

Taste the Hills

Recipes and Tips

Sauce for Coronation Chicken – Originally known as Elizabeth Sauce

- 1 Small onion chopped
- Knob of butter and a little oil
- 2 tsp mild curry powder
- 1/2tsp tomato puree
- 3tblsp water
- 4 tblsp red wine
- 1 bay leaf
- 2 tsp apricot jam
- Juice of ½ lemon
- 300ml mayonnaise or Greek Yoghurt
- 4 tblsp double cream
- Salt and pepper

NB I like to add a few sliced grapes, celery and maybe some fresh coriander

Method

- 1 Cook onion gently in butter and oil for 10 mins
- 2 Add curry powder and fry gently for 1 min
- 3 Add all other ingredients except mayonnaise and cream and simmer for 8 mins.
- 4 Strain through a sieve.
- 5 When cool mix with the mayonnaise.
- 6 Half whip the cream and fold in.

Feeling inspired? Pick up a leaflet or visit our website to find other cookery courses on offer at the Discovery Centre



Pop up kitchen sponsored
by Ludlow Food Festival

Shropshire Hills Discovery Centre –
the home of Grow Cook Learn

School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk



Charity no: 1158795