



The CSR Cooking Challenge



learning through giving

Arqiva - 27th June 2014

Lunch Menu @ The Passage

Soup

Roasted butternut squash soup

Salad

Mixed chopped salad with dill vinaigrette

Main Hot Dishes

BBQ Chicken

Vegetable and Goats Cheese Tartlets

Vegetables

Moroccan Couscous

Steamed vegetables

Dessert

Toffee Apple, Pear and Blueberry Crumble with Custard

ROASTED BUTTERNUT SOUP

1 large pot – circa 40 litres

COMPONENT	INGREDIENTS	UTENSILS
Butternut Squash Soup	<ul style="list-style-type: none">• 500ml olive oil• 20 butternut• 10 leek• 10 white onion• 10 large carrot• 150g vegetable stock powder• Approx 20 litres water (hot is pref)• Salt• Pepper• 200ml lemon juice (optional)	<ul style="list-style-type: none">• 1 x 40 litre large pan• 1 large mixing spoon• 2 vegetable peelers• 1 large colander• 1 large bowl• Citrus reamer – electric or strong manual• Large stick blender

Method

SOUP:

1. Peel, deseed and dice the butternut
2. Peel and chop the onions and carrots – keep separate
3. Top and tail the leeks, slice in half lengthways and then place the leek cut side down and slice into half moon slices – place in colander in the sink, wash and drain
4. Place a large pan on the heat and add the olive oil, onions and leeks
5. Sauté until translucent (not brown, burnt)
6. Add the butternut and carrots and mix to coat in the oil
7. Pour in (boiling pref) water to cover the vegetables
8. Add salt, pepper, veg stock powder
9. Cover and simmer until the vegetables are soft
10. Blend (using a stick blender)
11. Season to taste with salt, pepper and lemon juice

MIXED SALAD WITH DILL VINAIGRETTE DRESSING

(150 portions)

COMPONENT	INGREDIENTS	UTENSILS
Salad	<ul style="list-style-type: none">• 10 lettuces (iceberg/gem/romain)• 10 English cucumbers• 20 tomatoes• 10 mixed peppers (red, green)• 5 red onions• 1.5kg tinned corn (drained weight)	<ul style="list-style-type: none">• 2 large bowls• 2 large colanders• 2 large mixing spoons
Dill Vinaigrette	<ul style="list-style-type: none">• 500ml olive oil• 250g dill• 5 lemons• Salt• Pepper• 50g sugar	<ul style="list-style-type: none">• 1 large bowl• Mixing spoons• Citrus juicer• Zester

Method

MIXED CHOPPED SALAD:

1. Chop the lettuce into small pieces, wash and drain in a colander
2. Wash the tomatoes, slice in half, deseed and chop into a 1cm dice – place in a large bowl
3. Wash and chop the cucumber into a 1cm dice – add to tomatoes in bowl
4. Peel the onions and cut in half, through the root. Then place cut side down, and slice across into thin semi circles – place in a bowl with the tomatoes/cucumbers
5. Cut the peppers in half lengthways and remove the stalk and pith
6. Cut into a 1cm dice and add to the salad in the bowl
7. Open the tins of corn, drain and add to salad in the bowl

DILL VINAIGRETTE:

1. Place olive oil into a bowl
2. Cut lemons in half, zest and juice and then add both to the bowl
3. Pull dill from the stalks and chop and then add to the bowl
4. Season with salt/pepper and a little sugar, mix well
5. Pour the dressing over the salad and mix well

BBQ COCA COLA CHICKEN

150 portions

COMPONENT	INGREDIENTS	UTENSILS
BBQ Coca Cola chicken	<ul style="list-style-type: none">• 150 chicken legs (thighs + drumsticks)• Salt• Garlic salt• Black pepper• 2-2.5kg chutney• 225ml Worcestershire sauce• 2kg -2.5kg tomato ketchup• 2 – 3 litres Coca Cola	<ul style="list-style-type: none">• Large oven trays• 2 tongs• 2 large mixing bowls• 2 large mixing spoons

Method

CHICKEN:

1. Season the chicken all over with salt, garlic salt and black pepper
2. Make a sauce by mixing together the chutney, Worcestershire sauce, tomato ketchup and enough Coca Cola to make a pourable but thick sauce – check with chef how much Coca Cola to add BEFORE you add it all or the sauce will be too thin
3. Pour the sauce over the chicken, enough to coat the chicken, but not so much as to cover completely.
4. Place the chicken into the ovens to cook until tender but sticky and delicious with a caramelized skin (you can turn the chicken over a few times in the sauce while cooking if need be, but make sure at least the last 20 minutes is skin side up, so it gets a bit crispy)
5. Reserve until needed for service or cook in batches as needed

VEGETABLE AND GOATS CHEESE TARTLETS

COMPONENT	INGREDIENTS	UTENSILS
Vegetables	<ul style="list-style-type: none"> • 25ml olive oil • 1 large leek • 6 mixed peppers • 2 courgettes • 2 red onions • Salt • Pepper 	<ul style="list-style-type: none"> • 1 large pan • 1 mixing spoons • 1 very large bowl • 2 trays/bowls (fridge) • Clingfilm • 2 julienne peelers
Sweet Potato	<ul style="list-style-type: none"> • 2 large sweet potatoes • Salt • Pepper • 20ml olive oil 	<ul style="list-style-type: none"> • Baking sheet • Baking parchment • Vegetable peeler
Assembly	<ul style="list-style-type: none"> • 2kg puff pastry – ready rolled • 150g prepared pesto • 10 sundried tomatoes • 60g sesame seeds • 1kg logs goats cheese • 170g flour 	<ul style="list-style-type: none"> • 3 large metal/foil trays • 2 pastry brush • 2 med/large bowls • Parchment paper • 2 forks • 2 rolling pins • 2 palette knives

Method

VEGETABLES:

1. Top and tail the leek, slice in half lengthways, then place cut side down and slice across thinly into half moon slices
2. Wash leek slices in a colander in the sink, drain – reserve in a bowl until needed
3. Cut the peppers in half lengthways and remove the stalk and pith, then slice into long thin slices – reserve in the bowl with the leeks until needed
4. Top and tail the courgettes, and use a julienne peeler to create long thin strips (you can cut the strips in half if too long) – place in bowl with other vegetables
5. Peel the onions and cut in half, through the root. Then place cut side down, and slice across into thin semi circles – place in a bowl with the leeks/peppers/courgettes
6. Season the vegetables in the bowl with salt and pepper
7. Get a very large pan on the heat, and add the olive oil
8. Fry the vegetables off until caramelized – repeat until all vegetables are done. As soon as a batch is done place on a tray/in a bowl and into the fridge to cool (has to be cold before tarts are assembled).
9. Reserve all vegetables on trays in the fridge until needed for assembly

SWEET POTATO:

1. Peel the sweet potatoes and cube it into 1cm dice
2. Place on a baking sheet lined with parchment paper
3. Season lightly with salt and pepper and coat with olive oil
4. Roast in the oven until soft - reserve on the tray until required for assembly of the tarts

ASSEMBLY:

1. Mix pesto through all the prepared vegetables (just enough to coat) - check seasoning adjust
2. Line baking trays with parchment paper
3. Lay out a sheet of puff pastry on the tray - cut pastry to fit the tray
4. Place the vegetables evenly over the pastry in a thin layer
5. Finely slice the sundried tomatoes and scatter on top of the vegetables
6. Crumble and sprinkle the goats cheese top of the vegetables
7. Finally, sprinkle with some sesame seeds
8. Repeat for all trays/pastry/filling
9. Bake in a very hot oven (220 degrees) for 10 minutes or until the pastry is golden brown

COUSCOUS

COMPONENT	INGREDIENTS	UTENSILS
Couscous	<ul style="list-style-type: none">• 10kg Couscous• 10 litres vegetable stock (200g powder)• 5kg tinned chickpeas (drained weight)• 2kg Sultanas/raisins/dried apricots• 250g parsley• 250g mint• 1kg butter• Salt• Pepper• 6 Lemons	<ul style="list-style-type: none">• 4 large metal/foil trays• 1 x 10 litre stockpot• Tin opener• 2 large fridge trays• Clingfilm• Fork• Colander• 2 large bowls• Citrus reamer

Method

COUSCOUS:

1. Bring 10 litres of water to the boil
2. Remove the parsley and mint from their stalks and chop
3. Open and drain the chick peas
4. Cut the butter into smaller "knobs"
5. Place the couscous into large trays (ask chef how much per tray)
6. Add the vegetable stock powder (just enough to match the amount of couscous – ratio is 20g per kilo of couscous), salt, pepper and mix
7. Dot all over with the knobs of butter (100g per kg of couscous)
8. Add the hot water (same amount as the couscous 1:1 ratio), give a quick mix around and cover tightly with clingfilm
9. After the couscous has absorbed the water, fluff up with a fork and add the remaining ingredients – parsley, mint, chickpeas, saltanas and some lemon juice
10. Mix in, taste and adjust seasoning.

STEAMED VEGETABLES

COMPONENT	INGREDIENTS	UTENSILS
Steamed Vegetables	<ul style="list-style-type: none">• 30 heads of broccolli• 40 large carrots/chantenay carrots	<ul style="list-style-type: none">• Large oven steamer trays• 2 vegetable peelers• 2 large colanders

Method

VEGETABLES:

1. Wash all the vegetables
2. Prepare them into even sized pieces – ask chef how they should be done
3. Place in steamer trays, season with salt and pepper
4. Steam as needed, ready for service – check with chef how much to steam and how much to reserve

TOFFEE APPLE, PEAR AND BLUEBERRY CRUMBLE WITH CUSTARD

COMPONENT	INGREDIENTS	UTENSILS
Fruit	<ul style="list-style-type: none"> • 45 pears (williams/conference) • 30 apples (braeburn/coxes) • 30g ground cinnamon • 30g ground ginger • 4 lemons 	<ul style="list-style-type: none"> • 6 large deep oven trays • 2 corers • 2 small knives • Large mixing spoon • Measuring spoons • Citrus reamer
Caramel sauce	<ul style="list-style-type: none"> • 225g sugar • 150g butter (soft) 	<ul style="list-style-type: none"> • Med Pan • Mixing spoon
Crumble Topping	<ul style="list-style-type: none"> • 3kg white flour • 1.5kg sugar • 2.25kg unsalted butter (softened) • 1.2kg porridge oats 	<ul style="list-style-type: none"> • 3 very large bowl • 2 trays (fridge) • Scale • Large Hobart mixer
Assembly	<ul style="list-style-type: none"> • 200g cornflour • 750g blueberries • The crumble mix • The trays with the apples and pears 	<ul style="list-style-type: none"> • Icing sugar duster • Tinfoil

Method

APPLES & PEARS:

1. Wash and core the apples and pears and cut into quarters or cube into 8ths
2. Place equal amounts of each fruit into the large metal trays and sprinkle over the ginger and cinnamon, and squeeze over the lemon juice – mix all gently together so the fruit is coated in the spices.

CARAMEL SAUCE:

1. Place pan on the heat and wait until it starts to smoke a little bit
2. Add the sugar to the pan – it will start to caramelize straight away (don't let it burn)
3. As soon as the sugar is caramelised enough (check with chef), quickly add the butter and mix
4. Once caramel is made, pour over the fruit in the metal trays.

CRUMBLE TOPPING:

NB –You can use a large mixer for this or your hands. If hands then you may need to divide the ingredients for this into 2 evenly divided portions, and repeat the process, to ensure all is mixed in to the right consistency – ask your mentor chef for guidance)

1. Place flour and sugar into bowl
2. Slice butter into small cubes and add to bowl
3. Use a mixer to blend to breadcrumb consistency OR use your fingertips to rub the butter into the dry ingredients until it is all mixed and takes on a breadcrumb consistency
4. Stir through the oats
5. Reserve in bowls until ready to assemble the dish

ASSEMBLY/COOKING:

1. Scatter the berries evenly over the other fruit in the metal trays
2. Dust the fruit with cornflour, using an icing sugar duster, so it is evenly spread
3. Finally, add the crumble topping to the fruit, and pat down gently
4. Place crumble in oven for approx 20 - 30 mins until the top is golden brown (Gas Mark 6 - 180° c)
5. Keep warm/reheat for lunch
6. Serve with prepared custard