

FEBRUDAIRY

GOOD BOOK



ULSTER
FARMERS'
UNION

BUTTERMILK PANCAKES

 4 servings

 25 minutes



INGREDIENTS

- 225g plain flour
- 2 tsp baking powder
- ½ tsp bicarbonate of soda
- 1 tbsp caster sugar
- Pinch of salt
- 300ml buttermilk
- 2 eggs
- 30g butter, plus extra for cooking
- toppings as you like

DIRECTIONS

1. Sift the flour, baking powder, bicarbonate of soda, sugar and salt into a large bowl.
2. In a separate jug, whisk together the buttermilk, eggs and melted butter.
3. Gradually pour the wet ingredients into the dry, whisking gently until just combined. Do not overmix – a few small lumps will keep the pancakes light.
4. Heat a heavy-based frying pan or griddle over a medium heat and lightly grease with butter.
5. Spoon the batter into the pan to form pancakes about 10cm wide.
6. Cook for 1–2 minutes until bubbles appear on the surface, then flip and cook for a further minute until golden.
7. Keep warm while you repeat with the remaining batter.
8. Top as you like.

BAKED APPLE PIE OATS

 4 servings

 40 minutes



INGREDIENTS

- 150g oats
- 2 Armagh Bramley apples
peeled and cored
- 300ml whole milk
- 150ml buttermilk
- 40g melted butter
- 2tbsp brown sugar
- 1tsp vanilla extract
- Pinch of salt
- 1 tsp. sweet cinnamon

DIRECTIONS

1. Preheat the oven to 180°C (160°C fan). Grease a medium baking dish with butter.
2. Arrange the apple slices over the base of the dish and sprinkle with half the sugar and cinnamon.
3. Scatter the oats evenly over the apples.
4. In a jug, whisk together the milk, buttermilk, melted butter, remaining sugar, vanilla (if using) and salt.
5. Pour the mixture over the oats and press gently to ensure everything is submerged.
6. Bake for 30–35 minutes until just set, golden on top and the apples are tender.
7. Rest for 5 minutes before serving.

CHEESE & HERB SODA

 1 loaf

 40 minutes

INGREDIENTS

- 450g plain flour
- 1 tsp salt
- 1 tsp bicarbonate of soda
- 40g butter cold and cubed
- 125g grated mature cheddar
- 2 tbsp chopped fresh herbs (chives, parsley or thyme)
- 350–400ml buttermilk



DIRECTIONS

- Preheat the oven to 200°C (180°C fan). Line a baking tray with parchment.
- Sift the flour, salt, bicarbonate of soda into a large bowl.
- Rub in the butter using your fingertips until the mixture resembles coarse breadcrumbs.
- Stir through the grated cheese and chopped herbs.
- Gradually add the buttermilk, mixing gently to form a soft but not sticky dough.
- Turn out onto a lightly floured surface and shape gently into a round loaf. Do not knead.
- Place on the prepared tray and lightly flatten. Cut a deep cross on the top.
- Bake for 35–40 minutes until golden and the loaf sounds hollow when tapped underneath.
- Cool on a wire rack for at least 10 minutes before slicing.

CHEESY CHICKEN BAKE

 4 servings

 55 minutes

INGREDIENTS

- 600g chicken breast, diced
- 40g butter
- 1 small onion & leek, finely chopped
- 2 tbsp plain flour
- 350ml whole milk
- 150ml cream
- 180g mature cheddar, grated
- 1 tsp wholegrain mustard
- Salt and freshly ground black pepper
- Optional: 50g grated cheese or buttered breadcrumbs for topping



DIRECTIONS

- Preheat the oven to 180°C (160°C fan). Lightly butter a large ovenproof dish.
- Melt the butter in a saucepan over a medium heat. Add the onion and leek and cook gently for 5–6 minutes until soft.
- Stir in the flour and cook for 1 minute. Gradually whisk in the milk to form a smooth sauce.
- Add the cream and simmer gently for 3–4 minutes until slightly thickened.
- Remove from the heat and stir through the grated cheese and mustard, if using. Season well.
- Add the chicken to the sauce and mix until evenly coated.
- Transfer to the prepared dish and sprinkle with extra cheese or breadcrumbs, if using.
- Bake for 35–40 minutes until bubbling, golden and the chicken is cooked through.
- Rest for 5 minutes before serving.

CREAMY LEEK & CHEDDAR LINGUINE

 4 servings

 30 minutes



INGREDIENTS

- 400g linguine
- 40g butter
- 2 medium leeks, finely sliced and washed
- 1 clove garlic, finely chopped
- 200ml cream
- 100ml whole milk
- 150g mature cheddar, finely grated
- Salt and freshly ground black pepper
- Optional: chopped fresh parsley or chives

DIRECTIONS

1. Bring a large pan of well-salted water to the boil and cook the linguine according to the packet instructions. Reserve a mug of the cooking water before draining.
2. Meanwhile, melt the butter in a wide pan over a gentle heat. Add the leeks and cook for 8–10 minutes until soft and sweet.
3. Stir in the garlic and cook for a further minute.
4. Add the cream and milk and bring to a gentle simmer. Do not boil.
5. Remove from the heat and stir through the grated cheddar until melted and smooth. Season well.
6. Add the cooked linguine to the sauce, loosening with a little reserved pasta water if needed.
7. Toss gently until the pasta is well coated.

CROISSANT BREAD & BUTTER PUDDING

 6 servings

 35 minutes



INGREDIENTS

- 1225g plain flour
- 4 large butter croissants, slightly stale, sliced
- 40g butter, softened, plus extra for greasing
- 300ml whole milk
- 200ml cream
- 3 free-range eggs
- 75g caster sugar
- 1 tsp vanilla extract
- ½ tsp ground cinnamon or freshly grated nutmeg
- Pinch of salt
- Optional: raisins, sultanas or apple slices

DIRECTIONS

1. Preheat the oven to 180°C (160°C fan). Butter a shallow ovenproof dish.
2. Spread the croissant slices lightly with butter and arrange in the dish, overlapping slightly. Scatter over any optional fruit if using.
3. In a bowl or jug, whisk together the milk, cream, eggs, sugar, vanilla, spice and salt.
4. Pour the custard evenly over the croissants and press down gently so they absorb the liquid.
5. Leave to stand for 10 minutes.
6. Bake for 35–40 minutes until puffed, golden and just set with a slight wobble in the centre.
7. Rest for 5 minutes before serving.

RHUBARB CRUMBLE

 6 servings

 60 minutes



INGREDIENTS

- 750g local rhubarb, trimmed and cut into 3–4cm pieces
- 100g caster sugar (adjust to taste, depending on rhubarb)
- 1 tbsp water
- Optional: 1 tsp vanilla extract or a pinch of ground ginger

For the crumble topping

- 175g plain flour
- 100g butter, cold and cubed
- 75g soft brown sugar
- Optional: 50g rolled oats for extra texture

DIRECTIONS

1. Preheat the oven to 180°C (160°C fan). Butter a medium ovenproof dish.
2. Place the rhubarb in the dish with the caster sugar, water and vanilla or ginger if using. Toss gently.
3. In a bowl, rub the butter into the flour until the mixture resembles coarse breadcrumbs.
4. Stir through the brown sugar and oats, if using.
5. Sprinkle the crumble topping evenly over the rhubarb.
6. Bake for 35–40 minutes until the rhubarb is tender and bubbling and the topping is golden.
7. Allow to stand for 5 minutes before serving.

COCONUT ICE CREAM

 4 servings

 40 minutes



INGREDIENTS

- 400ml full-fat coconut milk
- 200ml local cream
- 100ml whole milk
- 75g caster sugar
- 1 tsp vanilla extract
- Pinch of salt

DIRECTIONS

1. Place all the ingredients in a bowl or jug and whisk until the sugar has dissolved.
2. Chill the mixture for at least 2 hours.
3. Churn in an ice-cream machine according to the manufacturer's instructions until softly frozen.
4. If you don't have a machine, freeze in a shallow container, stirring every 30 minutes for 3-4 hours to break up ice crystals.
5. Freeze until firm, then remove from the freezer 5 minutes before serving.