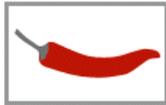




The Gourmet Challenge



Menu

Canapé

A Selection!

Starter

Spiced parsnip veloute

Main

Roulade of chicken with Parma ham and spinach mousse, herbed couscous, panache of seasonal vegetables and a Madera Jus

Dessert

Decadent dark chocolate mousse, rosemary shortbread crumble, raspberry coulis, popping candy

STARTER
Spiced Parsnip Veloute
(9 portions)

COMPONENT	INGREDIENTS	UTENSILS
Soup	<ul style="list-style-type: none"> • 40ml olive oil • 40g butter • 800g parsnip • 4 shallots • 4 clove garlic • 2 sprig thyme • 2 sprig rosemary • 2 bay leaf • 10g garam marsala • 1.2 litres hot water • 200ml cream • 25g vegetable stock powder • Salt • Pepper 	<ul style="list-style-type: none"> • 1 x large pan (4 litre capacity) • 1 large mixing spoon • 1 vegetable peeler • Large measuring jug • 1 bowl • 1 bowl • Stick blender/liquidiser • Ladle

METHOD

SOUP

1. Ensure you have hot water available – check with chef where to get
2. Peel and chop the onions and garlic into a small dice and place in a med bowl
3. Peel and dice the parsnip into a small dice - it will cook quicker and be easier to blend – place in a bowl
4. Destalk the thyme and rosemary and finely chop and add to the parsnips
5. Place a large pan on the heat and add the olive oil and butter – stir to melt the butter
6. When the butter has melted, add the onions and garlic and sauté until translucent (not browned!)
7. Then add the garam marsala, parsnips and herbs and continue to sauté until the parsnips are well coated and beginning to cook.
8. Then add most of the hot water (keep 200ml back in case), vegetable stock , bayleaf, salt and black pepper (careful with the salt as the stock also has salt in it so add in moderation and check)
9. Cover the pan and allow to cook at a simmer until the parsnip is soft
10. Remove the pan to a heatproof surface
11. Remove the bay leaves and blend the vegetables with a stick blender or liquidiser (in batches)
12. Add the cream
13. Check the seasoning and add salt and more water to thin out if required (check with chef)
14. Reserve in the pot until needed for service

MAIN

Roulade of chicken, Parma ham and spinach mousse with herbed couscous, panache of seasonal vegetables and a Madeira jus (9 portions)

COMPONENT	INGREDIENTS	UTENSILS
Chicken roulade	<ul style="list-style-type: none">• 10 chicken breasts (9 for roulade, 1 for mousse)• 18 slices Parma ham• 325g large leaf spinach• 2 large eggs• 1/2 bunch tarragon• Salt/pepper	<ul style="list-style-type: none">• Clingfilm• Rolling pin• Small tray• Mixing spoon• Tea spoon• Food processor
Herbed cous cous	<ul style="list-style-type: none">• 500g couscous• 500ml water• 2 tsp vegetable stock powder• 20ml olive oil• Salt• Black pepper• 1/2 bunch parsley• 1/2 bunch mint• 1 pomegranate	<ul style="list-style-type: none">• 1 x large metal bowl• Mixing spoon• Clingfilm• Fork• Rolling pin
Panache of seasonal vegetables	<ul style="list-style-type: none">• 27 green beans• 9 baby long carrots• 9 baby sweetcorn• 9 baby asparagus spears• 2 large courgettes	<ul style="list-style-type: none">• Corer• Clingfilm• Vegetable peeler• Colander• Bowl
Madeira jus	<ul style="list-style-type: none">• 300ml demi glaze• 300ml water• 1 large shallot• 15ml olive oil• 1 clove garlic• 1 sprig rosemary• 1 sprig thyme• 180ml Madeira	<ul style="list-style-type: none">• 1 med bowl• 1 med pan• 1 mixing spoon• 1 sieve

Method

ROULADE OF CHICKEN

Make the spinach mousse:

1. Remove the tarragon from the stalks and chop
2. Wash, dry and destalk the spinach, then sauté to soften – drain and squeeze out any excess moisture - reserve until needed **Spinach may be pre-prepared for you.
3. Separate one of the eggs and discard the white
4. Place the chicken (for the mousse) into a food processor with 1 whole egg, the egg yolk, the cooked spinach and tarragon leaves - blitz until it is a thick puree
5. Remove to a bowl and add seasoning (ask chef to taste if don't want to taste raw chicken, or poach off a small bit in water for 5 minutes to check)
6. Reserve in fridge until needed

Prepare the chicken escalopes:

7. Roll out a piece of clingfilm onto a board, place a chicken breast on top and then roll the clingfilm over the breast to create a top layer covering the chicken – cut the clingfilm to release
8. Using a rolling pin, bat out the chicken breast (gently but firmly enough) until thin – ask chef
9. Remove flattened chicken breast to a small tray/plate
10. Repeat process for all chicken breasts

Make the roulade shape:

11. On a clean board, roll out a fresh layer of clingfilm again
12. Lay 2 slices of Parma ham on clingfilm, side by side and slightly overlapping
13. Place a flattened chicken breast on to the Parma ham
14. Season the exposed side of the breast with salt and pepper
15. Place a spoonful of prepared spinach mix onto chicken and spread evenly
16. Then, carefully roll the chicken up in the clingfilm into a neat, tight sausage shape, twisting the edges – see chef demo
17. Repeat for all breasts
18. When all assembled, refrigerate until needed for service

HERBED COUSCOUS

1. Place the cous cous into a metal bowl
2. Add the veg stock powder, olive oil and a twist or two of black pepper
3. Pour over the hot water, give a quick stir and then immediately cover with clingfilm – leave for 5-10 minutes for the water to absorb into the couscous.
4. Meanwhile destem and finely chop the mint and parsley
5. Deseed the pomegranate (cut in half and hold over a bowl, cut side facing down, then hit the back with a rolling pin and seeds drop out into the bowl) – reserve
6. Then, remove the clingfilm and fluff up the couscous with a fork
7. Check for seasoning and add salt if required
8. Add the chopped mint, parsley and pomegranate and give a final stir through
9. Cover again to keep warm for the team lunch

PANACHE OF VEGETABLES

1. Wash all vegetables (check with chef if they are pre-washed)
2. Cut courgettes into 2cm rounds
3. Using small pastry cutter/corer, cut centre out of each one
4. Prep all other vegetables to the correct size – ask chef
5. Carefully fill centre of the courgettes with vegetables - ask chef
6. Reserve to the side

MADEIRA JUS

1. Peel and finely chop the shallots and garlic
2. Place pan on heat with olive oil
3. Add shallots and garlic to pan and stir until golden brown
4. Add the Madeira and flame – ask chef
5. Add rosemary and thyme sprigs
6. Add demi glaze and the same amount of water and bring to simmer
7. Reduce sauce for approx 3 minutes
8. Skim any impurities off top
9. Pass the sauce through fine sieve into bowl
10. Taste and add a little sugar if required
11. Reserve until needed

SERVICE (F@W chefs to do)

1. Roast the chicken, steam the panache, reheat the couscous and Madeira jus
2. Plate up and serve

DESSERT

Decadent dark chocolate mousse, rosemary shortbread crumble, raspberry coulis (9 portions)

COMPONENT	INGREDIENTS	UTENSILS
Crème Pâtissier	<ul style="list-style-type: none">• 250ml whole milk• 65g sugar• 4 egg yolks• 50g flour	<ul style="list-style-type: none">• Med bowl• Small bowl• Whisk• Small/med pan• Clingfilm
Mousse	<ul style="list-style-type: none">• 330g premade crème pâtissier (from above)• 300g dark chocolate• 600ml double cream	<ul style="list-style-type: none">• Small/med pan• Med metal/glass bowl• 1 med bowl• Whisk• Mixing spoon• Spatula• Small deep roasting tray• Electric hand beater
Rosemary shortbread crumble	<ul style="list-style-type: none">• 200g plain flour• 100g unsalted butter• 50g caster sugar• 1 sprig rosemary• A pinch of salt	<ul style="list-style-type: none">• Baking sheet• Parchment paper• Med bowl• Cooling rack• Rolling pin• Small tray
Raspberry coulis	<ul style="list-style-type: none">• 150g raspberries (frozen)• 30g sugar• ½ lemon	<ul style="list-style-type: none">• Stick blender• Sieve• Small bowl
Service/Garnish	<ul style="list-style-type: none">• All components• Popping candy OR chocolate sprinkles	<ul style="list-style-type: none">• Food Processor OR Stick blender• Sieve• Small bowl

Method

CRÈME PÂTISSIER

1. Separate the eggs and place yolks in a bowl
2. Add 100ml of the milk to the yolks, and then add the flour and whisk in
3. Place the remaining milk and sugar into a pan and bring to the boil
4. Pour the hot milk over the egg yolks, whisking, and then return to the pan, on the heat and bring back to the boil, whisking all of the time (It must boil for it to thicken)
5. Continue to cook, whisking all the time for approx 2 minutes or until it has thickened
6. Remove from the heat to the bowl, cover (to prevent skin forming) and cool (don't refrigerate) until needed for the mousse

MOUSSE

1. Place a small pan of water on the heat, and bring to a gentle simmer
2. Place the chocolate in a metal/glass bowl, and put the bowl onto the pan of gently simmering water to melt (don't let the bottom of the bowl touch the water and don't let it boil furiously or the chocolate will be ruined)
3. When melted, allow to cool slightly
4. In a separate bowl, whip the cream to ribbon stage
5. Whisk the chocolate into the prepared crème pâtissier, and then fold in the whipped cream
6. Pour out into a deep small sized roasting tray, smooth off the top and refrigerate until needed

ROSEMARY SHORTBREAD CRUMBLE

1. Pre-heat oven to 150°C
2. Dice the butter and allow to soften
3. Remove rosemary leaves from stalk and finely chop
4. Place flour, rosemary, sugar, butter and salt into a bowl and mix until ingredients are combined.
5. Turn mixture out onto a work bench and knead into a ball (don't overwork it)
6. Place the pastry between two sheets of parchment paper and gently roll out until about 3mm thick (you may need to divide the dough in two parts if the work surface is not large enough)
7. Remove the top layer of paper and transfer the pastry onto a large baking sheet (keeping the underneath layer of parchment paper in place.
8. Bake in the oven for about 8 minutes or until the biscuit is just starting to colour – watch as oven times vary (if using a domestic oven, the bake time may be as much as doubled)
9. Remove from oven and allow to cool completely.
10. When completely cool, break it up into a bowl/on a tray and crumble it up to a coarse crumb (not a powder) – you can use fingertips.
11. Reserve in a dry place uncovered until needed for service

RASPBERRY COULIS

1. Place all the raspberries sugar and a squeeze of lemon juice (to taste) into a tall thin cylindrical bowl/container
2. Using a stick blender, puree for 30 – 40 seconds
3. Then pass through a sieve into a small bowl to remove any bits
4. Place coulis in a small bowl, cover with clingfilm and reserve

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

1. Add crumble to the plate with a quenelle of mousse on top
2. Garnish plate with the raspberry coulis and chocolate sprinkles/popping candy
3. Serve immediately