



26<sup>th</sup> February 2014

## The Gourmet Challenge



### Menu

#### Starter

Earl Grey home smoked salmon with seasonal asparagus, soft n crispy panko egg and watercress sauce

#### Main

Chicken, savoy cabbage and pancetta en croute with roasted root vegetables & Maderia & tarragon cream sauce

#### Dessert

Rich chocolate fondant with Kahlua cream & raspberry coulis

## STARTER

### Earl Grey home smoked salmon with asparagus, soft 'n crispy Panko egg, spinach veloute and carrot crisps (7 portions)

COMPONENT	INGREDIENTS	UTENSILS
Earl Grey home smoked salmon	<ul style="list-style-type: none"> <li>• 700g salmon fillet</li> <li>• 2 dessertspoons woodchips/dust</li> <li>• 1 lime</li> <li>• 1 lemon</li> <li>• 2 Earl Grey tea bag</li> <li>• Salt/Pepper</li> <li>• 20ml olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• 2 disposable foil roasting tins (small, deep)</li> <li>• 1 wire rack</li> <li>• Med Bowl</li> <li>• Reamer/citrus juicer</li> <li>• Zester</li> <li>• Mixing Spoon</li> <li>• Clingfilm</li> </ul>
Asparagus	<ul style="list-style-type: none"> <li>• 35 large asparagus spears</li> <li>• Salt</li> </ul>	<ul style="list-style-type: none"> <li>• Veg Peeler</li> <li>• Med pan</li> <li>• Med/Large bowl</li> <li>• Ice</li> <li>• Slotted spoon</li> <li>• Small tray (fridge)</li> </ul>
Soft 'n crispy Panko egg (or poached eggs if preferred)	<ul style="list-style-type: none"> <li>• 7 large eggs</li> <li>• 120g plain flour</li> <li>• 120ml buttermilk/milk</li> <li>• 250g Panko breadcrumbs</li> <li>• Salt</li> </ul> <p><u>For poached eggs</u></p> <ul style="list-style-type: none"> <li>• 50ml vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• 1 med/large pan</li> <li>• Slotted spoon</li> <li>• 1 large bowl</li> <li>• Ice</li> <li>• 3 small bowls</li> <li>• 1 small tray</li> <li>• Paper towel</li> <li>• Small tray</li> <li>• Timer</li> <li>• Ramekin</li> </ul>
Spinach veloute	<ul style="list-style-type: none"> <li>• 125g spinach</li> <li>• 1 shallot (banana)</li> <li>• 1 clove garlic (large)</li> <li>• 35g unsalted butter</li> <li>• 375ml double cream</li> <li>• 125ml milk</li> <li>• Salt</li> <li>• pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Med pan</li> <li>• Mixing spoon</li> <li>• Liquidiser</li> <li>• Fine sieve</li> <li>• Med Bowl</li> </ul>
Carrot crisps	<ul style="list-style-type: none"> <li>• 3 large carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Deep fryer</li> <li>• Veg peeler</li> <li>• Small tray</li> <li>• Paper towel</li> </ul>
Garnish/Service	<ul style="list-style-type: none"> <li>• 10g black/white sesame</li> </ul>	

## Method

### SALMON

1. Put a handful of woodchips in a deep roasting tray (disposable)
2. Zest the lime and lemon and add zest to the woodchips
3. Tear open the teabag and add tea leaves to the woodchips
4. Place the second tray on top of the woodchips to create a lid – place on the heat to start the smoking process – about 5 minutes
5. Meanwhile, prepare the salmon into 10g portions, season the salmon fillet (salt/pepper) and rub with a bit of olive oil – place on rack

6. When the woodchips are smoking, quickly lift the lid and place the rack of salmon on top of the chips, then quickly cover with the lid again, and place back on the heat for 30 seconds to let the smoke build up again in the container
7. Remove the tray from the heat, and, without opening, leave for about 5 minutes, to allow the smoking flavour to permeate the fish
8. Remove the lid and place the salmon on a tray
9. Cover and refrigerate until required for service

### 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 pan to a tray and refrigerate until needed for service

### EGGS

1. Prepare a bowl with ice water (bowl must be large enough to hold 6 eggs)
2. Bring a large pan of salted water to a rolling boil
3. Carefully place the eggs into the water, and when it comes back up to the boil, start the timer for 4.5 minutes
4. When time is up, quickly transfer the eggs to the ice bath, and leave them in there to cool completely – about 20 minutes
5. Prepare 3 bowls, with the flour, buttermilk and Panko breadcrumbs – season the flour and the breadcrumbs with salt
6. When the eggs have had their time to cool completely, CAREFULLY peel them, starting at the larger rounded end of the shell
7. Dip each egg first into the flour, then the buttermilk and finally the Panko (be sure to coat really well with the Panko)
8. Repeat for all eggs, and reserve on a tray until needed for service

#### For poached eggs instead, if preferred

1. Prepare a bowl with ice water – reserve until needed
2. Place a pan on the heat with water (you want it about 12cm deep), and add the vinegar
3. Bring to a boil, and when at a boil, turn down to a slow simmer
4. Carefully crack the eggs into the water, and poach for 3 minutes (ask chef for demo if you are not sure how to do this). You can break into a ramekin first and then lower into the water.
5. When ready, using a slotted spoon, remove the egg from the hot water, and immediately place into the ice water.
6. Repeat for all eggs (you can do up to 6 at one time if you want)
7. When cold, remove from the ice water (using slotted spoon) to a tray and refrigerate until needed

### SPINACH VELOUTE

1. Peel and chop the onion and garlic
2. Place butter in a large pan on the heat and sweat the onions and garlic slowly (no colour) until soft
3. Add the cream and milk and bring to the boil
4. When at boiling, transfer to a liquidiser, add the spinach and seasoning (you will need to do this in batches, adding equal amounts spinach and cream/milk each time) and blitz (start slow so it doesn't splash out everywhere!)
5. Pass through a fine sieve into a bowl
6. Chill as soon as possible (to preserve the green colour)
7. Reserve in fridge until needed for service

### CARROTS

1. Peel the carrots and discard the skin
2. Continue peeling the carrot itself into long thin strips
3. Deep fry the carrot strips
4. Remove to a tray with kitchen paper to drain
5. Season with salt/pepper
6. Reserve until needed for service

### SERVICE (F@W chefs to do just prior to service, or client to do if straight into starter service)

1. Lightly dust the top side of the salmon and pan fry just to brown. Then remove to a roasting tray and roast in hot oven for about 3-4 minutes (don't overcook it)
2. Re-heat the asparagus by quickly immersing in a pan of hot water, then drain and toss in butter.
3. Deep fry the Panko eggs for 60 seconds, just to a golden brown, drain/reheat the poached eggs by quickly immersing in a pan of hot water.
4. Reheat the watercress sauce (if required)
5. Place the elements artfully onto the plate, and serve with the sauce and a sprinkling of sesame seeds

NOTE: For any vegetarian versions, omit the salmon, and replace with roasted butternut and feta cheese (ask chef if you are to make any vegetarian portions)

## MAIN

### Chicken and pancetta en croute with panache of seasonal vegetables, and a tarragon Madeira jus (7 portions)

COMPONENT	INGREDIENTS	UTENSILS
Chicken en croute	<ul style="list-style-type: none"><li>• 7 x prepared chicken portions</li><li>• 120g diced chicken breast</li><li>• 600g puff pastry</li><li>• 2 large savoy cabbage</li><li>• 60g pancetta</li><li>• 1 leek</li><li>• 2 shallots</li><li>• 2 cloves garlic</li><li>• 1 egg</li><li>• 100ml double cream</li><li>• 20g butter</li><li>• Salt/pepper</li><li>• 50g flour for dusting</li></ul>	<ul style="list-style-type: none"><li>• Med pan</li><li>• 2 mixing spoons</li><li>• Colander</li><li>• 2 small bowls</li><li>• Food processor</li><li>• Med bowl</li><li>• Tea towel</li><li>• Slotted spoon</li><li>• Large pan</li><li>• Large bowl ice</li><li>• Small tray</li><li>• Clingfilm</li><li>• Rolling pin</li><li>• Pastry brush</li><li>• Baking paper</li><li>• Med tray</li></ul>
Panache of seasonal vegetables	<ul style="list-style-type: none"><li>• 35 green beans</li><li>• 14 baby long carrots</li><li>• 14 baby sweetcorn</li><li>• 2 large courgettes</li></ul>	<ul style="list-style-type: none"><li>• Corer</li><li>• Clingfilm</li><li>• 1 vegetable peelers</li></ul>
Tarragon Madeira jus	<ul style="list-style-type: none"><li>• 200ml veal glaze</li><li>• 200ml water</li><li>• 1 shallot</li><li>• 10ml olive oil</li><li>• 125g mushrooms</li><li>• 1 clove garlic</li><li>• ¼ bunch tarragon</li><li>• 1 star anise</li><li>• 80ml Madeira</li><li>• 100ml cream</li></ul>	<ul style="list-style-type: none"><li>• Med bowl</li><li>• Small/med pan</li><li>• Mixing spoon</li><li>• Sieve</li></ul>

## Method

CHICKEN EN CROUTE: (chicken, mousse, cabbage, pastry)

### Chicken Fillet

These are pre-prepped for you – trimmed and sealed

### Chicken Mousse

1. Wash the leeks, discarding outer 2 leaves, and peel the shallots and garlic
2. Peel and finely chop the vegetables
3. Place a pan on the heat vegetables to the pan with butter
4. Sweat the vegetables until translucent
5. Remove to a bowl/tray and place in fridge/freezer immediately to cool
6. Finely slice the ham/pancetta and reserve until needed
7. Separate the egg & place the yolk in the food processor - discard the white
8. Place the chicken mini fillets into the processor with the egg yolk and blitz until it is a thick puree
9. Add the cream and blitz again to incorporate
10. Remove to a bowl and add the leek mixture and ham and mix

11. Check for 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)
12. Reserve in fridge until needed for assembly of cabbage parcel

#### Greens - Savoy cabbage (do in main kitchen)

13. Wash and pick through the green leaves, removing any hard stalks (but keeping leaves whole)
14. There will be a large pan of hot water on the hob and a bowl of ice water – ensure they are both ready!
15. Blanch for 10 seconds in the large pan of water and immediately plunge into the ice water (this stops the cooking process and retains the colour)
16. Lay each leaf out onto a clean tea towel/paper towel to dry thoroughly
17. Repeat until you have enough leaves to wrap all the chicken breasts
18. Reserve until needed for assembly of cabbage parcel

#### Assembly 1 – Cabbage parcel

19. Cut a square of cling film approx 20cm square
20. Lay out the leaf/leaves onto the cling film into approx 15cm square, overlapping leaves if required
21. Carefully spread about 1 tablespoon of mousse onto the leaf/leaves, being careful not to tear or bunch – see chef demo
22. Place chicken breast onto the centre of the mousse, season and then fold the leaves over, wrapping into a parcel – make sure the mousse surrounds the chicken
23. Repeat with all breasts and place on tray - reserve in fridge until needed

#### Assembly 2 – pastry parcel

24. Flour the working surface and rolling pin
25. Only when ready to use, get the pastry from fridge
26. Roll out (sheet by sheet) to about 3mm thick, and cut into portions so you have 8 equal squares, about 12.5cm square (trim edges into a neat squares)
27. Place aside
28. Prepare the egg wash by mixing an egg with water in a bowl
29. Remove the cling film from the chicken parcel
30. Place the chicken parcel diagonally in the centre of a pastry square
31. Using a pastry brush, lightly eggwash the top left and bottom right corners, and bring up over the pastry, sticking down
32. Eggwash the two remaining corners, as well as just inside where the fold will be. At the fold, pinch in the pastry (as if wrapping a book) and then bring the corner up over the pastry (this ensures that the pastry completely encases the chicken). Repeat with the final corner.
33. Turn the pastry parcel over, and with the back of a small knife, score the pastry making neat, small lines– don't cut through the pastry
34. Place on a tray, lined with baking paper
35. Repeat for all pastry/chicken parcels and reserve in the fridge until needed for service

#### 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

#### TARRAGON MADEIRA JUS:

1. Peel the shallots and garlic and wipe the mushrooms thoroughly to clean
2. Finely chop shallots and garlic and mushrooms
3. Place pan on heat with olive oil
4. Add shallots, garlic, mushrooms to pan and stir until golden brown
5. Add the Madeira and flame – ask chef
6. Add the tarragon and star anise
7. Add veal glaze and the same amount of water and bring to simmer
8. Reduce sauce for approx 3 minutes
9. Skim any impurities off top
10. Pass the sauce through sieve into bowl
11. Add cream as required – check with chef
12. Check seasoning
13. Reserve until needed for service

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

1. When ready to eat, bake the en-crouetes in the oven at 200°C for 15 minutes
2. Slice into triangles
3. Steam the vegetables
4. Reheat the sauce
5. Place all components on the plate, add sauce and serve

## DESSERT

### **Dark chocolate fondant with kahlua cream, shortbread crumble and raspberry coulis (7 portions)**

<b>COMPONENT</b>	<b>INGREDIENTS</b>	<b>UTENSILS</b>
Dark chocolate fondant	<ul style="list-style-type: none"><li>• 175g dark chocolate (70%)</li><li>• 175g unsalted butter</li><li>• 210g caster sugar</li><li>• 7 eggs</li><li>• 175g flour</li><li>• 40g cocoa (for delice prep)</li><li>• 40g butter (for delice prep)</li></ul>	<ul style="list-style-type: none"><li>• 7 delice rings</li><li>• Med pan</li><li>• Med heatproof bowl</li><li>• Electric beater</li><li>• Med bowl</li><li>• Sieve</li><li>• Spatula</li><li>• Baking paper</li><li>• Baking tray/roasting tray</li><li>• Piping bag</li></ul>
Kahlua cream	<ul style="list-style-type: none"><li>• 300ml double cream</li><li>• 25ml Kahlua (or more to taste)</li></ul>	<ul style="list-style-type: none"><li>• Large bowl</li><li>• Whisk or electric beater</li><li>• Mixing spoon</li></ul>
Shortbread crumble	<ul style="list-style-type: none"><li>• 100g plain flour</li><li>• 50g unsalted butter</li><li>• 25g caster sugar</li><li>• A pinch of salt</li></ul>	<ul style="list-style-type: none"><li>• Baking sheet</li><li>• Parchment paper</li><li>• Med bowl</li><li>• Cooling rack</li><li>• Rolling pin</li><li>• Small tray</li></ul>
Raspberry coulis	<ul style="list-style-type: none"><li>• 150g raspberries</li><li>• 30g sugar</li><li>• ½ lemon</li></ul>	<ul style="list-style-type: none"><li>• Cylindrical container</li><li>• Stick blender</li><li>• Sieve</li><li>• Small bowl</li></ul>

## **Method**

### DARK CHOCOLATE FONDANT

1. Brush the delice rings with soft butter and then coat the insides with cocoa powder
2. Cover a baking tray with baking paper and place the prepared rings onto the paper
3. Put a pan of water on and bring to simmer
4. Meanwhile, break up the chocolate into small pieces and when water simmering, place with the butter into a glass heatproof bowl set over the pan of simmering water – underside of bowl must not touch the water
5. Melt the chocolate slowly and then remove from heat and give it a good stir until it's smooth and glossy - allow to cool slightly
6. Place half off the eggs into a bowl with the sugar and separate the other half placing the yolk in the bowl with the others and discarding the white
7. Using an electric beater mix together until pale and fluffy
8. Add melted chocolate to the bowl with the eggs and sugar and mix
9. Sieve the flour in and incorporate gently using cutting and folding motion
10. Chill the mixture in the fridge for 30 mins
11. Put the mixture into a piping bag and pipe the mixture into the prepared rings, fill 2/3rds of the way up the rings and cover with clingfilm and keep in the fridge until service

### KAHLUA CREAM

1. Place cream in bowl with Kahlua
2. Whisk until firm (use electric beater or a whisk)
3. Taste and add more Kahlua if desired
4. Reserve in bowl in fridge for service



### SHORTBREAD CRUMBLE

1. Pre-heat oven to 150°C
2. Dice the butter and allow to soften
3. Place flour, sugar, butter and salt into a bowl and mix until ingredients are combined.
4. Turn mixture out onto a work bench and knead into a ball (don't overwork it)
5. 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)
6. Remove the top layer of paper and transfer the pastry onto a large baking sheet (keeping the underneath layer of parchment paper in place).
7. 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)
8. Remove from oven and allow to cool completely.
9. 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.
10. 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 in fridge

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

1. Place prepared fondants in a 200°C oven for approx 15 minutes – this point is critical as if left in too long they will not be runny in the centre and if removed from oven too soon, they will not hold their shape (collapse in) – TEST ONE! If they are overcooked, do not worry, just pour over the extra hot chocolate sauce when serving. If they are undercooked, cook for a bit longer
2. Garnish plate with crumble, a quenelle of the cream on the crumble, raspberries and the raspberry coulis
3. When fondants are perfectly cooked, remove from oven and the mould and place on plate
4. Serve immediately