



The Gourmet Challenge



KPMG – 25th September 2014

Hell's Kitchen

Canapé

A Selection!

Starter

Duck spring roll with spinach veloute and quails egg

Main

Roulade of chicken and Parma ham and herb mousse with fondant potato, panache of seasonal vegetables and a Madeira jus

Dessert

Caramelised lemon tartlet with burnt orange and Grand Marnier sauce and spun sugar

STARTER

Confit duck spring roll with spinach veloute and poached quails egg (60 portions)

COMPONENT	INGREDIENTS	UTENSILS
Confit duck spring roll	<ul style="list-style-type: none">• 36 large duck legs (already confit)• 6 litre duck fat• 12 spring onions• 12 red chilli• 300g bean sprouts• 30g coriander• 200ml dark soy sauce• 1.5 yellow pepper• 60 large sheets spring roll pastry• Salt• Black pepper• 12 eggs (for wash)	<ul style="list-style-type: none">• 2 veg peeler• Large bowl• 2 pastry brush• 2 med bowl• 2 mixing spoon
Spinach veloute	<ul style="list-style-type: none">• 2.25kg spinach• 12 med white onions• 24 cloves garlic• 600g unsalted butter• 6.75 litre double cream• 2.25 litres milk• Salt• pepper	<ul style="list-style-type: none">• Large pan• Mixing spoon• Liquidiser• Fine sieve• Bowl
Poached quails eggs	<ul style="list-style-type: none">• 60 quails eggs	<ul style="list-style-type: none">• Large pan• Timer• 2 slotted spoon/spiders• 2 large bowls• Ice
Garnish/Service	<ul style="list-style-type: none">• Baby cress/coriander/pea shoots• 600g spinach	<ul style="list-style-type: none">• 2 med pans• Deep fryer• Tray• 4 mixing spoons• 60 starter size plates• 6 sauce jugs

Method

SPRING ROLL

1. Flake the confit duck into small pieces (can use gloves if a bit hot), into a bowl - make sure to remove any bone, skin and gristle.
2. Julienne the spring onions and chilli (remove seeds) and add to duck
3. Peel and julienne the yellow pepper thinly (and add)
4. Chop the coriander finely and add
5. Add the beansprouts and the soy, and gently but thoroughly mix all together.
6. In a separate bowl, prepare the egg wash – separate the eggs, put yolks in a bowl and mix (discard whites)
7. Cut the spring roll wrappers down to the correct size (ask chef)
8. Add the prepared filling and roll into spring rolls, sealing with egg wash (ask chef for demo of one)
9. Line a tray with kitchen towel and place the finished springrolls on this tray
10. Reserve the springrolls covered in fridge until needed for service

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) – can do in batches as well
7. Reserve in fridge until needed for service

QUAILS EGGS

1. Prepare a bowl (or two) with ice and water
2. Bring a large pan of water to the boil
3. When boiling, cook the quail eggs for 2 minutes 25 seconds exactly (you may want to do this in batches because you can overcook them if it takes long to remove from the boiling water)
4. Quickly remove (using spider sieve or slatted spoon) to the ice water
5. When cold, carefully peel
6. Reserve in water in fridge until needed for service

SERVICE **You may run this process a few times, depending on your table numbers i.e. for portions of 4 – 8 each time – check with chef.

1. Sweat off the spinach in a olive oil/butter, season
2. Cut the top off the egg, just enough to expose the yolk
3. Deep fry the spring rolls for approx 4 minutes
4. Cut on the diagonal (45 degrees)
5. Place a portion of spinach on the plate, just off centre, and place a quails egg in the middle of the spinach, standing up
6. Stand the spring roll up next to this
7. Garnish with the baby cress/coriander
8. Reheat the veloute quickly (don't want to lose the colour) and place in small jugs
9. Serve immediately

NOTE: For vegetarian versions, omit the duck and replace with extra julienned red and orange peppers and bean sprouts. The F@W chefs will advise your team if you are required to make any vegetarian portions.

MAIN

Roulade of chicken, Parma ham and herb mousse with fondant potato, panache of seasonal vegetables and a Madeira jus (60 portions)

COMPONENT	INGREDIENTS	UTENSILS
Chicken roulade	<ul style="list-style-type: none">• 60 chicken breasts (plus fillets for mousse)• 60 slices Parma ham/Prosciutto• 600g soft herbs (mix of tarragon/parsley/chives)• 15 eggs• 300ml cream• Salt/pepper	<ul style="list-style-type: none">• Clingfilm• 2 rolling pins• 4 large trays• 2 mixing spoon• 2 Tea spoon• Food processor• Large bowl
Fondant potato	<ul style="list-style-type: none">• 60 large baking potatoes –size 40's• 1.5 litres demi glaze• 1.5 litres water• 12 sprigs thyme• 6 sprig rosemary• 6 bay leaves• 6 clove garlic• 360g butter• 120ml oil	<ul style="list-style-type: none">• 2 round cutters (metal delice ring)• 2 small knives• 4 large frying pan• 2 palette knife• 4 Large tray• 4 Large wire rack• 4 gastro trays
Panache of seasonal vegetables	<ul style="list-style-type: none">• 180 green beans• 60 baby long carrots• 60 baby sweet corn• 60 baby asparagus spears• 15 large courgettes	<ul style="list-style-type: none">• 2 corers• Clingfilm• 2 vegetable peeler• 2 large trays
Madeira jus	<ul style="list-style-type: none">• 1.5 litre veal glaze• 1.5 litre water• 9 shallot• 75ml olive oil• 9 clove garlic• 9 sprig rosemary• 9 sprig thyme• 600ml Madeira	<ul style="list-style-type: none">• 1 large bowl• 1 large pan• 1 large mixing spoon• 1 large sieve

Method

ROULADE OF CHICKEN

Make the herb mousse:

1. Remove the herbs from the stalks and roughly chop
2. Place the chicken **mini filets** into a food processor with 3 whole egg, 2 yolks, the cream and the herbs - blitz until it is a thick puree
3. 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)
4. Reserve in fridge until needed

Prepare the chicken escalopes:

5. 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
6. Using a rolling pin, bat out the chicken breast (gently but firmly enough) until thin – ask chef
7. Remove flattened chicken breast to a small tray – repeat process for all breasts

Make the roulade shape:

8. On a clean board, roll out a fresh layer of clingfilm again
9. Lay one slice of Parma ham on clingfilm
10. Place a flattened chicken breast on to the Parma ham
11. Season the exposed side of the breast with salt and pepper
12. Place a spoonful of prepared herb mousse onto the chicken and spread evenly
13. Then, carefully roll the chicken up in the clingfilm into a neat, tight sausage shape, twisting the edges – see chef demo, don't squeeze so hard they become like balls
14. Repeat for all breasts
15. When all assembled, refrigerate until needed for service

FONDANT POTATO

1. Cut the "cheeks" (sides) off the potato lengthways, and using a cutter, press out a round (one round per potato)
2. Trim the edges so they rounded (ask chef for demo)
3. Place pan(s) on the heat and add the oil and butter (divide over 2 pans if using)
4. Add the potatoes and brown well on one side, then flip over and brown the other side
5. Then add the demi glaze, water, herbs, garlic (don't bother to peel, just crush)
6. Place in the oven to cook for about 20 minutes until brown and well glazed, with reduced stock **Alternatively at this point (before adding any liquid) you can transfer the browned potatoes to a gastro tray and then add the liquid and aromatics ready for the oven – this way you can combine batches of browned potato and not have to use so many fry pans in the oven.
7. When cooked through, carefully remove from the pans/trays (use a palette knife), and reserve on a rack (over a tray) 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 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 until needed for service

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 veal 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

1. Poach the chicken, steam the panache, reheat the fondant and Madeira jus
2. Plate up and serve

DESSERT

Caramelised lemon tartlet with burnt orange and Grand Marnier sauce and spun sugar (60 portions)

COMPONENT	INGREDIENTS	UTENSILS
Pastry case	<ul style="list-style-type: none"> • Pastry dough is pre-made • 1.5kg flour (for dusting/rolling) 	<ul style="list-style-type: none"> • Clingfilm • Greaseproof paper • 2 rolling pins • Pastry cutter • 60 tart cases • 3kg baking beans • 2 palette knife • Trenwax spray • 4 large baking trays
Lemon filling	<ul style="list-style-type: none"> • 3.5 litres double cream • 7 vanilla pod • 42 eggs • 21 lemons • 1.15kg caster sugar 	<ul style="list-style-type: none"> • 2 zesters • 2 citrus reamers • 2 large bowls • Large pan • 2 large mixing spoons • 2 large sieve • 2 large jugs • 2 whisks
Tart Assembly	<ul style="list-style-type: none"> • 500g icing sugar 	<ul style="list-style-type: none"> • Icing sugar duster • Blowtorch
Burnt orange Grand Marnier sauce	<ul style="list-style-type: none"> • 2.4 litres orange juice • 700g caster sugar • 100ml Grand Marnier 	<ul style="list-style-type: none"> • Large pan • Large mixing Spoon • Med bowl • 2 large squeezey bottles
Sugarwork garnish for tartlets – cages, spirals, nests	<ul style="list-style-type: none"> • 1.5kg caster sugar • Cold water 	<ul style="list-style-type: none"> • 3 med pan • 3 mixing spoon • 2 ladles • 2 wooden spoons • 2 forks • Trenwax spray • 6 large trays
Service	<ul style="list-style-type: none"> • 5 bunch mint • 1.7kg strawberries 	<ul style="list-style-type: none"> • 2 palette knife

Method

SWEET PASTRY (pastry dough is premade for you)

1. Slice the pre-made pastry roll into even sized portions as required
2. Roll each pastry portion out on a floured surface – about 3mm deep and large enough to overlap the edges of the tart cases when put in (you can roll out between sheets of clingfilm or greaseproof paper to avoid floury mess!
3. Spray tart cases lightly with trenwax, and place pastry carefully into cases, using fingers to push into the grooves - trim overhanging pastry
4. Refrigerate for 15 – 20 minutes then remove pastry from fridge
5. Tear/cut disks of baking paper larger than the cases), crumple up and then open out and put on top of pastry, cover with baking beans (to keep pastry shape while baking).
6. Bake blind for approx 15 minutes in oven at 160°C, then remove and allow to cool in cases

LEMON FILLING

1. Juice and zest the lemons and place together in a bowl
2. Add sugar and eggs to bowl
3. Mix well with whisk
4. Place cream into a pan
5. Split and scrape seeds of vanilla pod
6. Add seeds and pod to cream in pan and bring to the boil
7. Once boiled, pour into lemon mix stirring continuously to avoid scrambled egg consistency
8. Pass through a sieve to remove lemon zest and vanilla pod
9. Stir well and taste – ask chef if adjustments needed
10. Pour liquid into jug – reserve until needed

TART ASSEMBLY

1. Pour the lemon liquid slowly into warm tart cases right to top
2. Carefully place into warm oven at 160°C for 8 – 10 minutes until set but no colour
3. Remove from oven and allow to cool for 10 minutes
4. Then refrigerate until tarts are firm – about ½ hour
5. Remove tarts from fridge
6. Turn tarts out of mould onto tray
7. Dust with icing sugar quite liberally
8. Caramelise the top with a blowtorch
9. Place on tray and reserve uncovered

BURNT ORANGE GRAND MARNIER SAUCE

1. Place orange juice in pan with sugar and bring to boil
2. When boiling, skim off the scum/foam from top with spoon (skim when required for 15 minutes)
3. Reduce down to really thick jammy consistency, then add in the Grand Marnier - stir in
4. Taste and check flavour, then remove from pan into a bowl or squeezey bottles (ask chef) - reserve until needed for service

SUGARWORK (Garnish for tartlets - Cages, Spirals or Nests)

1. Place sugar and water in pan(s) and heat until sugar melted and it is a light golden colour
2. Remove pan from heat and allow to cool slightly
3. Rest pan against a heat proof surface at 45° angle
4. Dip spoon about 1cm into caramel and lift up directly over pan - it will start to pour off spoon forming a bead
5. Make shapes as desired – cages, spirals, nests (ASK CHEF FOR DEMO)
 - a. For cages – spray the back of a ladle with trenwax. When the caramel bead is thin and long, run over the back the greased ladle one direction back and forth, then back and forth across and then around base of cage to hold together
 - b. For spirals – spray the wooden spoon handle with trenwax and run the bead around the handle of a wooden spoon, and then carefully remove
 - c. For nests – place two wooden spoons on the workbench, handles outwards, with something securing them to the bench, and a sheet of greaseproof paper on the floor beneath. Take 2 forks in 1 hand and dip into caramel, then run the caramel bead across the two spoon handles, back and forth, so they drop down. Finally gather the strands up into a nest
6. Remove sugarwork carefully from spoons etc and place on tray, reserve until needed
7. Repeat for all portions (and make extra in case of breakage)

Service

1. Prepare the strawberries and mint for garnish (in advance)
2. Drizzle the sauce over the plate
3. Place lemon tart on plate
4. Garnish with sugarwork, strawberries and mint