



THE WILD GOURMET CHALLENGE



BEAR GRYLLS SURVIVAL ACADEMY

MENU

STARTER

Seared asparagus with poached egg, sorrel cream sauce and a nettle pesto

MAIN

Pancetta wrapped saddle of rabbit with wild mushroom duxelle, wood bark smoked pomme puree, rainbow chard and a rabbit jus

DESSERT

Caramelised French toast, rhubarb and elderflower compote, Chewton honey and crème fraiche

DRINKS

Foragers Brew

DESIGNED AND
DELIVERED BY:



AND

Food@Work[®]

STARTER

Seared asparagus with poached egg, sorrel cream sauce and a nettle pesto (8 portions)

COMPONENT	INGREDIENTS	UTENSILS
Asparagus	<ul style="list-style-type: none"> • 40 large asparagus spears • Salt 	<ul style="list-style-type: none"> • Veg Peeler • Large pan (BGSA) • 1 large bowl • Ice • Slotted spoon • 1 large tray (fridge) • Kitchen roll
Poached Eggs	<ul style="list-style-type: none"> • 12 eggs (8 plus extra) • 2 Tbsp vinegar • Salt 	<ul style="list-style-type: none"> • Large pan (BGSA) • Large bowl • Ice • 2 x slotted spoons • Mini sieve • 8 ramekins • Timer • Kitchen roll • 1 small tray (fridge) • Thermometer
Sorrell Sauce	<ul style="list-style-type: none"> • 50g butter • 1 onion/2 shallots • 2 cloves garlic • 50ml white wine • 400ml double cream • 125g sorrel 	<ul style="list-style-type: none"> • Bucket and water • Mixing spoon (Med) • Med pan • Small bowl
Nettle pesto	<ul style="list-style-type: none"> • 150g nettles • 50g basil • 50g pine nuts • 50g parmesan cheese • 50ml light olive oil • Salt • Pepper • 1 clove garlic • ½ lemon 	<ul style="list-style-type: none"> • Med pan • Thick gloves • Bucket/water • Slotted spoon • Kitchen paper • Small Tray • Grater • Pestle and mortar • Small bowl • Clingfilm
Cooking & Assembly (F@W chef to do)	<ul style="list-style-type: none"> • Wild herbs & edible flowers • 100g parmesan 	<ul style="list-style-type: none"> • Large pan • Griddle pan • Paper towel • Large Tray • Slotted spoon • Mixing spoons • 8 plates/large bowls/slates/boards

Method

ASPARAGUS:

1. Cut off the woody ends of the asparagus and trim/peel all to an even size – ask chef for guidance on size and trimming. Be careful not to break the tips.
2. Blanche the asparagus
 - a. prepare a bowl with iced water
 - b. bring a large pan of salted water to the boil,

- c. when boiling add the asparagus and cook for about 2 minutes (just until the asparagus is slightly tender)
- d. Immediately remove using a slotted spoon, and plunge the asparagus into the ice water (to stop the cooking process, and locking in the green colour)
3. When asparagus is cold, carefully remove from the bowl to a tray lined with kitchen towel and reserve until needed for service (will be reheated then)

POACHED EGGS:

1. Prepare a large bowl of ice cold water
2. Place a large pan of water on the heat and bring to the boil
3. Meanwhile break eggs into individual ramekins so that they are ready to put into the water – a Heston Blumenthal tip is that you can first strain the eggs through a slotted spoon/small sieve over another bowl to assist the eradication of water from the egg itself, which helps get rid of all the scraggly bits!
4. Reduce the water to a simmer (ideally 80 degrees) and add a dash of vinegar.
5. Gently lower in the eggs
6. Poach for 4 minutes
7. Remove using a slotted spoon immediately place in the ice cold water until cold.
8. When cold, remove using a slotted spoon to a tray lined with kitchen paper – reserve until needed for service – will be reheated later.

SORREL SAUCE:

1. Peel and very finely dice the onions/shallots and garlic
2. Add butter to a pan and place over the heat
3. Sauté the onions and garlic
4. Add the wine and cook out for a few minutes
5. Add the cream and bring to the boil
6. Season with salt and pepper – check
7. Reserve until needed for service (can leave in pan)
8. Wash the sorrel well – dry with kitchen paper
9. Very finely chop the sorrel and reserve for service (it will be added last minute to the reheated sauce)

NETTLE PESTO

1. Place a pan on the heat
2. Using gloves (thick dishwashing ones) thoroughly wash the nettles in clean water – removing any dirt, bugs etc.
3. Still with the gloves on, add the nettle leaves to the boiling water – from here on you are safe to remove the gloves and the stings are rendered harmless.
4. Blanch the leaves for 3-5 minutes until they are soft, remove to drain on a tray lined with kitchen paper, then very finely chop.
5. Grate the parmesan
6. Place pinenuts, parmesan with a little oil and salt into a pestle and mortar and pound until nicely ground. Add the dried chopped nettles, with more oil and grind again
7. Add a squeeze of lemon juice and salt/pepper and mix again, tasting to check seasoning and consistency. Keep going (adding oil etc until you have it right)
8. Remove to a bowl, cover with cling film and reserve for service

COOKING & ASSEMBLY (F@W chef to complete just prior to serving)

1. Place pan with water on heat and bring to the boil – to reheat the poached eggs
2. Reheat the asparagus on a griddle on the fire
3. Place sorrel sauce on the plate and top with the asparagus, then the poached egg on top of that.
4. Drizzle with the nettle pesto
5. Garnish with wild rocket, parmesan shavings and edible flowers.
6. Serve

MAIN

Pancetta wrapped saddle of rabbit with wild mushroom duxelle, wood bark smoked pomme puree, wild greens, rabbit jus (8 portions)

COMPONENT	INGREDIENTS	UTENSILS
Saddle of Rabbit	<ul style="list-style-type: none"> • 4 whole rabbit • 16 slices pancetta • Salt/pepper 	<ul style="list-style-type: none"> • 2 large trays • Clingfilm • 2 dessert spoons • Small bucket (for rabbit breakdown)
Wild mushroom duxelle	<ul style="list-style-type: none"> • 750kg mushrooms • 2 large banana shallots • 1 cloves garlic • Wild herbs • 25g butter 	<ul style="list-style-type: none"> • Pastry brush • Paper towel • Med/large pan • Mixing spoon (Med) • Med Bowl
Rabbit jus	<ul style="list-style-type: none"> • Rabbit bones • 300ml veal glaze • 300ml water • 2 shallots/1 white onions • 15ml olive oil • 1 clove garlic • 2 sprig rosemary/thyme (or alternative) 	<ul style="list-style-type: none"> • Large pan • Med pan • Mixing spoon • Sieve
Smoked pomme puree	<ul style="list-style-type: none"> • 1.5kg potatoes (pref red desiree/King Edwards/Maris Pipers) • 175g butter • 150ml cream • Salt • Pepper • Wood bark and pine tips and other aromatics 	<ul style="list-style-type: none"> • Vegetable peeler • Large colander • Large pan • 2 large gastro trays • 1 large gastro rack • Potato ricer • Large bowl • Clingfilm
Wild Greens	<ul style="list-style-type: none"> • Rainbow Chard/horseradish leaves – enough for 8 portions 	<ul style="list-style-type: none"> • Bucket and water • Kitchen paper • Large pan • Mixing spoon (large)
Garnish/Service	<ul style="list-style-type: none"> • Fresh pine tips 	<ul style="list-style-type: none"> • Large pan • Slotted spoon • Tongs • 1 large frying pan • 8 plates/boards/slates

Method

PREPARING THE RABBIT:

1. Break down/bone out the rabbit as per chef instruction
2. Set the 4 saddles aside for the roulades (cling wrap and place on a tray in a cool box until needed)
3. Reserve the bones for the sauce

WILD MUSHROOM DUXELLE:

1. Wipe the mushrooms clean with a pastry brush, paper towel
2. Finely chop
3. Place a pan on the heat and add butter
4. Add the mushrooms and herbs (check with chef when to add these as differs by herb)
5. Sauté until soft and mushrooms are dry
6. Season and remove from pan to cool until needed for assembly of the rabbit roulades

SADDLE OF RABBIT ROULADES: (do this once mushroom duxelle is ready made and cool)

1. On a clean board, roll out a fresh layer of cling film
2. Lay 4 slices of pancetta on cling film, side by side, slightly over-lapping
3. Place the saddle of rabbit on top
4. Season the exposed side of the rabbit with salt and pepper
5. Place a spoonful or two of prepared mushroom duxelle onto the rabbit and spread evenly
6. Then, carefully roll the rabbit up in the cling film into a neat, tight sausage shape, twisting the edges – see chef demo
7. Repeat for all saddles
8. When all assembled, refrigerate on cool box until needed for service

RABBIT JUS:

1. Finely chop shallots and garlic
2. Place a large pan on the heat – add oil
3. Brown the rabbit bones well – remove the bones
4. Add shallots and garlic to the pan and stir until golden brown
5. Add the rabbit bones back in with veal glaze and water and bring to simmer
6. Reduce sauce and skim any impurities off top
7. Pass the sauce through sieve into a small clean pan
8. Reserve until needed for service, in the pan, covered

SMOKED POMME PUREE:

1. Place a large pan of water on the heat to boil
2. Peel and quarter the potato – place in the boiling water and cook just to al dente – drain and place the potatoes on a cooking rack
3. Place aromatics into the base of a gastronorm pan and invert another pan on top – place over the heat to start the smoking process.
4. Once smoking, remove the "lid" and quickly place the rack with potatoes on top of the lower tray, covering again
5. Leave to smoke for 10 minutes until the potatoes are cooked
6. Remove from the heat and mash the potatoes through a potato ricer into a bowl
7. Add butter, salt and pepper and mix
8. Cover and reserve for service

WILD GREENS – RAINBOW CHARD/HORSERADISH LEAVES/DANDELION LEAVES ETC)

1. Wash all the wild vegetables very well – dry
2. Place a large pan on the heat and add some olive oil
3. Add the greens and sauté until wilted
4. Season with salt/pepper
5. Reserve in the pan (off the heat) until needed

GARNISH & SERVICE (F@W chefs will complete just prior to serving)

1. Place a large pan of water on the heat and bring to the boil
2. When ready to eat, bring water to a simmer and poach the saddles of rabbit
3. Place a frying pan on the heat – when the rabbit is poached, pan fry to colour the outside
4. Reheat the wild greens, pomme puree and the sauce
5. Place all components on the plate, add sauce and garnish with fresh pine tips

DESSERT

Caramelised French toast, rhubarb and elderflower compote, Chewton honey and crème fraiche (8 portions)

COMPONENT	INGREDIENTS	UTENSILS
French Toast	<ul style="list-style-type: none">• 1 large/2 med challah bread• 4 eggs• 500ml cream• 500ml milk• 1 vanilla pod• 2.5g cinnamon• 225g sugar• 60g butter	<ul style="list-style-type: none">• Med bowl• Whisk• Bread knife• 2 large trays• 2 large frying pans• Cooling rack• Tinfoil
Compote	<ul style="list-style-type: none">• 1kg rhubarb• 10 Elderflower sprigs• 300g sugar	<ul style="list-style-type: none">• Bucket and water• 1 vegetable peeler• Med/large pan• Slotted spoon• Med bowl
Garnish & Service	<ul style="list-style-type: none">• 400g crème fraiche• 50g runny honey• 100g Icing Sugar• Edible flowers	<ul style="list-style-type: none">• Icing sugar duster• Dessert spoon• 8 plates/boards/slates

Method

FRENCH TOAST

1. Slice the bread – check with chef how much per portion
2. Split and deseed the vanilla pod and place the seeds in a bowl
3. Add all the other ingredients (except the bread and butter) to the bowl and mix together
4. Dip the bread into the mixture and reserve on a tray
5. Place a large frying pan on the heat and add butter
6. Panfry the bread until golden brown, careful when turning
7. Remove to a rack on a tray – cover loosely with tinfoil

COMPOTE

1. Wash the rhubarb and chop into nice size chunks – check size with chef
2. Place the rhubarb and elderflower sprigs into a pan with the sugar and bring to a simmer
3. Cook until the fruit is softened
4. Remove from the heat and place in a bowl – allow to cool

SERVICE (F@W chefs to complete just prior to serving)

1. Reheat the toast
2. Remove the elderflower sprigs from the fruit compote
3. Plate up garnishing with Chewton Honey, crème fraiche and a dusting of icing sugar.