

STROUD'S SHAMBLES MARKET RECIPE BOOK



Feeding the local community
www.shamblesmarketstroud.co.uk

Produced as part of Stroud's Food & Drink Festival

Friday September 4th - Sunday September 20th 2009

www.stroudfestivalfortnight.com



Welcome

The Shambles is a traditional name for a Meat Market, which is why you often find an area called The Shambles in most market towns. Stroud's is situated in one of the oldest parts of the town, off the main High Street, leading into St Laurence Church. Flanked by The Church Hall where the Indoor Market is held and The Old Town Hall, built in the late 1590s.

The arches under the Town Hall were made to house the market stalls, and although changed a great deal are still used as storage for the market. Unfortunately hidden on Market Days by the fruit & veg stall, the Shambles still has some original butchers' tables hanging on the wall, they were originally further down into the Shambles but were moved to preserve them. John Wesley also preached from the butcher's blocks on 26th June 1742.

Today the stall holders are proud to continue the tradition of bringing fresh produce to the inhabitants of Stroud, and continuing the regular market every Wednesday, Friday and Saturday that makes Stroud a working Market Town. The stalls have changed a lot from their origins but the atmosphere and feeling of a Market still remains the same.

We hope you will enjoy the recipes in this little book, and look forward to seeing you, and serving you with some of the ingredients necessary to enjoy them. We also hope that you will try out some of the other local establishments that have contributed recipes for this book. Stroud has a wealth of cafes and restaurants that well deserve your patronage, Be adventurous and try out some of the Special Events they are holding. Above all, we hope you will enjoy, to the full, Stroud's Food Festival for 2009, and we look forward to seeing you regularly in The Shambles Market.

From all the Shambles Market stall holders



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Eleon Fine Foods

Award winning extra virgin olive oil, honey and a selection of olives marinated with fresh herbs, Organic balsamic vinegar and olive oil soaps. In the Shambles Market every Saturday.

Telephone orders: Jac Stamatopoulos 07890008098

Email: jac.eleonfinefoods@hotmail.co.uk

Moussaka

The popularity of "Moussaka" has deservedly spread. It is a delicious combination of meat, vegetables and a thick, rich sauce. It's the most traditional Greek dish and also absolutely delicious!

INGREDIENTS

700 gr. (1 ½ lb.) shoulder of lamb(boneless weight)

700 gr. (1 ½ lb.) aubergines

175 gr. (6 oz.) onions

225 gr. (½ lb.) tomatoes

150ml (1/4 pt) Olive Oil

5 ml. (1 teaspoon) ground allspice

15 ml. (1 tablespoon) chopped parsley

425ml (3/4 pt) Bechamel Sauce

Salt & freshly ground black pepper

Coating

1 large egg

large pinch grated nutmeg

75 gr. (3 oz.) Cheddar cheese

METHOD:

Wipe, top and tail, but do not peel the aubergines. Cut them into slices about 6 mm thick. Put into a colander with a light sprinkling of salt between the layers and leave to drain for half an hour.

Peel and slice the onions. Peel, de-seed and chop the tomatoes.

When ready to cook, pat the aubergine slices dry with paper. Heat 45 ml. (3 tbsp.) of oil in a frying pan over a low heat and, when hot, fry the aubergine slices gently until tender, in batches, turning once. Lift out and drain on absorbent paper. Add extra oil between batches as necessary.

When all are fried, make the oil in the pan up to 30 ml. again. When this is hot, fry the onions gently for about 5 minutes, until soft and pale gold. Add the meat and fry.

Add the tomatoes, allspice, parsley and salt and pepper to taste. Stir well, cover and cook very gently for 25 to 20 minutes.

Heat oven to 180-C. (350 F.), gas mark 4. In a deep, ovenproof dish, arrange alternate layers of aubergines and meat, finishing with aubergines.

Warm the sauce over a low heat. Separate the egg and, off the heat, stir the yolk, nutmeg and salt and pepper to taste, into the sauce. Reserve the egg white for use in another dish.

Pour the sauce evenly over the surface of the dish. Grate the cheese over the sauce. Bake in the oven for 45 minutes until the topping is golden and bubbling.



Sweeties Original Sweet Stall

Come in and try Erika's home made Fudge, Turkish Delight and Marshmallows. In the Indoor Market every Friday & Saturday. **Contact:** Erika Tyror-Taylor on 01453 - 827690 or email: erikatyortaylor@hotmail.co.uk

Croquet Monsieur

Ingredients:

- 2 slices of bread.
- Butter or Margarine
- Slice of ham
- Grated cheese.

Method:

- Butter the bread
- Turn one slice of bread over so the butter is underneath.
- Sprinkle on some grated cheese.
- Place on a slice of ham.
- Sprinkle on some more grated cheese.
- Place on the other slice of bread with the butter side on top.
- Heat a non stick frying pan.
- Place in the sandwich and fry on one side until golden brown.
- Turn over and repeat on the other side.
- Cut into triangles.

Cauliflower Cheese.

This cheese sauce can be used over cooked pasta or left over vegetables. It is very nice with gammon and disguises other vegetables.

Ingredients: (Serves 2)

Cauliflower Florets cooked.

½ pint milk.

2 tablespoon Cornflour.

4oz strong Cheddar grated.

Pinch Mustard powder.

Salt and Pepper.

Extra Grated cheese.

Method:

Place the cauliflower florets in an oven-proof dish.

Mix the cornflour with a little of the milk to make a smooth paste.

Bring the rest of the milk to the boil.

Add the cornflour mixture stirring all the time.

Bring back to boil and stir until thickened.

Pull off the heat.

Add the grated cheese and stir in until melted.

Add the mustard, salt and pepper to taste.

Pour the cheese sauce over the cauliflower to coat.

Sprinkle on the extra grated cheese.

Bake in the oven for 20 minutes or until brown and bubbly.



P & S Fruit & Veg

Stall in the Shambles every Wednesday, Friday & Saturday.

P & S also have a shop at 13A High Street, Stonehouse, which is open every Mon - Sat 9.00am - 5.00pm. Tel: 01453 - 826522.

Email: p&sfruitandveg@tiscali.co.uk

Compiled by Ian Tyror-Taylor

Butternut Squash & Roasted Red Pepper Soup

Ingredients: (Serves 4)

1 Butternut Squash

2 Red Peppers

1 Onion - Chopped

Vecon stock paste or Vegetable Stock

Olive Oil

2 Pints of water

Oven 180 C Gas Mark 4 350 F

Method:

Cut the butternut squash in half lengthways. Scoop out seeds.

Cut peppers in half take out seeds. Put squash and peppers in an oven proof dish and bake for 30 mins or until tender.

Meanwhile sweat onion in a little olive oil. Scoop out the flesh of the peppers and squash (discard peel) and add to the onions.

Cover with water, add Vecon, bring to boil and simmer for 30 mins. Season to taste. Blitz until smooth, thinning with more veg stock as necessary.

TASTE

50 High Street, Stroud.
Tel: 01453 - 752319

A brand new family-managed dining experience, right in the heart of Stroud. Open for breakfast, lunches, excellent coffee and sweet treats.: Monday - Saturday: 8.30am - 4pm.

And from Saturday 5th September we will be open every Thursday, Friday & Saturday evening from 7pm - 11pm.



Come and meet Martyn and the team and experience TASTE for yourself. To give you an insight into the TASTE menu here is one of Martyn's favourite recipes.

Minestrone Soup

Ingredients:

3 carrots	2tsp olive oil
1 Onion	400g fine chopped tomatoes
4 sticks of celery	400g tin Camellini Beans
2 large potatoes	2pts vegetable stock
2 Cloves Garlic	250g Spaghetti (Broken into small pieces)
2 tsp Tomato Puree	Salt & Pepper to taste.

Method

Roughly chop the carrots, onion & celery - whiz in the food processor for a few seconds until it is in smaller pieces. Dice potatoes into small pieces, and crush garlic.

Heat oil in a large heavy based saucepan, fry off carrots, onion & celery for 2 minutes. Next add potato & garlic & fry for a further 5 mins.

Now squeeze in the tomato puree and add the tomatoes and vegetable stock. Bring to boil and then simmer for 10 mins. Now add the beans and spaghetti and simmer for a further 10 mins. Add salt and pepper to taste. Enjoy with some crusty fresh bread.

See also Special Festival Events on the back page of the booklet.



Mevalco

Fine foods from Spain

The Shambles Market every
Saturday.

Tel: 01452 - 741984

Email:

mevalco.uk@mevalco.com

Lentils with chorizo broth.

Ingredients: (Serves 4)

500g of pardina lentils

3 table spoon of olive oil.

200g of chorizo parrillero chopped in bite pieces

2 carrots

1 bay leaf

100g of pancetta chopped in bite pieces

1 large onion finely chopped

Salt and pepper

1 large green pepper finely chopped

4 garlic cloves & fresh parsley

Method:

This recipe allows for multiple variations. You can add everything to the same pot, cover with water and then cook for $\frac{3}{4}$ of an hour. Alternatively fry all the vegetables and the chorizo, then add water and when it is boiling add the lentils. If you use a pressure cooker it will be ready in 15 minutes.

Tips: Probably every Spanish household has a different recipe. Our favourite variations include adding rice (round rice, add 3 times the amount of rice of water); adding potato in small wedges; adding spinach towards the end of the cooking; or roasting a head of unpeeled garlic and then serving it with the lentils.

Other recipes for chorizo: flash fry it for 30 seconds and use as a tapa; with beans and morcilla (black pudding); with chickpeas (it makes a delicious soup!); with greens and pancetta; with potatoes and cabbage...

Rice with pork, chorizo and spinach

Ingredients: (Serves 4)

7 tablespoons olive oil
250g of paella rice
350g pork fillet, cut in strips
900 ml hot chicken stock
250 g of chorizo Palacios cut into little pieces.
2 large onions finely chopped
500g spinach washed and drained.
1 large pepper finely chopped
1 lemon in wedges
4 garlic cloves finely chopped
1 teaspoon sweet smoked paprika (optional).

Method:

In a 30-40 cms frying pan, heat the olive oil over a high heat and stir-fry the pork fillet strips for a few seconds, so it is still a little under cooked. Remove from the pan and put to one side.

Turn down the heat to low to medium temperature and fry the chorizo for a minute. Add the onion and green pepper and cook for 20 minutes, stirring occasionally. Add the garlic and cook for a further 5 minutes.

When the mixture is soft, stir the rice into the pan for a minute. (Up to this point everything can be cooked in advance. The next stage requires about 20 minutes more cooking time).

Season with salt and pepper, and add the paprika, followed by the hot stock, and simmer for 15 minutes or until there is just a thin layer of liquid around the rice.

Meanwhile in a large saucepan or wok, briefly wilt the spinach with a little salt, either by braising or steaming, and put to one side with the pork fillet.. evenly scatter the pork over the rice followed by the spinach. With the back of a spoon gently push the pork and spinach partially into the oily liquid that remains at the bottom of the pan. Cover the paella tightly with foil and let it sit for 3 - 5 minutes. Serve with lemon and fresh salad.

Other suggestions for chorizo oreado: Just cut the chorizo in slices and fry for 30 seconds and serve on its own with bread as starter; or fry for 30 seconds and add onions, peppers and tomato to go with pasta. Fry and add to fried eggs, use it with scallops, mussels, haddock, hake, delicious with chicken ...



Woodruff's Organic Café

24 The High Street, Stroud. Tel: 01453 759 195

woodruffscafe@yahoo.co.uk

Hours Monday - Saturday 8:30 to 5:00

Britain's First Organic Café. Chef Erin Wheeler

Strawberry Rhubarb Pie

Ingredients:

Shortcrust Pastry

225 g plain flour

30 g sugar

1/4 tsp salt

110 g butter

2-4 tbsp water

Method:

Cut the butter into cubes and distribute them evenly over the flour. Rub the butter lightly into the flour with your fingertips. Lifting the mixture while rubbing to keep it cool and as airy as possible. Continue until the mixture resembles fine breadcrumbs. Add the sugar to the dry ingredients and mix in well.

Make a well in the centre of the flour and stir in the water (only add 2 tbsp first, then more if needed) with a knife to produce soft dough. Add more water if necessary, but you do not want a sticky dough, you want a smooth dough.

Turn the dough onto a floured board and knead lightly until smooth. Roll out and use as required or place in freezer bag or cling film and freeze until required. If it will be more than a few minutes until you are ready to use, place, covered, in the fridge.

150 g strawberries, hulled and halved
300 g rhubarb, slice into 1/2 inch pieces
1 tbsp balsamic vinegar
200 g sugar
50 g flour
1 tbsp butter

Preheat the oven to 200C degrees. Mix the strawberries and rhubarb with the balsamic vinegar, sugar and flour in a large bowl. On a lightly floured surface, using a rolling pin, roll out half of the pie dough to a 1/8-inch thickness. Fold it into quarters, set it in a 9-inch pie plate, and then unfold.

Alternatively, you can roll crust around rolling pin and then unroll into pie plate, which ever you feel more comfortable with. Allow the edges to over hang. Add the filling and dot with butter.

Roll out the other half of dough and place over the top. Fold the bottom crust over the top and crimp together with fingers for a rustic look use a crimping pastry cutter for a more formal look.

Make four slits in the middle of the pie to let air escape. Egg wash if you like, or sprinkle a bit of sugar over the pastry. Bake for 45 minutes, or until the filling bubbles and the crust slightly browns. If the crust browns too quickly, lightly cover it with foil.

Kalamata Olive, Caramelised Onion & Rosemary Focaccia

Ingredients:

large handful fresh rosemary, reserve some for top
225 ml very warm water
1 tbsp yeast
1 tsp sugar
1/2 tsp sea salt
80 ml olive oil infused with rosemary
250 g plain flour
125 g wholemeal flour
4 large red onions, sliced in half circles
olive oil and salt
1 tbsp balsamic vinegar
100 g kalamata olives, chopped
coarse sea salt

Method:

To infuse oil with rosemary, place 3-4 good size stems of rosemary in a jar, then fill with olive oil. Cover and store in a cool dark place for at least 1 week. The infused oil is lovely in salad dressing, drizzled over potatoes or in just about anything that could use a hint of rosemary.

Prepare rosemary by removing stalks and separating leaves. In a large bowl, combine yeast and sugar. Pour water over and let sit for 5-8 minutes in a warm place, until nice and frothy. Add fresh rosemary, salt and oil to yeast mixture and stir.

Combine flours in a separate bowl. Add about 1/4 of the flour to the yeast and begin mixing with a wooden spoon. Add the remainder of the flour, in two or three stages, mixing as you go. Dough will need to be flipped onto a floured surface and finished with hands.

Knead dough for about 10 minutes, adding more flour if sticky, or more water if flaky. Dough should be smooth and have elasticity. Place dough in well-oiled bowl, cover and set in a warm area to rise until doubled in size. Meanwhile caramelize onions.

Warm frying pan over medium heat and add oil. Let oil warm for a minutes and the add onions. Sprinkle with salt and stir. Keep at medium heat and sweat for about 25-30 minutes or until very soft. Splash with balsamic vinegar, cook for about 5 more minutes and remove from heat.

Punch dough in the middle and remove from bowl. Place onto an oil tray and spread evenly, to all corners. Using your knuckles, make imprints on the surface of the dough.

Brush with infused olive oil. Top with Caramelised onions, kalamata olives, remaining rosemary and coarse sea salt. Drizzle with olive oil and bake for at 200C for about 15 minutes or until golden.



See also Special Festival Events on the back page of the booklet

Food Stalls on The Shambles

Eleon Fine Foods

Every Saturday. Telephone / Email orders welcome. A family run business importing olive oil and honey from a small coastal village in the Peloponnesse, mainland Greece. Our award winning olive oil is 100% extra virgin, unfiltered, unblended and cold pressed. It comes direct to you from the family run olive grove in Greece. Awarded one gold star at the 2009 Great Taste Awards. Our award winning honey is also from the Peloponnesse in Greece. Our cousin keeps the bees in the mountains amongst pine trees. We also sell a selection of olives marinated with fresh herbs, organic balsamic vinegar, and olive oil soaps.

Mevalco - Fine foods from Spain.

We sell some of our award winning cheeses (our cured sheep cheese has been awarded two stars in the Great Taste Awards 2009), pulses, cured meats, vegetable preserves or honey. And we always try first there our products for retail. You always will be able to find ingredients at very good prices (usually 20% cheaper than supermarkets, and much better quality!) and tips about how to make the most of them.

P & S Fruit and Veg - Every Wednesday, Friday & Saturday.

We sell a variety of fruit & vegetables most of which are locally produced. Fruit or vegetable baskets are made to order (prices range depending on size). We also do wholesale deliveries for local businesses. We also have a shop at 13A High Street, Stonehouse.

Hania Cheeses.

Every Friday and Saturday. Cheeses, ham, eggs and dairy products.

Dave Felce - Fishmongers and Smoker.

Every Friday and Saturday. Coming from a family background in the restaurant and catering business, and having worked in the wet fish business for thirty years, David specialises in a wide range of smoked fish. He developed his own preparation methods and kiln, and now uses a simple but highly effective method to produce a limited but mouth watering range of fish and fish products. The fish are purchased from local suppliers who use only a natural rearing environment, and organic feeding methods.

Global Organics - Fruit and Vegetables.

Every Friday and Saturday. A full range of accredited organic and biodynamic fresh fruit & vegetables, herbs, eggs & nuts. Some plants during the season. Full sacks by order. Healthy Start Vouchers Accepted. Wholesale deliveries.



Dave Felce Daughters & Son

Fishmonger and Smoker. In the Shambles Market every Friday & Saturday.

Tel: 01453 - 750806 or email: david.felce@btconnect.com
Website: www.davidfelce.co.uk

Giant Paella (Or as big as you want.)

Use 75grms of rice and 300ml of stock per person. For example, for 10 people you would use three quarters kilo of rice and 3 litres of stock. I use Tilda long grain rice, which is very good. The grains stay separate and do not set to a solid mass after cooking.

Ingredients.

Oil
Onion Chopped: One per person.
Peppers Chopped: Red and green one per person.
Cherry tomatoes: two per person.
Any other veg you like or that is in season, peas, beans, courgettes etc.
Ground coriander, turmeric and Cajun seasoning.
Fish stock with lots of parsley stalks, fish bones, skin, herbs and salt.
Fish - Any sort will do Pollock, Ling, Huss. It does not have to be expensive.
The quantity of fish used can be a lot or a little according to the cost you wish to keep to, the more the better!!.

Method:

It is important that the pan is level. If you are cooking for 50 or 80 people and using a large pan say one metre diameter put a generous litre of oil in the warm pan and pack the feet of the cooker with wood until the oil is evenly covering the pan.

Turn up the heat and fry the veg, when cooked add the rice and seasoning.

Stir this until the rice is coated in oil and seasoning, add the stock and mix the rice and stock together, making sure the rice has not "burnton". Add the fish, stir it about a bit, to make sure it is not sticking and is even over the pan. Let the stock come to the boil and simmer for five or ten minutes pushing any uncooked fish under the whole thing "rest" for 15 minutes.

Serve as if cutting a cake, so that it remains looking presentable until the last portion. This is very important. Don't let people help themselves as they rake over it until it looks like something that has been cleaned up off the floor and you will not sell it.

Try Dave's Giant Paella FOR FREE in The Shambles Market on Saturday Sept 12th



For more details on The Shambles Market visit our website:

WWW.SHAMBLESMARKETSTROUD.CO.UK



Contributors to this booklet are involved in the following Festival events:

Woodruff's Organic Café

September 9th and 10th

Cookery Class - Preserving the Harvest

Come and learn the secrets of the past by learning how to utilise the bounty of fresh fruits and vegetables. We will infuse oils and vinegars with fresh herbs, chillies and fruit, capture the sweetness of summer fruits with homemade jams, pickle whatever we can get our hands on, create tasty chutneys, spicy salsas and the sweetest homemade tomato sauce.

We will cover basic preserving techniques such as jarring, freezing and infusing. Dinner and wine will be provided, recipes to take away and of course, lots and lots of goodies for your larder! Please see the festival guide for more details.

Taste - 50 High Street, Stroud.

Saturday September 5th

Official evening opening of Stroud's newest restaurant. Set menu price between £15 - £20 for three courses.

Tuesday September 15th

The 100% Shambles Market Menu Challenge. Chef Martyn Roberts will be creating a special menu using 100% ingredients from the Shambles Market. This will be a one-off and a great opportunity to sample Stroud's newest restaurant. Early booking advised. Tables available 7-11pm.

The Shambles Market

Saturday September 12th

Come along and try for FREE Dave Felce's **Giant Paella**. (See recipe)

Saturday September 19th:

Drop in and **sample local and international cheeses** and biscuits at Hania Cheeses.