

BATCH COOKING RECIPES

Recipes from Foodies Across the Pond Substack

Chicken Stock

Ingredients

- 2 tablespoons kosher salt
- 10 pounds chicken meat (I buy what is on sale)
- 3 large yellow onions, unpeeled and quartered
- 6 carrots, unpeeled and halved
- 4 stalks celery with leaves, cut into thirds
- 4 parsnips, unpeeled and cut in half, optional
- 20 sprigs fresh parsley
- 15 sprigs fresh thyme
- 20 sprigs fresh dill
- 1 head garlic, unpeeled and cut in 1/2 crosswise
- 2 teaspoons whole black peppercorns

Instructions

Place the chicken, onions, carrots, celery, parsnips, parsley, thyme, dill, garlic, and seasonings in a 16 to 20-quart stockpot. Add 7 quarts of water and bring to a boil. Simmer, uncovered, for 4 hours. Strain the entire contents of the pot through a colander and discard the solids. Chill the stock overnight.

You may need to split in two different soup pots. The next day, remove the surface fat. Use immediately or pack in containers and freeze for up to 4 months.

Skillet Pork Tacos

Ingredients

- 2 tablespoons ancho chili powder
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon freshly ground pepper
- Pinch of cinnamon
- Pinch of allspice
- 2 pounds pork tenderloin cut into 1/3-inch cubes
- 1 medium white onion, chopped
- 2 tablespoons apple cider vinegar
- 1/2 cup minced cilantro
- 3 tablespoons extra-virgin olive oil
- 1 cup shredded sharp cheddar or Mexican cheese blend
- corn or flour tortillas
- guacamole or fresh avocado slices
- shredded red cabbage
- salsa
- lime wedges
- fresh cilantro

Instructions

Mix the ancho chili powder, salt, oregano, cumin, pepper, cinnamon and allspice in a medium bowl. Add the pork, onion, vinegar and cilantro. Using your hands, mix all the ingredients together.

Let the pork sit for 30 minutes to let the rub mixture infuse all the flavors into the pork.

Heat olive oil in a cast iron skillet.

Add the pork and cook over moderately high heat until browned on all sides. This should take about 10-15 minutes. Stir it around every few minutes, so the pork browns evenly on all sides. This is when your family will probably come running into the kitchen begging for a bite! Tell them dinner will be ready in 15 minutes.....and then ask them to go set the table to distract them from trying to steal bites.

Transfer the pork to a serving bowl, sprinkle with cheese and some more fresh cilantro. Serve with warmed tortillas and your favorite toppings.

Ham & Cheese Fold Overs

These are the easiest of things to make and can be stored in the freezer until needed. They can be grabbed and easily cooked from frozen. Most homes now have an air fryer and this would be a really cost effective & quick way to cook them from frozen!

I do half a batch with tomato sauce and half with mustard.

Ingredients

- 2 sheets of pre made and rolled puff pastry (Gluten free is also available)
- Sliced ham “ about 10 “ 12 slices
- 250g grated cheese (I use cheddar, but anything goes!)
- 1 x tablespoon English mustard
- 1 x tablespoon tomato ketchup
- 1 x large egg
- 2 x labeled freezer bags or boxes

Instructions

Remove the puff pastry sheet from the packaging and cut each into 6 equal sized squares. Have the squares sitting like diamonds in front of you.

On the first 6, spread a little of the mustard in the centre and onto the second batch of 6, spread the tomato sauce.

Layer a couple of slices of ham into the centre of each pastry, and then top with the cheese.

Break and whisk the egg lightly.

Bring the corners to the side of the filling into the centre. Use the egg wash as a glue to secure the two corners together.

Brush all of the pastry with egg wash. The pastries are now ready to freeze. Layer with parchment into the marked bags/boxes and freeze immediately.

If your pastries are a little fragile, you can freeze them on a baking tray and then pack them into bags.

To cook, take the desired amount of pastries from the bags and pop into an oven or air fryer. Cooking time for the oven 180°C for about 25-30 minutes, or the air fryer about 15-20 minutes. They should look golden brown and crispy.

Myrtle's Gourmet Sausage Roll

Blowing my own trumpet a little here. Myrtle's Kitchen makes a mean "Gourmet Sausage Roll". Not ones to keep the secret, we are delighted to share this with you! This recipe is also available in our second cookbook, "The Foodies Table".

[UK purchases of "The Foodies Table"](#)

Don't forget to remove these from the freezer to allow them time to defrost before cooking.

Ingredients

Makes 8 large or 16 cocktail size

- 2 packs ready rolled puff pastry
- a little plain flour for dusting a surface
- 1 kilo/ 2 lb free range pork sausage meat
- 1 x large onion, finely chopped
- 2 teaspoon dried sage
- 1 x tablespoon fresh sage, chopped
- 2 x tablespoon fresh parsley, chopped
- 1 x heaped tablespoon sundried tomatoes, chopped
- Sea salt and freshly ground black pepper
- Beaten egg, loosened with a little milk for glazing.
- 100g/ 4 oz grated parmesan cheese
- 1 x tablespoon nigella seeds (black onion seeds)
a slug of oil
- Parchment paper

Warm a slug of oil and fry the chopped onion until soft and translucent. Leave to cool. In a bowl combine the sausage meat, onion, sage, parsley, tomatoes & seasoning. Combine well. I find it easiest to use my hands for this job.

Flour your surface and lay out your sheets of pastry. Divide each into two, along the length of the pastry.

Lay your sausage meat into two long thick sausage like shapes, down the length of the 4 panels of pastry.

With a pastry brush, wet the edge of the pastry with water. Flip the pastry over, to cover the sausage meat and to meet the other edge of the pastry. Press down to stick the two edge., forming your sausage roll Using the blunt side of a knife "knock back" the edge of the join, by tapping the knife along the two joined edges of pastry.

Mark the size of the sausage roll that you would like and cut with a sharp knife. Snip some air vents into the tops of the rolls, using a scissors and glaze each with egg wash. Sprinkle on the parmesan and onion seeds. Layer between parchment in labelled in freezer bags or boxes.

Remove from the required amount from the freezer to defrost the day before you need them.

Preheat oven/air fryer to 180'c (fan oven)

If cooking in an oven, pop some parchment onto a baking tray and then the sausage rolls.

Bake. Timings will depend upon the size of the sausage roll, I recommend starting to check after 20 minutes, though if large they will probably need 30 minutes. Reduce cooking time if cooking in an air fryer.

I use a probe, to check that the temperature is over 85'c/185'f, the centre of the sausage roll will be golden brown.

Transfer to a cooling rack.

Foodie Notes:

Do invest in good quality free range pork, it makes the world of difference. I went through 5 butchers before finding the one I was happy with.

Stilton & Celery Soup

I love my soup maker! If using one, depending upon the capacity you will likely need to reduce the volume of ingredients, but (and this is the magic bit) just chuck in the ingredients (except for the cheese) and cook.

(For 4 portions)

Ingredients

- 25g / 1oz unsalted butter
- 1 x onion “ finely chopped
- 1 x head of celery “ chopped
- 1 x large potato, washed and chopped
- 1 litre/2 pints chicken stock
- Salt and freshly ground black pepper
- 125g/4oz stilton cheese.
- Freezer soup/sauce bags “ labelled

Instructions

Melt the butter in a large saucepan, and gently fry the onion for about 5 minutes until transparent.

Add the celery and the potato to the pan and fry for a further 5 minutes. Add the stock and the seasoning. Bring to the boil and then simmer for about 20-25 minutes.

Blend in a processor, or with a food blending stick in the pan.

Decant to the freezer bags.

This soup can be warmed and reheated from frozen. Bring to a simmer in a saucepan (or bowl in a microwave). Remove from the heat, then add some crumbled stilton cheese and stir through before serving.

Yorkshire Pudding

Yorkshire pudding traditionally is served with beef, but has become a staple to serve with most meats and vegetarian dishes. It involves cranking up the oven to quite a high heat, so I recommend making use of the space. Double your batch and freeze those that will not be needed.

Ingredients

- 12 eggs
- 1/2 litre/1 pint milk
- 520g/1lb Plain flour
- Salt and pepper/
- Goose fat/dripping or rapeseed oil if vegetarian

Instructions

Preheat the oven to 180°C.

Crack all of the eggs into a bowl and whisk together with the milk. Add a good amount of salt and pepper. Pour into a jug.

In a muffin-style cake tray, pop a bit of your chosen oil into each hole. If have spare trays to use and you can, avoid the middle holes in the trays, as this will give you a more even bake.

Put the trays into the oven and heat the oil until piping hot. About 5 minutes.

Carefully remove the trays from the oven and pour in some of the batter into each hole. It should sizzle when it hits the oil. Fill half full (or if you like them BIG - add a little more).

The baking time will depend up on the size of the muffing tray, but a good indicator is 20 minutes. BUT DO NOT be tempted to open the oven door until they are cooked, risen and crispy. If you do, they will deflate and go a bit flabby.

They should come out of the tray easily - pop onto a cooling tray. Once cold, bag up the Yorkshire Puddings that you would like to freeze.

Because your puddings are cooked, they just need heating through to serve.

Apple & Blackberry Crumble Muffins

This is a recipe I pulled from a magazine years ago. Unfortunately, I cannot give them credit as it was so long ago. It was so long ago the magazine was probably printed on parchment! I have "obviously" changed it up because that is what I do best.

These are a great stand by for breakfast or for lunch boxes. You can substitute blackberries for blueberries and the addition of chopped nuts is also very delicious.

Makes 12

Ingredients

- 300g/10oz plain flour
- 1 tablespoon baking powder
- Pinch of salt
- 190g/7oz soft brown sugar (or white caster sugar)
- Pinch of nutmeg
- Pinch of Cinnamon
- 210ml/7.5fl oz milk
- 1 large egg - beaten
- 100g/4oz unsalted butter - melted
- 1 x lemon - finely grate the zest
- 250g /9oz Bramley apples (if you're in the US Granny Smith is a good substitute)
- 150g/5oz blackberries
- **Topping**
- 15g butter
- 25g plain flour
- 15g demerara sugar
- You will need a muffin tray and paper cases, popped into the holes

Preheat the oven to 180°C (Fan)

Make the crumble topping: in a bowl (or in a food processor) rub the 15g butter into the 25g plain flour. Stir in the sugar and the work with your fingers. You want it to start clumping into little nuggets. Set to one side.

Now make the muffin batter. Sift the flour, baking powder, nutmeg, cinnamon and salt into a bowl. Stir through the sugar.

In a separate jug/bowl, beat the eggs and the milk together, with the melted butter and the lemon zest.

Peel the apples, quarter and core. Cut them into small blackberry sized pieces.

Stir the wet mix into the dry flour blend, now add the apple and blackberries and stir through. Coat with the batter.

Spoon evenly into the prepared paper cases and sprinkle with the crumble topping.

Bake for 20-25 minutes until risen and golden. Cool for 5 minutes and serve warm. Or allow to cool completely and pack into freezer bags and label.