain flour

Mashed potatoes

50g Cheddar cheese, grated

Sliced tomato and freshly chopped parsley to garnish

Preheat oven to 190C, 375F, Gas mark 5.

Cut the Sea Bass into small pieces and put it into an ovenproof dish, with a sprinkling of salt and pepper, the tomato and the mushrooms. Almost cover the fish with cider and dot the top with half the butter.

Cover with a piece of greaseproof paper and bake in the centre of the oven for about 20 minutes. Strain off the liquor and use it to make a sauce as follows.

Melt the remaining butter in a pan and add the flour. Cook, stirring for 1-2 minutes then add the strained liquor little by little stirring all the time. Bring to the boil and season to taste.

Pour over the fish. Pipe creamed potatoes around the edge of the dish and sprinkle the fish with grated cheese. Garnish with slices of tomato and return to the oven for 10-15 minutes to brown. Decorate with parsley before serving.

Caramelised Apples with Lancashire Cheese

Takes - 25 minutes

Serves - 4

100 grams butter

4 large dessert apples

A little ground cinnamon

1 tablespoon Demerara sugar

200 grams Lancashire cheese

100 grams fromage frais

1 Pack ready rolled puff pastry

Preheat oven to 200c/gas 6

Place the pastry on a work surface and use the rim of the pan to cut the pastry to the right size, then make a slight cut $\frac{1}{2}$ inch in all round the edge of the pastry, then cover pastry with damp tea towel.

In a heavy frying pan melt the butter until foaming then fry the apples until they are coloured but still firm and holding their shape. Sprinkle the spice and sugar over and stir in. Remove apples from pan and reduce sauce.

In a bowl crumble the Lancashire cheese and mix in the fromage frais. Place the pastry on a metal baking tray and spread the cheese mixture on top of the pastry inside the line and then top with the apples and syrup.

Place in the oven for 15 minutes until the outside has risen and turned brown.

Serve warm with cream or ice cream.