



**Nestlé** Good Food, Good Life

22<sup>nd</sup> May 2014

## The Gourmet Challenge



### Menu

#### Canape

A selection!

#### Starter

Roasted butternut and feta cheese tortellini with a basil pesto dressing

#### Main

Pan roasted sea bass on sauté cucumber and plum tomato with lemon herb mash, asparagus and a chive beurre blanc

#### Dessert

Espresso panna cotta with amaretto caramel on hazelnut and rosemary shortbread

**STARTER**  
**(8 portions)**

**Roasted butternut and feta cheese tortellini with a basil pesto dressing**

COMPONENT	INGREDIENTS	UTENSILS
Pasta dough (for at least 24 tortellini)	<ul style="list-style-type: none"> <li>• 375g "00" plain flour</li> <li>• 6 medium eggs</li> <li>• 1 tsp salt</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta machine</li> <li>• 1 med bowl</li> <li>• Pastry cutter</li> <li>• 1 large tray</li> <li>• Clingfilm</li> <li>• Fork</li> </ul>
Butternut and feta cheese filling (for 24 tortellini)	<ul style="list-style-type: none"> <li>• 1 med butternut</li> <li>• 40ml olive oil</li> <li>• ½ med red onion</li> <li>• 1 clove garlic</li> <li>• 80g feta cheese</li> <li>• 1 egg yolk</li> <li>• 30g pecorino</li> <li>• 2.5g nutmeg</li> <li>• 4 sage leaves</li> </ul>	<ul style="list-style-type: none"> <li>• Small roasting tray</li> <li>• Small pan</li> <li>• Mixing bowl</li> <li>• Small bowl</li> <li>• Plastic gloves</li> <li>• Grater</li> </ul>
Tortellini assembly	<ul style="list-style-type: none"> <li>• Prepared pasta disks</li> <li>• Prepared butternut &amp; feta cheese filling</li> <li>• Flour (for dusting)</li> </ul>	<ul style="list-style-type: none"> <li>• Ramekin</li> <li>• 1 teaspoons</li> <li>• 1 large tray</li> </ul>
Pesto	<ul style="list-style-type: none"> <li>• ¾ bunch basil</li> <li>• 50g pine nuts</li> <li>• 50g pecorino cheese</li> <li>• 50ml olive oil</li> <li>• Salt</li> <li>• Pepper</li> <li>• 1 clove garlic</li> <li>• 1 lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Grater</li> <li>• Robo processor</li> <li>• Baking tray (small)</li> <li>• Med/Large Bowl</li> <li>• Mixing spoon (dessert)</li> </ul>
Cooking & Assembly (chefs to do)	<ul style="list-style-type: none"> <li>• 1 bunch rocket</li> <li>• 140g pecorino</li> </ul>	<ul style="list-style-type: none"> <li>• 2 large pans</li> <li>• Absorbent paper</li> </ul>

**Method**

PASTA DOUGH

1. Break half the eggs into a bowl and separate the other half adding egg yolks to the bowl and discarding the whites
2. Place flour on a clean work surface (or in a large bowl) and make a well in the centre
3. Place eggs and salt into the middle of the flour and using a fork, begin to break up the eggs and incorporate the flour gradually from the sides
4. When it starts to form a soft dough, change to using your hands and bring it all together
5. Check the moisture level of the pasta with chef
6. Place mixture on workbench, and kneed until dough is a silky smooth texture (ask chef duration)
7. Wrap the dough in clingfilm and rest for 15-20 minutes in fridge
8. After dough has rested, cut into 4 equal pieces - use one piece at a time, keeping the remaining 3 covered while you work
9. Using the pasta machine on largest setting, roll one of the pieces of pasta through machine
10. Turn setting down one notch, roll through again
11. Repeat this process with the same piece of dough, turning machine down and rolling through until you have a long thin sheet – check thickness with chef

12. Lay out the long thin piece of pasta on floured surface and leave to rest covered with a damp cloth or clingfilm
13. Repeat the whole process (from point 9 above) with the remaining 3 pieces of pasta
14. Once all the dough is through the machine and in 4 long strips, put the first piece through machine once more on the last setting
15. Repeat with all pieces, lay out flat and cover to stop drying out
16. Using round pastry cutter, cut even sized large disks from the strips – enough for portions required
17. Once all disks cut, place onto floured trays and cover to stop drying out

#### BUTTERNUT & FETA CHEESE FILLING

1. Separate egg yolk from whites, mix the yolk and reserve
2. Finely chop sage leaves
3. Grate the pecorino cheese
4. Peel and dice butternut
5. Peel and finely chop the onions and garlic (only use half the onion if it is large)
6. Place butternut in a roasting tray coated with olive oil, and season
7. Roast the butternut in oven at 200°C for about 30 minutes or until soft
8. Heat a pan and add a little olive oil
9. Fry off onion and garlic until soft
10. Remove to mixing bowl
11. When the butternut is ready, add to the onions in the mixing bowl
12. Add the egg yolk, a few grates of nutmeg and sage – mix well
13. Add feta cheese (by crumbling it in) and pecorino – mix well
14. Cover and refrigerate until needed

#### TORTELLINI ASSEMBLY

1. Get a ramekin of water
2. Lay out 5 disks at a time onto floured surface
3. Moisten half the disk with water – using finger
4. Place 1 teaspoon of cold butternut mixture in middle of each disk
5. Fold disk over and shape into tortellini, pressing to seal – ask chef for demo
6. Once made and shaped, place on floured tray – make at least 24 tortellini
7. Refrigerate uncovered until needed

#### PESTO:

1. Grate the pecorino cheese
2. Remove the basil leaves from stem and peel the garlic clove
3. Blitz the garlic, basil leaves and a little pinch of salt in a food processor
4. Add the pine nuts to the mixture and blitz again
5. Turn the mixture out into a bowl and add half the cheese - stir gently and add olive oil – you need just enough to bind the sauce and get it to an oozy consistency
6. Season (salt/pepper) to taste
7. Then add most of the remaining cheese
8. Pour in some more oil and taste again - keep adding a bit more cheese or oil until you are happy with the taste and consistency
9. You may like to add a squeeze of lemon juice at the end to give it a little twang, but it's not essential - try it with and without and see which you prefer
10. Reserve covered until needed for assembly

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

1. Place large pan of salted water on the boil
2. When boiling add tortellini in batches for about 3 minutes
3. Remove tortellini and place three on each plate
4. Drizzle with the pesto dressing
5. Garnish with rocket and pecorino shavings

**MAIN**  
**(8 portions)**

**Pan roasted sea bass on sauté cucumber and plum tomato with lemon herb mash, asparagus and a chive beurre blanc**

<b>COMPONENT</b>	<b>INGREDIENTS</b>	<b>UTENSILS</b>
Sea bass	<ul style="list-style-type: none"> <li>• 8 good size sea bass fillets/4 whole sea bass</li> <li>• 50g flour</li> <li>• 50ml olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Med tray (fridge)</li> <li>• Fish tweezers</li> <li>• Plastic gloves</li> <li>• Clingfilm</li> <li>• 1 large frying pan</li> <li>• 1 large baking tray</li> </ul>
Cucumber and tomato salad	<ul style="list-style-type: none"> <li>• 2 English cucumbers</li> <li>• 8 plum tomatoes</li> <li>• 10g butter</li> <li>• 10ml olive oil</li> <li>• ¼ lemon</li> <li>• salt/pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Knife</li> <li>• Teaspoon</li> <li>• Large pan</li> <li>• Tray</li> <li>• Clingfilm</li> <li>• Absorbent paper</li> </ul>
Lemon & herb mash	<ul style="list-style-type: none"> <li>• 6 large baking potatoes</li> <li>• 60g butter</li> <li>• 1 bunch coriander</li> <li>• 1 lemon</li> <li>• salt/pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Knife</li> <li>• Tinfoil</li> <li>• Baking tray</li> <li>• Med Bowl</li> <li>• Potato Ricer/flat sieve/Mouli</li> <li>• Mixing spoon</li> <li>• Fine zester</li> <li>• Clingfilm</li> </ul>
Asparagus	<ul style="list-style-type: none"> <li>• 24 asparagus spears</li> <li>• 25g butter</li> </ul>	<ul style="list-style-type: none"> <li>• Large pan</li> <li>• Tray</li> <li>• Clingfilm</li> <li>• Vegetable Peeler</li> </ul>
Fish stock (for beurre blanc)	<ul style="list-style-type: none"> <li>• 1kg white fish bones – washed</li> <li>• 4 shallots</li> <li>• 1 leek</li> <li>• 2 sticks celery</li> <li>• 1 bay leaf</li> <li>• 3 cloves garlic</li> <li>• 1 star anise</li> <li>• 3 sprigs thyme</li> <li>• 2 sprigs tarragon</li> <li>• 250ml white wine</li> <li>• 500ml water</li> <li>• 20g butter</li> </ul>	<ul style="list-style-type: none"> <li>• Large pan</li> <li>• Mixing spoon</li> <li>• Skimming/slotted spoon</li> <li>• Fine chinois sieve</li> <li>• Med pan</li> </ul>
Chive beurre blanc	<ul style="list-style-type: none"> <li>• 250g butter</li> <li>• 4 shallot</li> <li>• 1 clove garlic</li> <li>• ½ bunch chives</li> <li>• 50ml dry white wine</li> <li>• 1 bay leaf</li> <li>• 1 star anise</li> <li>• 250ml fish stock/glaze</li> <li>• 50ml cream</li> <li>• ½ lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Small tray/plate</li> <li>• Hand blender/Whisk</li> <li>• Med Pan</li> <li>• Small bowl</li> </ul>

## Method

### SEA BASS

1. Fillet the fish if whole – see chef demo if required
2. Check fillets for scales – remove by scraping with knife
3. Check fillets for any bones – remove with pliers
4. Trim the fillets to neaten the shape
5. Score the skin with a sharp knife about 10 times, making sure not to cut too deep
6. Flour the skin side of the fillets
7. Place fillets on a tray, cover and refrigerate until needed (these will be cooked last minute to service as they will taste best this way)

### CUCUMBER AND PLUM TOMATO SALAD

1. Wash and peel the cucumber
2. Cut in half lengthways and scoop out seeds with teaspoon
3. Cut cucumber into 8cm batons/wedges – see chef demo
4. Place absorbent paper on a tray
5. Place cucumber on one side of tray
6. Wash tomatoes
7. Using a sharp knife, slice the tomatoes, keeping shape – see chef demo
8. Place on other side of tray
9. Cover and refrigerate

### LEMON & HERB MASH

1. Bake the potatoes in oven at 200°C for 1 hour until cooked
2. Destalk and chop coriander roughly – reserve until needed
3. Zest a lemon – reserve zest until needed
4. When potatoes are ready, scoop out centre and push through ricer into bowl
5. Add salt/pepper and butter and mix vigorously
6. Add coriander and lemon zest and mix
7. Reserve until needed

### ASPARAGUS

1. Sort through the asparagus, snapping any woody bits off the ends until even sized spears
2. Wash well in cold water
3. Using a vegetable peeler, peel the outer layer from below the tip
4. Place on a tray and reserve in fridge until needed

### FISH STOCK (FOR BEURRE BLANC)

1. Chop all the fish bones roughly
2. Wash all vegetables and roughly chop
3. Place large pan on the heat and add the butter
4. Sweat off the vegetables, then add the fish bones and cook for a few minutes
5. Deglaze the pan with the wine (add the wine) and bring to the boil
6. Add the herbs, spices and the water and bring to boil again
7. Skim the surface for any impurities, and turn down to a simmer
8. Simmer stock for 20 minutes, skimming occasionally
9. Turn off the heat and cool for about 20 minutes
10. Strain through a fine chinois sieve into a clean pan
11. Bring to the boil and skim
12. Reduce by 2/3rds until it is a glaze, and has good flavour – ask chef
13. Turn off, cool and reserve in fridge until needed

### CHIVE BEURRE BLANC

1. Cut the butter into small cubes and refrigerate until needed
2. Finely chop the shallot, garlic and chives
3. Place in a pan with the wine, bay leaf and star anise and bring to the boil
4. Reduce the heat to a simmer and reduce the liquid by half
5. Add the fish stock and reduce by half again
6. Add the cream and a good squeeze of lemon juice
7. Turn down to a slow simmer and add the cubes of butter one at a time, whisking in (by hand or with electric hand blender)
8. When all the butter is incorporated, check seasoning (ask chef)
9. Reserve until required, chefs will reheat on serving.

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

1. Place pan on the heat, add a little butter and season and saute the asparagus, until just tender – reserve as garnish for the fish
2. Place pan on heat, add a little butter and a splash of olive oil and sauté the cucumbers for 30 seconds, seasoning with salt/pepper and a squeeze of lemon
3. Remove from pan to drain on absorbent paper
4. Fan tomato onto the plate, and place the cucumber on top (keep under heat lamps)
5. Pan fry fish skin side down until crisp (about 5 minutes), meanwhile reheat the beurre blanc, mash
6. Briefly turn the fish onto flesh side, just to colour
7. Serve immediately

**DESSERT**  
**(8 portions)**

**Espresso panna cotta with amaretto caramel on hazelnut and rosemary shortbread**

COMPONENT	INGREDIENTS	UTENSILS
Panna cotta	<ul style="list-style-type: none"> <li>• 500ml double cream</li> <li>• 500ml milk</li> <li>• 4 heaped Tbsp freshly ground coffee (not too fine)</li> <li>• 80ml Kahlua</li> <li>• 5 leaves gelatine (1/2 leaf per 100ml liquid)</li> <li>• 115g icing sugar</li> <li>• 1 vanilla pod</li> </ul>	<ul style="list-style-type: none"> <li>• Large pan</li> <li>• Mixing spoon</li> <li>• Chinois sieve</li> <li>• Jug (wide brim)</li> <li>• 8 dariole moulds</li> <li>• Tray</li> </ul>
Amaretto caramel	<ul style="list-style-type: none"> <li>• 120g caster sugar</li> <li>• 50ml water</li> <li>• 50ml Amaretto</li> </ul>	<ul style="list-style-type: none"> <li>• Med pan</li> <li>• Mixing Spoon</li> <li>• Small bowl</li> <li>• Squeezy bottle</li> </ul>
Hazelnut and rosemary shortbread	<ul style="list-style-type: none"> <li>• 200g plain flour</li> <li>• 100g unsalted butter</li> <li>• 50g caster sugar</li> <li>• 20g hazelnuts</li> <li>• 1 sprig rosemary</li> <li>A pinch of salt</li> </ul>	<ul style="list-style-type: none"> <li>• Baking sheets</li> <li>• Parchment paper</li> <li>• Blender</li> <li>• Large bowl</li> <li>• Rolling pin</li> <li>• Cooling racks</li> <li>• Large biscuit cutter</li> <li>• Palette knife</li> </ul>
Garnish	<ul style="list-style-type: none"> <li>• 125g raspberries</li> </ul>	<ul style="list-style-type: none"> <li>• Knife</li> <li>• Tray</li> </ul>

**Method**

**ESPRESSO PANNA COTTA:**

1. Place dariole moulds on tray in freezer to get cold
2. Place the double cream and milk in a pan
3. Bring to the boil
4. Add the ground coffee, give it a stir and leave off the heat for 5 minutes to infuse
5. Strain through a chinois sieve into a jug to remove the coffee grains
6. Split and scrape the seeds of the vanilla pod and place with the pod into the jug - leave to infuse for about 45 minutes until it has cooled down, but still warm
7. Measure the liquid in the jug and soak the correct amount of gelatine leaves in water - half a leaf to 100ml of liquid
8. When the cream/milk is cooled down and infused, but still warm, squeeze out the gelatine and add to the mix, stirring to dissolve
9. Add the sugar and Kahlua and mix (taste and add more if required)
10. Remove the vanilla pods and pour the mixture into the individual moulds
11. Place on a tray and into the fridge to set (for at least 2 hours)

### AMARETTO CARAMEL:

1. Place sugar and half of the water into a pan
2. Bring to boil
3. Continue to boil until sugar caramelises to a golden brown colour
4. Remove from the heat
5. Slowly add remaining water to the pan with one hand while simultaneously holding the pan handle and swirling the liquid around to mix in –ask chef for demo.
6. Do the same with the Amaretto until mixed in
7. Transfer the caramel to a container to chill
8. When cold, transfer to squeeze bottle and reserve until needed for service

### HAZELNUT AND ROSEMARY SHORTBREAD

1. Pre-heat oven to 150°C
2. Dice the butter and allow to soften
3. Place the hazelnuts onto a tray and toast in the oven – DO NOT BURN
4. When toasted and cooled slightly, blend in processor or roughly chop
5. Line a baking tray (or two) with baking paper/non stick mats
6. Remove the rosemary from stalk and chop
7. Place flour, chopped rosemary, sugar, butter and salt into a bowl and mix until ingredients are combined.
8. Remove a portion of the mix at this stage if any diners are allergic to nuts
9. Then add the nuts and mix in
10. Turn mixture out onto a work bench and knead into a ball
11. 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)
12. Remove the top layer of paper and transfer the pastry
13. Using a biscuit/pastry cutter, cut rounds out of the dough slightly larger than the top of the dariole mould, and carefully transfer to the baking trays using a palette knife, allowing some space between them – make at least 16 rounds
14. Bake in the oven for about 8 minutes or until the biscuits are only just starting to colour – watch as oven times vary
15. Remove from oven and allow to cool completely on a wire rack

### ASSEMBLY & GARNISH (TGC chefs to complete just prior to serving)

1. Slice the strawberries
2. Place a shortbread on the plate
3. Remove panna cotta from moulds with a firm shake (see chef demo) and place onto the shortbread
4. Drizzle with amaretto syrup
5. Garnish top of panna cotta or plate with raspberries



Category	Ingredient	Quantity
<b>Meat/Fish</b>	Prawns (med)	500g
	Smoked Salmon	300g
	Parma Ham	16 slices
	Pork sausages	6
<b>Vegetables/Salad/Fruit</b>	Red onions (medium)	2
	Garlic	4 cloves
	Red chilli	2
	Red peppers	2
	Avocado	1
	Cucumber	1
	Beetroot	2
	Cherry Tomatoes	200g
	Wild Mushrooms	250g
	Lemon	1
	Coriander	1 bunch
Dill	1 bunch	
<b>Dairy/Pastry/Eggs</b>	Butter	250g
	Eggs	4 eggs
	Quails Eggs	18
	Cream cheese	200g
	Cheddar Cheese	200g
	Goats cheese	150g
Puff pastry	300g	
<b>Dry Goods</b>	Olive Oil	200ml
	White Wine Vinegar	50ml
	Caster Sugar	50g
	Cornflour	150g
	White Flour	150g
	Paprika	50g
	Garam Masala	50g
	Mustard (Wholegrain/Dijon/english)	50g
	Worcester Sauce	50ml
	Granary loaf	1
	White loaf	1
	Sesame Seeds	50g
	Sushi rice	300g
	Wasabi Paste	1 tube
	Rice wine vinegar	50ml
	Nori Sheets	5 sheets
Soy Sauce	100ml	
Pickled sushi ginger	100g	