

October 2023

King Prawn (or Chicken) and Broccoli Stir Fry, Raspberry and Almond Jam Roly-Poly

King Prawn (or Chicken) and Broccoli Stir Fry

Ingredients:

- 2 tbsp. sunflower oil
- 2 large shallots (very thinly sliced)
- A knob of fresh root ginger (peeled and thinly sliced)
- 1 fresh red chilli (deseeded and thinly sliced)
- 350 gm peeled, raw king prawns¹
- 250 gm broccoli, broken into tiny florets
- 150 gm oyster mushrooms, thickly sliced or use chestnut mushrooms
- 4 tbsp. black bean sauce²
- 2 tbsp. dark soya sauce
- Juice of ½ a lemon
- Salt and pepper

¹ Use raw prawns, using cooked prawns become too rubbery and lose their flavour

² Depending on the thickness of the black bean sauce, add 1-2 tbsp. cold water. I use 2 sachets of Blue Dragon black bean stir fry sauce

Method:

1. Heat a large frying pan or wok until very hot. Add the oil, shallots, ginger and chilli and stir fry over a high heat for 60 seconds.
2. Put onto a plate and keep gently warm. Season the prawns with salt and pepper and put them into the frying pan. Fry for 2 minutes until starting to turn pink.
3. Add the broccoli and mushrooms, mixing them all up together and fry for a few minutes.
4. Mix the black bean sauce, water if used, soya sauce and lemon juice in a bowl. Add the sauce together with the shallot mixture to the frying pan and toss everything together well. Stir fry everything for another 2-3 minutes until the prawns are cooked and the broccoli is just tender but still crunchy.
5. Serve piping hot with rice or noodles, immediately.

To make the chicken version take two chicken breast and cut into small pieces and as in step 2 above for the prawns, fry for 5-8 minutes until cooked through. Continue with the rest of the recipe above.

Raspberry and Almond Jam Roly-Poly

Ingredients:

- Butter for greasing
- 150gm self-raising flour, with extra for dusting
- 50gm caster sugar
- 75gm vegetable suet
- Finely grated zest of ½ a lemon
- 75 ml semi skimmed milk, with extra for brushing
- 100gm raspberry jam
- 30gm toasted flaked almonds
- Custard to serve

Method:

1. Preheat oven to 180°C fan/ Gas 5.
2. Fill a roasting tin three quarters full with boiling water and place on the bottom rack of the oven.
3. Grease a large piece of parchment lined foil or a piece of foil and a piece of non-stick baking paper on top of the foil and set aside.
4. Mix together the flour, caster sugar, suet and lemon zest in a bowl, then gradually add the milk, stirring with a knife until it comes together to form a soft dough.
5. Roll out the dough on a floured surface to 20 x 30 cm. Spread over the jam, leaving a 2cm border, then sprinkle with almonds saving a few for the top. Brush the edges with a little milk and roll up from one of the short sides. Pinch the end to prevent the jam oozing out. Don't roll the dough too tightly.
6. Put the roly-poly onto the baking parchment, seam side down, brush lightly with a little more milk and scatter over the remaining almonds.
7. Fold the parchment lined foil and make a loose pleat to seal, twist the ends together like a cracker.
8. Put the roly-poly into the oven on the rack directly above the roasting tin of water (bain marie). Bake for 35-40 minutes until the pudding has risen and is a golden colour.
9. Leave for a few minutes before unwrapping. Slice and serve with warm custard.