September 2023

Creamy Bacon and Courgette Tagliatelle and Goosnargh Cakes

Creamy bacon and courgette tagliatelle

Ingredients:

1 tablespoon of olive oil

300g smoked bacon lardons

1 onion, diced

2 courgettes, grated

3 garlic cloves, crushed

100g grated Parmesan/Italian Hard cheese

250g crème fraiche

300g tagliatelle

Naan bread or pitta bread to serve

Method:

1. Heat the olive oil in a large frying pan and fry the bacon lardons for about 5 minutes.
2. Set to one side.
3. Add the onion to the pan and cook for a few minutes until starting to soften/colour.
4. Meanwhile cook the tagliatelle according to pack instructions.
5. Add the courgettes to the pan and cook for a couple of minutes.
6. Add the garlic and cook for a couple of minutes.
7. Add the bacon lardons and turn down the heat.
8. Scoop out a cupful of the cooking water from the tagliatelle pan and add to the vegetables and bacon.
9. Drain the tagliatelle, add and stir.
10. Add the crème fraiche and stir.
11. Add most of the cheese and stir leaving a little to sprinkle on top.
12. Serve with Naan bread/pitta bread.

Goosnargh Cakes (but really biscuits!)

Ingredients:

225g unsalted butter

125g golden caster sugar (plus more for sprinkling over biscuits)

350g plain flour

½ tsp ground coriander seeds

2 tsps. of caraway seeds

Method:

1. Cream together butter and sugar until light and fluffy.
2. Sift flour over creamed mix adding coriander and caraway seeds.
3. Mix with a wooden spoon until mixture resembles breadcrumbs.
4. Using your hand work/knead mixture to form a dough (add a little milk if crumbly).
5. Turn out onto a floured surface and roll out to about ¼" thickness.
6. Cut rounds with a pastry cutter and place on baking paper lining baking trays.
7. Sprinkle caster sugar on the rounds.
8. Put in fridge for ½ hour to 1 hour until well chilled.
9. Preheat oven to 180C/350F/Gas 4.
10. Bake for 15-20 minutes until *just* golden brown. Don't let them get too brown!
11. Remove from oven and sprinkle more caster sugar over them.
12. Allow to cool slightly then transfer to wire rack.