

Historic Cooking

EPISODE 4

2

STONE ROAST



2 TONE ROAST

This recipe was created by Thomas Adkins

ABOUT THIS RECIPE

This recipe is inspired by the exhibition '2 Tone: Lives & Legacies' at the Herbert Art Gallery & Museum.

For me personally, 2 Tone is a fusion of English and Caribbean culture, so that is what I wanted to try and replicate via this recipe - a delicious feast to share with friends and family.

When I think of classic English meals, the first thing that comes to mind is a roast dinner. Then, to give it that Caribbean twist I added some flavours provided by Esmie's in Coventry which really elevated the dish!

We are making the Roast Chicken the star of this meal but if you are veggie or vegan you should definitely try the Plantain Nut Roast Tart and follow my recipe to make a beautiful vegan gravy.

INGREDIENTS

CHICKEN

- 1 Whole Chicken
- 1 Onion
- 1 Red Pepper
- Jerk Spiced Rub
- Salt

PLANTAIN NUT ROAST

- 1 Sweet potato
- 2 Plantain
- 50g Pecans
- 50g Cashews
- 1 tin Kidney Beans
- 1 Onion
- 1 Peppers
- 100g Chestnut Mushrooms
- Salt
- Pepper
- Olive Oil

ROAST POTATO

- 1 large Potato (per person)
- Jerk Seasoning

- Olive Oil
- Salt

YORKSHIRE PUDDING

- 100g Flour
- 3 Eggs
- 100ml Water
- 150ml Milk/Oat Milk
- Salt

CHICKEN GRAVY

- 500g Chicken wings
- 1 Onion
- 1 Carrot
- Jerk Spiced Rub
- 2tbs Flour

VEGAN GRAVY

- 2 Onion
- 2 Carrot
- 2 Celery
- Jerk Spiced Rub
- 2tbs Flour



THE CHICKEN

Preparing the chicken

1. First we want dry-brine the chicken. You want to do this at least 1 hour before cooking, but ideally the night before.
2. Add 5 large tablespoons of Esmie's 'Jerk Seasoning' into a small bowl (this prevents cross-contamination of your spice mix).
3. Get your chicken and cut and bin any twine that might hold the legs together.
4. Next sprinkle 2/3 of the seasoning on to your chicken - make sure you rub it in.
5. Flip the chicken over and use the rest of the seasoning, making sure the chicken is well coated.
6. Pop the chicken into your roasting tin, clean your hands, cover it in clingfilm and leave to rest in the fridge.
7. Take the chicken out of the fridge 30 minutes before you want to cook it.

Cooking the chicken (1hour - 1½ hours, depending on chicken size)

8. Preheat your oven to 180°.
9. Slice 1x onion and 1x red pepper, then place them into your roasting tray.
10. Place your chicken breast-side down on the onions and peppers.
11. Place into your oven on the middle shelf.

Your chicken will take 1 - 1½ hours to cook depending on its size (you can tell your chicken is cooked by poking it with a toothpick - it's done if the juices are clear. Make sure you test the breast and the thighs).

12. After 30min of cooking, take the chicken out of the oven and flip it using tongs, so the breast faces upwards. Return it to the oven for the remaining time.
13. Once your chicken is cooked take it out of the oven, place some tin foil over it and let it rest for 15 - 30min (resting the meat helps keep the the chicken really juicy).
14. Ready to carve and serve.

PLANTAIN NUT ROAST

(Prep 15 minutes, roast 30 - 50 minutes)

The process is the same wether you are making a small side or a large main nut roast. Please make sure you pick the right amount of ingredients and size baking dish.

15. Grate the sweet potato by hand or in a food processor.
16. Add the nuts (if you want to add a little more of a toasty flavour, place your nuts on a tray in the oven for about 10min, until they are golden).
17. Slice the mushrooms and onion, then add them to the processor.
18. Add the kidney beans, seasoning & olive oil to the processor.
19. Then mix on medium speed to help brake it all down. You will need to stop and scrape down the sides a couple times (I prefer a having little chunks for texture but if you want a really smooth mixture keep blending).
20. In a large frying pan, add a splash of oil and put on a medium high heat.
21. Peel the plantain, and slice to about 0.5 - 1cm pieces.
22. Cook the plantain on one side for about 1 - 2min until golden. Then flip and cook on the other side (it is best

to do these in batches so you don't overcrowd the pan).

23. Place on a plate once cooked.
24. Slice the second onion and red pepper and set aside.
25. Now time to layer your nut roast.
26. Place a strip of baking paper in your roasting tin, start with a layer of cooked plantain at the bottom.
27. Then, spoon over half your blended mixture in and spread, press it down a little but don't overdo it.
28. Add another layer of cooked plantain.
29. Add the rest of your mixture and repeat step 26.
30. Finally add the sliced onion and peppers on top.
31. Drizzle with olive oil and a pinch of salt and pepper.
32. Bake in your pre-heated oven. Small tarts will take about 30 - 35min, large tarts about 40 - 50min.

ROAST POTATOES

(Prep 15 - 20 minutes, roast 30 - 45 minutes)

Golden, crispy roast potatoes with a Caribbean twist.

33. Get a large pot and half fill it with cold water and add a pinch of salt.
34. Depending on the size of your potatoes (and how big you want your roasties), cut your potato in half, and then quarter each.
35. Place them into the pan of cold water.
36. Place a lid on the pan, put on a high heat and bring to boil.
37. Once the water comes to a boil, turn the temperature down to a medium high heat and put a timer on for 10min or until the potatoes are cooked.

38. Whilst your potatoes are cooking, get your roasting tin and add a good glug of olive oil and place into the oven to heat up.
39. Drain your potatoes with a colander once tender.
40. Then place the potatoes back into the pan, place the lid on top and carefully give them a shake to "fluff" up (this will help make your potatoes nice and crisp).
41. Take your pre-heated roasting tin out of the oven and carefully add the potatoes to the pan (be careful so you don't splash yourself with the hot oil).
42. Place on the top shelf of your oven and cook for about 30 - 40min, Give them a toss after about 20 minutes.
43. Once your potatoes are crispy and golden, take them out and sprinkle a good couple of pinches of spice mix and toss the potatoes so they are covered.
44. Put them back into the oven for 5min (this will help bring out all the lovely flavours in the spice mix).

YORKSHIRE PUDDING

(Prep 5 minutes, cook 20 - 30 minutes)

I love a good Yorkshire pudding! My top tip is to make these before everything else and then reheat them for 5 - 10 minutes whilst your chicken is resting. Once these go into the oven you do NOT want to open the oven door or they will sag and you will not have lovely light crispy Yorkshire puddings.

45. Pre-heat your oven to 200°.
46. Add a teaspoon of oil into your Yorkshire pudding (cup cake) tin and place into the oven.
47. In a large bowl add 100g of plain flour, pinch of salt, 3 large eggs, 100ml of water & 150ml of milk.

48. With a whisk, mix the mixture so that it just comes together, don't worry about it being a little lumpy (you don't want to over mix it).
49. Pour the mix into a jug for easy pouring.
50. Once the tin and oil are smoking hot, carefully pour your batter into the moulds so each is about halfway full.
51. Then place into the oven for 20 - 30min.
52. Once puffed up, golden and crispy take them out of the oven.

Your Yorkshire puddings should puff up and have a golden crust on them. If you open the oven too early, they might deflate. If this does happen make sure put them back in the oven until they crisp up (they might not be as fluffy but still delicious).

ROASTED BROCCOLI

(Prep 5 minutes, cook 20 - 25 minutes)

A simple and beautiful side to any roast with just a little hit of chilli and garlic. I like my broccoli with a bit of crunch and texture but if you prefer it to be a bit softer then I suggest you boil it for 5 minutes before roasting.

53. Give your broccoli a rinse under cold water.
54. Then carefully cut off the florets, you want to make sure they are all similar size.
55. Peel and thinly slice one clove of garlic.
56. Place your broccoli on a baking tray, sprinkle the garlic and a pinch of chilli flakes on top.
57. Drizzle over some olive oil and give it all a good mix.
58. Place into the preheated oven for 20 - 25min on the lower shelf.

59. Once cooked season with salt and pepper and serve.

ULTIMATE CHICKEN GRAVY

(Prep 5 minute, Cook 30 - 50 minutes)

This is a great way to add extra flavour to your gravy and can be prepped before cooking or even from frozen.

60. Peel and slice 1x onion and chop 1x carrot into 1cm chunks and place into a large pan.
61. Place your chicken wings on top and add a little drizzle of oil before you place into the oven.
62. Cook for 30 - 40min to give the chicken and veg a golden colour and lovely roasted flavour.
63. Once golden, take out of the oven and sprinkle flour on top and give it a really good mix to thicken the gravy.
64. Now carefully pour some boiling water into the tray.
65. Using a potato masher or wooden spoon, crush the chicken and the veg to help them release more flavour.
66. Place a mesh sieve over a large pan and carefully tip in the contents.
67. You will probably have some bits stuck to the bottom on the pan. Add a little more boiling water and using a wooden spoon, scrape off as much of that as you can, this is all flavour that will make your gravy taste even better.
68. Once you think you have got it all, add some more water to the pan and place on the hob on high heat. Once it gets to a boil reduce it to a medium simmer (add a chicken stock cube at this point for more chicken flavour).
69. Cook your stock so it reduces in half (*this helps intensify the flavours*).

70. Once your gravy is ready, you can either keep it on a very low heat to ready for dinner, or pour it into a container, let it cool completely and keep in the fridge or freezer for later use (if reheating make sure you bring it to a boil, then reduce).

VEGAN GRAVY

(Prep 5 minutes, cook 30 - 50 minutes)

71. Peel and slice onions, chop the carrots and celery into 1cm chunks and place into a large pan.
72. Drizzle with oil and seasoning.
73. Then place into the oven for about 30 - 40min to give the veg a golden colour and lovely roasted flavour.
74. Once golden, take out of the oven and sprinkle flour on top and give it a really good mix to thicken the gravy. Now carefully pour some boiling water into the tray.
75. Using a potato masher or wooden spoon, crush the veg to help them release more flavour.
76. Place a mesh sieve over a large pan and carefully tip the contents of the tray in.
77. You will probably will have some bits stuck to the bottom on the pan, add a little more boiling water and using a wooden spoon, scrap off as much of that as you can, this is all flavour that will make your gravy even better.
78. Use the wooden spoon to press the contents of the sieve to squeeze out more flavour.
79. Once you think you have got it all (or as much as you can get out).
80. Add some more water to the pan (we are going to reduce it by half), then place the pan on the hob on high, once it gets to a boil reduce it to a medium simmer.

(If you want to add a bit more flavour you can always add a veg stock cube at this point too.)

81. Cook your sock so it reduced by half (this helps intensify the flavours).
82. If you want your gravy to be a bit thicker then you can; In a small bowl add one table spoon of corn flour and 2 spoons of stock. Whisk this up so there are no lumps and then pour back into your gravy. Give it a good whisk and this should start to thicken your gravy.
83. Once your gravy is ready, you can either have it on a very low heat to keep warm ready for dinner or pour it into a container, let it cool completely and store in the fridge or freezer for later use (if reheating make sure you bring it to a boil, then reduce).

