



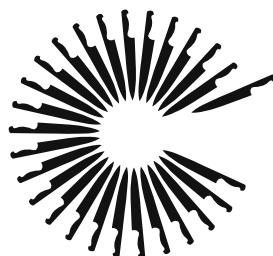
# GREAT BRITISH CHEFS

## HACKS

How chefs make dishes  
go from good to great







GREAT  
BRITISH  
CHEFS

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Thank you to all the wonderful chefs who have shared their recipes with us for this book, and to Sofia Ceramics for supplying us with their beautiful plates and bowls!

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## INTRODUCTION

What makes food at a top restaurant taste and look so good? A fair few things – the quality of the ingredients; the skills of the chefs who have spent years honing their craft; the rigorous discipline and hard work needed to produce consistently delicious plates of food. Even the surroundings and ambience can have an effect on how we perceive taste. When it comes to cooking in our own kitchens, however, it can be hard to know how to get that artistic precision and depth of flavour into dishes.

Great British Chefs was founded to try and bring a little bit of this restaurant magic into the home kitchen, by connecting chefs and keen cooks over their shared love of food and cooking via recipes and articles. Getting an insight into how the UK's top chefs create their dishes is a great way to understand what makes them tick, and following their recipes results in some wonderful plates of food. However, as home cooks we all get the urge to strike out on our own; to try and come up with our own dishes that stray from what's written down and make something that's perfectly tailored to our own tastes.

The aim of this book is to provide you with the tools needed to take your cooking to the next level, following in the steps of professional chefs by stocking your fridge with those extra little 'hacks' that make dishes both look impressive and taste incredible. The first half looks at these hacks in detail – purées, oils, emulsions, preserves, cures, marinades and more that can be customised and built upon to level up your cooking and make the meat, fish and vegetables on your plate something very special indeed. In the second half, we've included a curated collection of 25 recipes for starters, mains and side dishes from some of the best chefs in the UK that showcase these hacks in action.

If you've ever eaten something at a restaurant and just couldn't figure out how the kitchen had managed to make it taste so complex, it was most likely a brine, cure or marinade. If you want to improve your presentation skills and add a touch of Michelin-starred flair to your next dinner



party, then a squeeze bottle full of purée is the quickest route to success. And if you want to join the countless chefs who have dived into the culinary rabbit hole of preserving and fermenting, you'll gain an insight into how they can be used to completely transform a dish.

You can use this cookbook like any other – flicking through the pages to find something to cook for dinner – but we hope that by highlighting how these little hacks are used you become inspired to make your own, building upon what's written down to create something unique to your own style of cookery. Even just taking certain elements from a chef's recipe and incorporating it into another dish gets the creative juices flowing, as you think about how flavours work together and how a hack can be adapted to complement or contrast with something else.

Home cooking is always going to be different to what you get in a restaurant – after all, you're not cooking an entire menu of dishes for a room full of people with a brigade of other chefs working alongside you. But on those evenings when you want to impress, fancy something special or just want to spend a day in the kitchen doing what you love the most, the little elements found throughout this book are a brilliant way to bridge that gap between home-cooked food and restaurant-quality cuisine. Looking beyond the basic elements of a recipe and adding a flavoured emulsion, a drizzle of infused oil, a few dots of colourful purée or a spoonful of something that's spent weeks developing in flavour can transform a dish, both in terms of how it looks and tastes.

Cooking is one of the most satisfying, rewarding things you can spend your time doing, and going the extra mile to create a homemade version of something most people buy ready-made provides yet another string to your culinary bow. We hope you enjoy the recipes in this book and become inspired to develop your own little hacks, on-hand in your fridges and pantries ready to add their magic to even the simplest of weeknight dinners.



## **ALFRED PRASAD p110**

INTERNATIONAL RESTAURANT CONSULTANT

Credited with elevating the reputation of British Indian food before everyone else, Alfred was the youngest Indian chef to receive a Michelin star at just twenty-nine years old during his tenure at Tamarind. He's now a global restaurant consultant.



## **ANDREW GRAVETT p86**

THE LANGHAM, LONDON

As the executive pastry chef of The Langham Hotel, what Andrew doesn't know about baking and pâtisserie isn't worth knowing. A master of the classics, he also loves making desserts which are lighter and less sweet than you'd expect.



## **ANNA TOBIAS p112**

CAFÉ DECO, LONDON

Anna was a relative latecomer to the industry - she studied modern languages at Oxford University before becoming a chef - but in the end, the allure of the kitchen proved too much. Her simple, rustic cookery has won her a legion of fans across the UK.



## **CHANTELLE NICHOLSON p121**

TREDWELLS, LONDON

From New Zealand law student to chef-owner of Tredwells in London, Chantelle's hard work has seen her rise to the top. A pioneer of high-end plant-based cooking, her ability to tease every last bit of flavour out of vegetables is unmatched.



## **CHRIS AND JEFF GALVIN p64**

GALVIN AT WINDOWS, LONDON

The Galvin brothers, as they're affectionately known, have been cooking incredible examples of French bistro-style dishes in the UK for decades, combining classical technique with British ingredients and more modern touches.

**DAYASHANKAR SHARMA P114**

GRAND TRUNK ROAD, LONDON

A master of balancing spice and flavour, Dayashankar worked his way through the ranks across India's most famous and respected hotel groups, before coming to the UK and becoming an integral part of its Indian fine dining scene.

**DOMINIC CHAPMAN P73**

THE BEEHIVE, BERKSHIRE

Dominic spent his formative years working for the likes of Heston Blumenthal and Rowley Leigh, but it's at his pub restaurant The Beehive that he really comes into his own, cooking simple, comforting, classic dishes to the very highest standard.

**GALTON BLACKISTON P58**

MORSTON HALL, NORFOLK

A firm favourite on our TV screens and one of the best classical chefs in the country, Galton's beautiful Michelin-starred restaurant Morston Hall in sleepy north Norfolk is one of the best culinary experiences you can have in the UK.

**JAMES COCHRAN P96**

1251, LONDON

James exploded onto the food scene after setting out on his own, quickly gaining plaudits for his modern, fun, relaxed approach to fine dining. The small plates at his restaurant 1251 are always packed with flavour and creativity.

**JAMES MACKENZIE P105**

THE PIPE AND GLASS INN, YORKSHIRE

Yorkshire's own James Mackenzie is all about celebrating the produce of his home county, transforming these incredible ingredients into hearty, seriously appealing plates of food at his Michelin-starred The Pipe and Glass Inn.



**KESHIA SAKARAH** p93

CARIBE', LONDON

Keshia is on a mission to showcase the varied cuisine of the Caribbean, celebrating the nuances of the food culture and influence from communities across the globe. Her vibrant menu at Caribe' pays homage to the diverse culinary landscape of the islands.

**KUBA WINKOWSKI** p118

KUBARN, OXFORDSHIRE

From moving to England at twenty-four to being named National Chef of The Year 2019, Kuba has rocketed to the top in record time. His cooking is refined, peppered with Polish influences and – most importantly – absolutely delicious.

**MANDY YIN** p99

SAMBAL SHIOK LAKSA BAR, LONDON

Mandy is responsible for serving up some of the best Malaysian food in the UK, and her beloved restaurant Sambal ShioK serves up countless bowls of laksa, platters of chicken skewers and fresh noodle salads to queuing punters.

**MICHAEL BREMNER** p84

64 DEGREES, BRIGHTON

Few chefs cooking today are as exciting and innovative as Michael Bremner, who takes flavours from all over the world and distills them into beautiful, inventive plates of deliciousness at his small (but perfectly formed) restaurant in Brighton.

**NEIL CAMPBELL** p79

ROVI, LONDON

Armed with an arsenal of ferments and pickles along with a beast of a charcoal grill, Neil's magic touch turns humble vegetables into something very special indeed. His dishes manage to balance sweet, sour, smoke and salt in perfect harmony.

**NUD DUDHIA** p61

BREDDOS TACOS, LONDON

Nud's journey began in a makeshift taco shack in a car park in Hackney, where he set up Breddos Tacos with Chris Whitney. Today, the business operates multiple sites, all of which celebrate the flavours and ingredients of Mexico.

**PASCAL AUSSIGNAC** p102

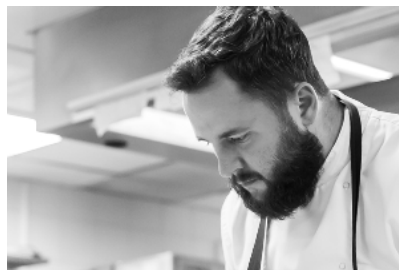
CLUB GASCON, LONDON

The flavours of Gascony collide with a playful, avant-garde approach to fine dining in Pascal's wonderful menus, which have been delighting British diners for years. His dishes are a celebration of luxury ingredients and contemporary flair.

**PAUL FOSTER** p67

SALT, STRATFORD-UPON-AVON

The Midlands' own Paul Foster has made a serious name for himself cooking well-executed food with a focus on flavour above all else. As the chef-owner of Michelin-starred Salt, he has the freedom and ability to cook the dishes he loves.

**PAUL WELBURN** p90

215, OXFORD

With years of Michelin-starred cooking already behind him, Yorkshireman Paul has now settled down in Oxford. Cooking playfully nostalgic British dishes with impressive modern twists, he's a master of flavour, technique and presentation.

**PETER JOSEPH** p116

KAHANI, LONDON

By moving away from the stereotypical view of Indian cuisine and embracing modern plating styles, Peter has taken the food he grew up with to dizzying new heights. His light and delicate touch makes him one of the best Indian chefs in the UK.





### **RICHARD BAINBRIDGE** p108

BENEDICTS, NORWICH

Richard's neighbourhood bistro Benedicts is a fantastic little spot in beautiful Norwich, where he cooks the food he (and everyone that dines there) simply loves to eat. His classically trained background makes him a seriously skilled chef.



### **ROHIT GHAI** p88

KUTIR, LONDON

Rohit was the man responsible for some of London's most beloved Michelin-starred Indian restaurants, before opening his own place in a beautiful little townhouse. His ability to combine British ingredients with Indian spices is unmatched.



### **SCOTT GOSS** p70

VERDIGRIS, KENT

A champion of Kentish produce, Scott Goss cooks comforting dishes full of familiar, nostalgically British flavours at his restaurant Verdigris in Tonbridge. Using only the very best ingredients is at the heart of everything he does.



### **SHUKO ODA** p82

KOYA SOHO, LONDON

Shuko has been dishing up bowls of perfectly made udon noodles for over a decade now, and her Japanese restaurant Koya is a cult classic. Bright, clean, fresh and pure flavours can be found in all her wonderful plates of food.



### **SIMON HULSTONE** p76

THE ELEPHANT, DEVON

Having held a Michelin star at his Torquay restaurant since 2004, Simon is a tour de force in the kitchen and even has his own farm. Seasonal West Country flavours make up his menus, with a deep understanding of technique behind each dish.

## COOK'S NOTES

We have indicated how many portions each recipe will serve as a starter, main or side, but many of them are versatile enough to be served in a variety of ways. Starters can easily be light lunches; mains can be made into something more substantial with rice, potatoes, bread or vegetables on the side; and some recipes work particularly well served as part of a larger array of dishes for a blow-out feast.

As always, the better quality your ingredients, the better your dishes will taste. We always recommend using free-range produce wherever possible, as well as seeking out top-quality meat, fish and vegetables from butchers, fishmongers, greengrocers, farm shops and markets.

If you are using a fan-assisted oven, reduce the temperature to 20°C lower than the recipe states. However, keep in mind that all ovens vary slightly, so always keep an eye on things!

All teaspoon and tablespoon measurements are level.

Eggs are always large in size (unless otherwise stated).

Onions, shallots and garlic should always be peeled (unless otherwise stated).

Instructions for seasoning can be found in all the recipes, but always taste as you cook and tweak the amounts depending on personal preference.

It always helps to have a place where you can keep elements of a dish warm, especially for more complex recipes. While chefs have heat lamps at their disposal (and generally work in very hot kitchens!), an oven preheated to its lowest setting is a good substitute at home.

Always read a recipe in full before tackling it at home to avoid any surprises along the way. Certain elements can usually be prepared or made in advance, which makes serving much easier, so plan ahead and ensure you have everything you need.

## **KIT LIST**

To prep, cook and plate like a professional chef, it helps to have a few specific bits of kit in your culinary arsenal. The equipment listed here will ensure the silkiest of purées, the clearest of oils and the prettiest plates of food.

### **BLENDER**

Purées in particular need a good blender to properly blitz all the ingredients into one smooth, homogenous silky texture that can be piped, spread or spooned onto the plate. Always blend things for at least a few minutes to get the best texture – something that starts out grainy will eventually transform into something beautifully smooth.

### **FOOD PROCESSOR**

A blender is for when you want to create something completely smooth, but if you're after something that's a little chunkier or coarser, then a food processor is the better option. Ideal for pulsing together ingredients for dressings and blitzing spice pastes, it's also good for when you want to drizzle in oil for emulsions and mayonnaises – a process that can become quite messy when using a blender.

### **MUSLIN CLOTH**

Fine sieves do a pretty good job of straining sauces and stocks, but for bright and clear infused oils, muslin cloth is the best option. The fine mesh will filter out even the smallest of solids, and it's useful for wrapping up spices in pickling liquors and sauces, making it easy to remove them once they're no longer needed.

### **SQUEEZY BOTTLES**

By far the best thing you can buy to take your presentation skills to the next level, squeeze bottles allow for precise placement of oils, purées, emulsions and sauces on the plate. You can cut the nozzle to your desired thickness, and they provide the perfect vessel for storing your creations in too.



### **PIPING BAGS**

For emulsions and purées with a thicker texture or for when you want a slightly different appearance on the plate, a piping bag with a nozzle (which can come in a variety of shapes) does the job fantastically. If something is too thick to be applied with the thin nozzle of a squeeze bottle, a piping bag is your best bet.

### **PRESERVING JARS**

Glass jars are the best way to store ferments, pickles and preserves, as they always ensure a good seal and are a lot more aesthetically pleasing on the shelf. However, plastic containers will also do the job in a lot of cases, as will plastic bags. Whatever you use, always make sure they are incredibly clean and sterile before adding your ingredients, and if you're fermenting, be sure to open the container every few days, as gas will build up during the process that needs to be released.

### **DIGITAL SCALES**

A good pair of scales is important in almost every aspect of cooking, and digital ones are far more accurate than traditional models. Chefs usually weigh their liquids in grams, too, as this is more accurate than millilitres, and while a few grams here or there might not matter for some recipes, when it comes to processes like fermenting, precision is key.

### **THERMOMETER**

While it's not an essential, a cooking thermometer takes the guesswork out of cooking meat and fish, knowing when a jam is ready and how hot oil is when deep-frying. One with a probe or needle is best, as these can be used to quickly check both liquids and solids.









**CURES,  
BRINES &  
MARINADES**



Cooks have used salt and acidity to change the texture and flavour of meat and fish for thousands of years. Salt can draw the moisture out of ingredients, making them firmer and seasoning them throughout, whilst citrus juice and vinegars can tenderise and help other flavours permeate into produce. Curing, brining and marinating are the three techniques that best utilise salt and acidity in the kitchen, and by incorporating them into your home cooking you can improve the taste and texture of your dishes tenfold.

## **CURES**

Curing started off as a way of preserving fresh ingredients for longer periods of time, but it's also a fantastic way to improve or completely change the flavour of meat and fish. While curing meat to make things like sausages and charcuterie requires a sound knowledge of the science behind the process to do safely, curing fish is something everyone should try at home – which is why we've focused on it in this book.

There are two ways fish are generally cured – either quickly before cooking or slowly, to create something that's delicious raw. Quick cures – which can be as simple as a handful of rock salt – can be packed around fillets of cod, left for 30 minutes, then washed off. That short amount of time gives the salt a chance to draw out the moisture in the fish, firming it up a little, and allows any other flavours in the cure to permeate the flesh and season it throughout. A longer cure is often reserved for curing whole sides of salmon and completely transforms the texture of the fish, turning it into something you can slice thinly and enjoy raw.

The cure recipes we've included in this chapter will give you enough mixture to cure a regular-sized fish fillet, but they're easily scaled up or down depending on your requirements. Always ensure the cure is liberally coating your fish, wrap it in cling film to ensure it stays in place and keep it in a container as it will leak liquid. Remember to wash off the cure once it's ready, and for longer curing times you may need to trim the outer layer of the fish as it will be very salty.

## **BRINES**

Regularly used in professional kitchens but less common in the home, think of brines as a liquid form of a cure. By dissolving the salt in water and allowing any other flavourings to infuse into the liquid, you can then submerge your meat or fish in it and leave the magic of osmosis to do its thing. The salty water will eventually swap places with the moisture within the protein, carrying any other flavours along with it, ensuring moister meat (especially useful for lean proteins like turkey) that's well seasoned and subtly flavoured by any herbs, spices and aromatics present.

You'll often see brines accompanied by percentages, which refers to the ratio of salt to water. For example, a 10% brine will contain 100g of salt to every litre of water. While you can get creative with the ingredients in your brine, it's best to stick to a similar salt-to-water ratio, as too much salt can over-season and too little can make the brine ineffective.

Fish can benefit from a brining time as short as 15 minutes, just to firm the flesh up slightly. Chicken breasts and smaller cuts of meat tend to be best when brined for a few hours, and larger cuts such as whole birds are best after one or two days.

## **MARINADES**

Marinating is a far more common technique than curing or brining, whether it's a simple mixture of herbs, garlic and lemon juice or a delicate mix of spices stirred through yoghurt. This is where acidity (or alkalinity in some cases) comes into play – whether it's based on lemon juice, vinegar or fermented dairy, a marinade will tenderise meat, fish or vegetables and impart flavour over time.

As a rule, the longer you marinate something, the better flavour it will have, so for meat in particular an overnight marinade in the fridge is always best. However, fish generally doesn't need tenderising, so a shorter amount of time is best, and be careful with particularly acidic marinades – leaving chicken, for example, in citrus juice for more than a few hours can start to break down the protein too much.

# CURES

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## BLOODY MARY CURE

60g flaky sea salt ~ 20g celery salt ~ 1 tsp garlic granules ~ 1 tsp smoked paprika ~ 1 tsp coriander seeds ~ 30g tomato purée ~ 15g Worcestershire sauce ~ 4-8 dashes of Tabasco ~ 1 lemon, zested ~ 1 dash of vodka

Toast the coriander seeds in a hot dry frying pan until fragrant, then lightly crush and mix with the rest of the ingredients in a bowl. Curing salmon in this mixture rewards you with a real treat to enjoy at breakfast – just drape thin slices of the cured fish over toast with a spoonful of sour cream or scrambled eggs.

## GRAVADLAX CURE

60g flaky sea salt ~ 40g caster sugar ~ 1 tbsp coriander seeds ~ 8 juniper berries ~ 1 tsp black peppercorns ~ 1 bunch of dill, chopped ~ 1 lemon, zested

Toast the coriander seeds and peppercorns in a hot dry frying pan until fragrant, then lightly crush and mix with the rest of the ingredients in a bowl. Classic gravadlax is always made with salmon, but if you're a fan of the fresh Nordic notes of dill and juniper, this will give any fish a boost of flavour. Try adding in a splash of vodka or gin, too.

## CITRUS CURE

60g flaky sea salt ~ 40g caster sugar ~ 1 lemon, zested and juiced ~ 1 lime, zested and juiced ~ 1 orange, zested and juiced ~ 1 grapefruit, zested and juiced

Simply mix all the ingredients together. This cure will add a subtle zing to fish and is perfect for sprinkling over fillets of cod or other white fish for as little as 20 minutes, just to firm up the flesh and impart a bright, zesty flavour.

## BEETROOT CURE

60g flaky sea salt ~ 40g dark brown sugar ~ 1 cooked beetroot ~ 1 tsp black peppercorns ~ 1 tbsp fennel seeds ~ 3 sprigs of tarragon, chopped

Toast the peppercorns and fennel seeds in a hot dry frying pan until fragrant, then place in a blender with the beetroot and blitz until smooth. Mix with the rest of the ingredients. This cure is particularly well-suited to being altered with an array of different spices, and gives the fish a beautiful purple hue.











# BRINES

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## PASTRAMI BRINE

3l water ~ 300g table salt ~ 200g light brown sugar ~ 1 tbsp black peppercorns ~ 1 tbsp coriander seeds ~ 1 tsp fennel seeds ~ 2 bay leaves ~ 1 tsp yellow mustard seeds ~ 1 tsp garlic powder

Toast the peppercorns, coriander seeds, fennel seeds and mustard seeds in a hot, dry frying pan for a few minutes until fragrant, then place in a saucepan with the salt, sugar, bay leaves, garlic powder and 500ml of water. Bring to a simmer to dissolve the salt and sugar, then add the rest of the water to cool the brine down again. Wait until fully cooled before using. Ideal for beef brisket (the cut used to make pastrami) if you're willing to wait 5 days, this brine also works very well with venison and salmon. As with all brines, the spices can be completely tailored to your own tastes.

## HERB BRINE

3l water ~ 300g table salt ~ 150g caster sugar ~ 50ml apple cider vinegar ~ 3 bay leaves ~ 1 tsp black peppercorns ~ 1 handful of woody herbs such as rosemary, thyme, sage and oregano ~ 2 garlic cloves, bashed but with the skins left on

Toast the peppercorns in a hot, dry frying pan until fragrant, then add to a saucepan with the salt, sugar, vinegar, garlic and 500ml of water. Bring to a simmer to dissolve the salt and sugar, then add the remaining water. Add the herbs and wait until fully cooled before using. You could easily replace the hardy herbs with something fresher and softer such as dill and/or parsley, especially if brining fish.

## SICHUAN BRINE

3l water ~ 200g table salt ~ 200g light brown sugar ~ 100ml soy sauce ~ 4 dried chillies ~ 2 tsp Sichuan peppercorns ~ 5 star anise ~ 3 garlic cloves, bashed but with the skins left on ~ 3 slices of ginger

Toast the peppercorns, star anise and dried chillies in a hot, dry frying pan until fragrant, then add to a saucepan with the salt, sugar, soy sauce, ginger, garlic and 500ml of water. Bring to a simmer to dissolve the salt and sugar, then add the remaining water. Wait until fully cooled before using. This brine is, of course, very well-suited to meat and fish that's going to end up in a Chinese-style dish, but it can also add a point of difference to roast pork, pan-fried duck breasts or lamb rump.

# MARINADES

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## SPICED YOGHURT MARINADE

160g Greek-style yoghurt, extra thick ~ 1 tbsp ginger-garlic paste ~ 1 tsp lemon juice ~ 1 tsp chilli powder ~ 1 tsp ground turmeric ~ 1 tsp ground cumin ~ 1 tsp ground coriander ~ 1 tsp garam masala ~ 1 tsp salt

Simply mix all the ingredients together in a bowl, then apply liberally over meat or fish and set aside for at least 1 hour. This particular marinade is great to prepare proteins for Indian dishes, but at its core is the yoghurt, lemon juice and salt – you can add whatever flavourings you like to this to make it your own. Yoghurt marinades are particularly good for chicken, as they are less harsh than acid-based marinades and add richness to the lean meat.

## TIGER'S MILK CEVICHE MARINADE

8 limes, juiced ~ 1 handful of coriander, stalks and leaves separated ~ 1 red chilli, finely chopped ~ 1 garlic clove, bashed ~ 1 slice of ginger

Mix together the lime juice, coriander stalks, ginger, garlic and half the chilli, then set aside in the fridge to infuse for 30 minutes. Strain the marinade, then finely chop the coriander leaves and add to the marinade along with the remaining chilli and raw fish or seafood. This is a unique marinade from Peru that is so acidic it actually 'cooks' the fish quickly, so don't marinate for longer than 10 minutes. Adjust the amount of chilli to your own preference, but it should have a good kick of heat.

## TERIYAKI MARINADE

4 tbsp sake ~ 4 tbsp mirin ~ 4 tbsp light soy sauce ~ 4 tbsp dark soy sauce ~ 4 tbsp light brown sugar ~ 15g ginger, peeled and sliced ~ 2 garlic cloves, sliced ~ 1 handful of coriander stalks

Place all the ingredients (except the coriander stalks) in a pan and gently heat until the sugar dissolves. Leave to cool, then add the coriander stalks and whatever meat or fish you fancy. This is a quick marinade as it is quite salty, so best used for around 10-20 minutes for fish and tofu or 30 minutes for meat.

## LEMON AND HERB MARINADE

2 lemons, juiced and zested ~ 1 bulb of garlic, cloves finely chopped ~ 1 tbsp flaky sea salt ~ 2 tbsp olive oil ~ 1 tsp black peppercorns, crushed ~ 2 sprigs of rosemary ~ 4 sprigs of thyme

Mix all the ingredients together and use to coat meat or fish. This is particularly good on grilled meats such as steak or chicken thighs.







**BUTTERS,  
DRESSINGS  
& SPICE MIXES**

Often, it's those final touches you add to a dish that really transform it. A spoonful of dressing, a scattering of spice or a final knob of butter for added richness can turn something just OK into something unforgettable. The three elements covered in this chapter are all excellent things to have in your fridge, freezer and pantry for when a dish is missing that little something.

## **BUTTERS**

If there's one thing you take away from this book, make it compound butters – they are the fastest way to add rich flavour to almost every savoury dish you can think of. What's so fantastic about compound butters (which is just a fancy way of saying flavoured butters) is that once they're made, they can be kept in the freezer, ready for you to use as and when you need them.

They're incredibly versatile, too – a slice of compound butter can be stirred through hot pasta for a quick sauce; melted to baste steak or fish; used in baking or simply spread on toast. Because the butter also acts as a preservative (and once it's stored in the freezer, it'll keep indefinitely), you can use it to prolong the flavour of super-seasonal ingredients, such as wild garlic.

When making compound butters, it's always best to use unsalted butter, as you then have full control over how salty you want it to be. Once all the ingredients are mixed into your butter, lay a sheet of cling film on a work surface and use it to roll and wrap the butter into a tight log, sealing it with a knot at both ends. This makes it easy to slice and portion once frozen.

## **DRESSINGS**

Whether it's on a salad, spooned over vegetables or drizzled over meat and fish, dressings are usually used to lend a generous helping of acidity and richness to a dish. They can be smooth or chunky and are distinct from sauces as they're generally uncooked. The majority contain both fats (such as oil) and acids (such as citrus juice or vinegar), which are



whisked or blitzed together with other ingredients to provide an explosion of flavour that's added to a dish right before serving.

You can find dressings in practically every cuisine in the world, and they go far beyond the simple vinaigrettes used to add pep to salad leaves. Rich pestos, tangy salsas and smooth creamy nut-based dressings can breathe new life into practically any dish, and best of all they usually take just a handful of ingredients and a few minutes to put together. They're easily customisable, too – you can make chunky salsas smooth, tweak the amount of acidity, play around with additional herbs and spices or try different oils and vinegars to create something entirely new.

## **SPICE MIXES**

Spices are such a deep, fascinating part of cooking that it would be impossible to cover them in depth in just a single book, let alone a few pages. That's why we've decided to focus on the sorts of mixes that are added as a final flourish, to season and flavour dishes towards the end of cooking.

A home cook can have fun experimenting and tailoring flavours of homemade spice mixes to their own preferences, and making them from scratch will always result in a fresher, more pronounced flavour. It's always a good idea to toast spices in a hot, dry pan before grinding them, as the heat will awaken their flavour and release the aromatic oils locked within them. They will also keep indefinitely in an airtight container, but do be aware that after a few months they will begin to lose their punch.

Whilst some spice mixes are ground into a powder so they'll gently meld into dishes, others are kept coarse, as this adds crunch and texture to whatever they're sprinkled on. The sheer number of ingredients you can combine and play with means there's always something new to try, and if you mix a little bit of salt into them, you can use them to season dishes at the same time.

# BUTTERS

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## **BROWN BUTTER WITH ANCHOVIES, CAPERS & LEMON**

200g unsalted butter ~ 3 anchovy fillets, finely chopped ~ 1/2 lemon ~ 1 tbsp capers, chopped ~ 1 handful of mixed soft herbs, finely chopped ~ 1 handful of chives, finely chopped ~ 1 pinch of flaky sea salt

Heat the butter until it turns brown and nutty, then leave to cool slightly. Zest the lemon and set aside, then peel it and discard the skin along with any white pith. Chop the segments up and stir into the warm butter with the zest. Add the rest of the ingredients when the butter is fully cooled, then shape into a log, wrap in cling film and freeze. Amazing with fish.

## **GARLIC & HERB BUTTER**

150g unsalted butter, softened ~ 2 garlic cloves, finely grated ~ 1 handful of parsley, finely chopped ~ 1 handful of basil, finely chopped ~ 1 pinch of flaky sea salt

Place all the ingredients in a bowl and mix thoroughly. Shape the mixture into a log, wrap tightly in cling film, then freeze. Slice off coins of the butter as needed.

## **MAPLE & CINNAMON BUTTER**

150g unsalted butter, softened ~ 2 tsp ground cinnamon ~ 1 tbsp maple syrup ~ 1 tbsp icing sugar ~ 1 pinch of flaky sea salt

Place all the ingredients in a bowl and mix thoroughly. Shape the mixture into a log, wrap tightly in cling film, then freeze. Slice off coins and melt over pancakes.

## **PINK PEPPERCORN & CITRUS BUTTER**

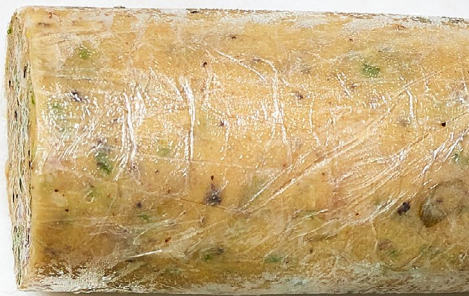
150g unsalted butter, softened ~ 1 tsp pink peppercorns, crushed ~ 1/2 lemon, zested ~ 1 lime, zested ~ 1/2 orange, zested ~ 1/2 pink grapefruit, zested ~ 1 pinch of flaky sea salt

Place all the ingredients in a bowl and mix thoroughly. Shape the mixture into a log, wrap tightly in cling film, then freeze. Slice off coins of the butter as needed.

## **MARMITE BUTTER**

150g unsalted butter, softened ~ 2 tbsp Marmite ~ 2 dashes of Worcestershire sauce

Place all the ingredients in a bowl and mix thoroughly. Shape the mixture into a log, wrap tightly in cling film, then freeze. Slice off coins of the butter as needed.







# DRESSINGS

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## SALSA VERDE

1 shallot, finely diced ~ 2 tbsp capers ~ 3 anchovies, finely chopped ~ 1 garlic clove, finely chopped ~ 1/2 lemon, juiced ~ 1/2 bunch of parsley, finely chopped ~ 120ml extra virgin olive oil ~ white wine vinegar ~ salt ~ freshly ground black pepper

Simply stir all the ingredients together in a bowl and season with white wine vinegar, salt and pepper. This base recipe is easily adaptable – try adding in different herbs or vinegars, a little chilli or omit the anchovies for a vegetarian version.

## SESAME DRESSING

100g tahini ~ 75ml lemon juice ~ 1/2 garlic clove, grated ~ salt ~ white pepper ~ 1 pinch of toasted sesame seeds ~ 1 pinch of black sesame seeds

Mix the tahini and lemon juice together in a bowl, adding a splash of water to loosen the stiff mixture. Season with salt and pepper, then finish with the sesame seeds. Drizzle over vegetables and meats, and don't be afraid to add spices or herbs to make it your own.

## TRAPANESE PESTO

40g blanched almonds ~ 250g cherry tomatoes ~ 1/2 garlic clove, chopped ~ 40g Pecorino cheese, grated ~ 3 tbsp extra virgin olive oil ~ 1 handful of basil leaves ~ 1 handful of mint leaves (optional) ~ lemon juice ~ salt ~ freshly ground black pepper

Toast the almonds in a dry frying pan, then place in a food processor with the rest of the ingredients (apart from the lemon juice and seasoning). Pulse until chunky, then season with lemon juice, salt and pepper. Perfect with pasta or spooned over fried fish.

## CAESAR DRESSING

1 large egg ~ 5 anchovies ~ 1 garlic clove, grated ~ 2 tsp white wine vinegar ~ 1/2 lemon, zested and juiced ~ 25g Parmesan, grated ~ 80ml olive oil ~ salt ~ freshly ground black pepper ~ 1 handful of chives, snipped

Soft-boil the egg for 6 1/2 minutes, then run under cold water and peel. Place in a food processor with the garlic, anchovies, vinegar, lemon juice and Parmesan and blitz. Drizzle in the oil with the motor still running, then season with salt and pepper and garnish with chives and lemon zest. One of the best things you can drizzle over salad leaves, it's also incredible with roast chicken.

# SPICE MIXES

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## FURIKAKE

2 tbsp black sesame seeds ~ 2 tbsp white sesame seeds ~ 1 sheet of nori, finely chopped ~  
1 tsp dulse seaweed flakes ~ 1 tsp caster sugar (optional)

Toast the sesame seeds for a few minutes in a hot dry pan, then mix with the rest of the ingredients and store in an airtight container. There are many different varieties of this famous Japanese rice seasoning beyond this basic one, so experiment with additions such as chilli, bonito flakes, soy sauce or whatever else you like to sprinkle over your rice.

## GARAM MASALA

1 tsp black peppercorns ~ 1/2 tsp cloves ~ 1/2 cinnamon stick ~ 2 dried bay leaves ~ 1 tsp cumin seeds ~  
1 tsp coriander seeds ~ 1/2 tsp fennel seeds ~ 1/2 tsp caraway seeds ~ 1/4 nutmeg, grated

Place all the ingredients (apart from the nutmeg) in a hot, dry frying pan and toast, stirring regularly, for a few minutes until fragrant. Transfer to a spice grinder or pestle and mortar, then add the nutmeg and grind to a powder. Store in an airtight container. There are countless varieties of garam masala, so try adding the seeds from cardamom pods, star anise or chilli flakes to make it your own.

## ROSEMARY SALT

50g flaky sea salt ~ 3 sprigs of rosemary, leaves picked and finely chopped ~ 1 lemon, zested

Mix all the ingredients together, then store in an airtight container (although this seasoning is best used fresh). Experiment with different zests, hardy herbs and spices to tailor it to a specific dish's flavour profile. It's particularly good sprinkled over chips.

## DUKKAH

100g blanched hazelnuts ~ 4 tbsp sesame seeds ~ 2 tbsp cumin seeds ~ 2 tbsp coriander seeds ~  
2 tbsp fennel seeds ~ 1 tbsp flaky sea salt ~ 1 tsp freshly ground black pepper

Roast the hazelnuts in a 180°C oven for 8 minutes, stirring halfway through. Allow to cool, then roughly chop. Toast the sesame, cumin, coriander and fennel seeds in a hot dry pan for a few minutes until fragrant, then combine and season with salt and pepper. This North African spice mix doesn't just add plenty of flavour; it's perfect for when a dish or dip needs a little extra crunch.









**OILS,  
EMULSIONS  
& PURÉES**



Artists have paints to add colour to their canvas; chefs have oils, emulsions and purées. We think chefs get the better deal here, as you can't eat paint! If you want to make your dishes look restaurant quality, then one of these three things drizzled, dotted, piped or swiped on the plate is the quickest route to impressing your guests.

## **OILS**

These days it feels like more dishes are finished off with a drizzle of olive oil than not, and while this is no bad thing, an infused oil can take things up a notch. Herbs, spices, aromatics and even the likes of prawn shells and chorizo can imbue a simple oil with bags of flavour. These oils can then be used to drizzle over dishes, emulsified into mayonnaises or even used as a poaching liquor.

To make infused oils like the pros, most recipes require a good blender and muslin cloth for straining – fine sieves will work in a pinch but some sediment will get through. You can also leave an oil to settle for an hour or so and then carefully pour it into a jug or bottle, leaving the sediment behind, but a muslin cloth will always provide the best results.

For herb oils or oils where you want the most vibrant colour possible, strain them into a bowl set over ice, especially if they've been heated. And when it comes to plating, the best way to apply oil is using a squeeze bottle, as you can then dot and drizzle with precision. Another neat trick is to combine coloured oils with creamy sauces – the two liquids will split, creating a beautiful marbled appearance.

## **EMULSIONS**

In cooking, an emulsion is a mixture of two liquids which when simply added to one another would not mix, but when motion (and sometimes heat) is applied they combine and thicken. Mayonnaise is the most well-known emulsion, and most emulsions are essentially mayonnaises with added ingredients. Oil (or butter, in emulsions such as hollandaise) is aggressively whisked with other liquid ingredients such as egg, mustard, lemon juice or vinegar to create a thick, luscious, completely smooth sauce.

An unflavoured homemade mayonnaise is already head and shoulders above anything you can buy, but chefs will often add other ingredients in the mix to complement or contrast with whatever else is on the plate. There are also lots of emulsions that don't include egg, such as the taramasalata we've included in this chapter – the roe, milk and bread combines with the oil to create something a little thicker.

When making emulsions it's important to very slowly drizzle the oil in a steady stream whilst continuously whisking (or, as is more common these days, while the motor of your food processor is running). If you add it too quickly or all at once the mixture will split. If this happens, a splash of ice-cold water can bind everything back together again.

## **PURÉES**

Just the word purée conjures up images of fine dining, but they're incredibly simple to make and add a silky texture to a dish that can contain a multitude of flavours.

Most purées involve little more than cooking vegetables until very tender, then blitzing them with just the right amount of liquid until they're smooth. Some contain cream or milk for added richness, others see the vegetables braised in alcohol, and some are made with roasted vegetables for a deeper, more caramelised flavour. A good blender is a must here, as you need to blitz purées at a high speed for several minutes to ensure they're completely smooth. Some (such as pommes purée) are pushed through a fine sieve, ensuring a completely homogenous texture.

Purées are also one of the most artistic elements on a plate, as they hold their shape well and can be spooned, piped, dotted or swiped like paint. While swipes and smears might look a little dated these days, chefs are always coming up with clever ways to present them. The easiest way to make a purée look impressive on the plate is by applying it with a squeeze bottle, piping large blobs or little dots around the other elements.

# OILS

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## LANGOUSTINE OIL

4 langoustine shells ~ 3 garlic cloves, roughly chopped ~ 1/2 tsp black peppercorns ~ 1/4 tsp paprika ~ 1 bay leaf ~ 3 sprigs of thyme ~ 300ml vegetable oil

Add a dash of the vegetable oil to a pan and cook the langoustine shells over a high heat until they turn golden. Add the rest of the ingredients to the pan along with the remaining oil and bring to a simmer. Cook for 5-10 minutes, then leave overnight off the heat to infuse. Strain through a muslin cloth set over a bowl in the fridge and use within 2 weeks.

## HERB OIL

100g soft herbs, either a single variety or a mix ~ 100g vegetable or light olive oil

Roughly chop the herbs and add to a blender with the oil. Blitz on high speed for a few minutes until completely smooth, then strain through a muslin cloth set over a bowl in the fridge. The oil is best used straight away, but can also be frozen to preserve its vibrant colour and flavour.

## SICHUAN CHILLI OIL

1 knob of ginger, sliced ~ 3 garlic cloves, sliced ~ 2 tbsp Sichuan peppercorns ~ 1 shallot, finely chopped ~ 2 star anise ~ 1 cinnamon stick ~ 1 tsp salt ~ 6 dried chillies, or 6 tbsp chilli flakes ~ 300ml vegetable oil

Pour the oil in a saucepan and add the star anise, cinnamon, peppercorns, salt and ginger. Place over a low heat and cook for 1 hour. Strain the oil into a clean pan then add the shallot, garlic and chilli. Bring to a simmer and cook for 15 minutes, until the garlic and shallot browns but doesn't burn. Strain or leave the bits in for a crispy texture, and feel free to amp up the chilli content!

## CURRY OIL

15g curry powder ~ 1 1/2 tsp ground turmeric ~ 1 1/2 tsp salt ~ 300ml vegetable oil

Place the curry powder and turmeric in a saucepan over a medium heat and toast for a few seconds until fragrant. Pour the oil into the pan with the salt and reduce the heat to low, then cook for 5 minutes. Remove from the heat and leave to infuse overnight, then pour into a bottle or jar (leaving the sediment in the base of the pan). This base recipe can be used with any ground or whole spices, so experiment with your favourites.







# EMULSIONS

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## LEEK ASH EMULSION

1 leek, green part only, washed and roughly chopped ~ 1 large egg yolk ~ 1 tsp Dijon mustard ~ salt ~ 1 tsp white wine vinegar ~ 200ml light olive oil

Preheat an oven to its hottest setting then cook the leek in it until completely burnt to a crisp (around 40 minutes). Transfer to a blender and blitz to a powder. Whisk the egg yolk and mustard together in a bowl or food processor until almost doubled in volume, then drizzle in the oil whilst whisking until emulsified. Season with salt, vinegar and 2 tsp of the leek ash. It might sound strange to mix powdered burnt leeks into a mayonnaise, but the ash has a surprisingly complex flavour that's smoky and sweet with hardly any bitterness.

## CURRY EMULSION

200ml curry oil (see p38) ~ 1 large egg yolk ~ 1 tsp Dijon mustard ~ 1 tsp white wine vinegar ~ salt

Whisk the egg yolk and mustard together in a bowl or food processor until nearly doubled in volume. Drizzle in the oil whilst whisking, then season with the vinegar and salt. You can also make this emulsion by simply adding 200ml vegetable oil and a tablespoon of curry powder (or other spices), but the flavour really does benefit from an overnight infusion if you have the time.

## TARAMASALATA

60g smoked cod's roe ~ 75ml whole milk ~ 30g white bread, crusts removed ~ 1/2 tsp Dijon mustard ~ 75ml olive oil ~ 1/2 lemon, juiced ~ salt

Place the roe, milk, bread and mustard in a food processor and blitz until smooth. With the motor running, slowly drizzle in the olive oil until emulsified. Season to taste with salt and lemon juice. You can also make this with unsmoked cod's roe for a lighter flavour.

## HERB EMULSION

200ml herb oil (see p38), or 1 handful of soft herbs and 200ml vegetable oil ~ 1/2 lemon, juiced ~ salt ~ 1 large egg yolk ~ 1 tsp Dijon mustard

Blitz the egg yolk and mustard together in a food processor until nearly doubled in volume (if you're using a handful of herbs, add these too). With the motor running, slowly drizzle in the oil until emulsified. Season to taste with salt and lemon juice. This will work with any mixture of soft herbs – woody herbs will need infusing into oil first.

# PURÉES

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## CAULIFLOWER, BROWN BUTTER & SHERRY PURÉE

350g cauliflower (about 1/2 a cauliflower), chopped ~ 60g unsalted butter ~ 50ml sherry ~ salt ~ 20ml sherry vinegar ~ 200ml chicken stock, warm

Melt the butter in a frying pan and add the cauliflower with a pinch of salt. Cook on a low heat for 30 minutes, stirring regularly, until golden. Add the sherry and vinegar, simmer until almost fully reduced, then transfer to a blender and blitz until smooth, adding just enough chicken stock to get a creamy consistency. Taste for seasoning.

## PEA, LEMON & BASIL PURÉE

200g frozen peas, defrosted in water ~ 1/2 garlic clove ~ 1 sprig of basil ~ 1/2 lemon, juiced ~ salt

Place the drained peas, garlic and basil in a blender and blitz, adding just enough water to get the right consistency. Season to taste with lemon juice and salt. Try using other soft herbs (such as mint or parsley) with the peas for a different end result.

## BUTTERNUT SQUASH & GINGER PURÉE

1 tbsp vegetable oil ~ 1 shallot, sliced ~ 30g ginger, finely chopped ~ 1/2 lemongrass stalk, finely chopped ~ 400g butternut squash, peeled and finely sliced ~ 250ml coconut milk ~ 1 tsp rice wine vinegar ~ salt

Heat the oil in a saucepan and add the shallot, ginger and lemongrass with a pinch of salt. Cook for 5 minutes until soft and translucent, then add the squash and coconut milk. Simmer for 25 minutes until the squash is very soft, then strain (reserving the liquid) and transfer the solids to a blender. Blitz to a smooth purée, adding a little of the coconut milk to get a silky consistency. Pass through a fine sieve then season with the vinegar and salt.

## SPICED BEETROOT & PORT PURÉE

350g cooked beetroot, diced ~ 200ml apple juice ~ 100ml port ~ 1 star anise ~ 5 juniper berries, crushed ~ 1 clove ~ 1/2 cinnamon stick ~ 8 black peppercorns ~ salt

Place the beetroot, apple juice and port in a pan. Place all the spices in a muslin bag and add that to the pan too, then place over a low heat and simmer until the liquid reduces by two-thirds. Remove the muslin bag full of spices, then transfer the contents of the pan to a blender. Blitz until smooth, then season to taste.











**PRESERVES,  
PICKLES &  
FERMENTS**

As little as ten years ago, preserving was something our grandparents might do. Today, it's a seriously trendy hobby to have, with chefs and home cooks alike adorning their shelves with clip-top jars filled with various vegetables bobbing around in salted water, or stirring pans of simmering vinegar made fragrant with herbs and spices. If you've yet to take the preserving plunge, there's no time like the present – and homemade pickles, ferments, jams and chutneys are a fantastic thing to have in the fridge when you're after an instant way to add pep to a plate.

## **PRESERVES**

While pickling and fermenting are both a form of preservation, when we talk about 'preserves' we usually mean something that's been cooked, often with enough oil, salt, sugar or vinegar to prolong its shelf life, then jarred. Preserves can be savoury or sweet, chunky or smooth and used during cooking or (more often) as a condiment or side to a dish. They're incredibly versatile, and often the first thing cooks tackle in the world of preserving (most preserve recipes require just one pan and a handful of ingredients, so they're very accessible).

Jams and chutneys are the most well-known preserves, and if you ever have a glut of fruit or vegetables they are an easy way to reduce waste and prolong their flavour throughout the year. While you can buy plenty of preserves in the shops, little recipes like the plum ketchup we've included here are a perfect example of how making your own opens up a whole new world of possibilities. Grab a few jars and give it a go!

## **PICKLES**

The importance of acidity in cooking is woefully underrated. Whilst we all know how important it is to season our dishes with salt, a splash of lemon juice or vinegar can be the key to making something average-tasting sing with flavour. However, taking things a step further by using pickles in your dishes – often as a garnish right before serving – not only adds a far more complex acidity than lemon juice ever could; it adds a pleasing crunch too.



There are two types of pickles – those that can be done relatively quickly, often by pouring a hot mixture of vinegar, salt and sugar over sliced vegetables and setting them aside to soak up the liquid, or those that take longer, being placed in a jar and left to develop and mature in flavour over a few weeks or months. Making them at home rather than buying them ready-made means you can get creative with the additional flavours in a pickle – add spices such as mustard and fennel seeds; amp up the freshness with chopped herbs; or pickle vegetables you simply can't find in the shops (there's a lot more you can pickle beyond cucumbers and onions). As with all preserving, using a sterilised container is key, and always keep your pickles in the fridge after opening.

## **FERMENTS**

If you have some fresh vegetables, salt and time on your hands, you can ferment. It might sound intimidating, but there's a reason home cooks have been fermenting for millennia – it's incredibly easy and produces amazing flavours. By combining vegetables (and in some cases fruit) with salt, be it in a brine or simply scrunched together, you create an environment that kills off any bad bacteria but lets the good bacteria thrive and convert the natural sugars in the vegetables into lactic acid, which acts as a preservative (a process known as lacto-fermentation). Once fermented, this acid gives vegetables a salty tang, amplifies their natural flavour and the bacteria are incredibly good for gut health.

For the keen home-fermenter, there are whole books dedicated to the science and art of the hobby, but if you're looking to dip your toes into the world of fermenting for the first time, the recipes we've included here are the perfect place to start. Always remember that fermentation produces built-up gas in your container, so if it's airtight you will need to open the lid every few days to eliminate the risk of cracked jars (and a lot of mess!). Always ensure whatever you're fermenting is fully submerged in liquid, and once you're happy with the flavour keep it in the fridge to halt the fermentation process – if it's left at room temperature it will continue to develop its fizzy, funky flavour.

# PRESERVES

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## CONFIT GARLIC

3 garlic bulbs, cloves peeled ~ 300g olive oil, or just enough to cover the cloves

Place the garlic cloves in a small pan and pour in enough oil to completely cover them. Place the pan over a very low heat – if you have a thermometer, you want to keep the oil around 90°C. Cook for 30 minutes until the cloves are completely soft. Leave to cool slightly, then transfer the cloves and oil to a sterilised jar. Store in the fridge.

## SWEET CHILLI JAM

75g red chillies, deseeded and roughly chopped ~ 75g red pepper, deseeded and roughly chopped ~ 500g jam sugar ~ 300ml white wine vinegar

Heat the sugar and vinegar in a pan until the sugar dissolves. Meanwhile, blitz the chillies and peppers to a paste in a blender. Add the pepper paste to the vinegar, bring to the boil and simmer for 10 minutes. Transfer to a sterilised jar and leave for at least a week (but ideally a month) before eating. Once opened, store the jar in the fridge.

## PLUM KETCHUP

80g cooked beetroot ~ 350g plums, destoned and quartered ~ 1 tbsp olive oil ~ 1 star anise ~ 2 cloves ~ 1 red onion, diced ~ 1/2 cinnamon stick ~ 1 bay leaf ~ 50g light brown sugar ~ 50ml red wine vinegar ~ 50ml water ~ salt

Heat the oil in a saucepan and add the onion, bay leaf and spices. Add a pinch of salt and cook for 5 minutes until translucent. Add the plums, beetroot, vinegar, sugar and water, then simmer for 10-15 minutes until the fruit breaks down. Strain through a fine sieve, reserving the liquid, then pick out the spices. Blitz the plum mixture until smooth, adding a little cooking liquor to achieve a ketchup consistency. Season with salt and store in the fridge.

## APPLE & GINGER CHUTNEY

600g cooking apples, peeled and cored ~ 1 red onion, chopped ~ 70g ginger, grated ~ 100g sultanas ~ 100g light brown sugar ~ 170g cider vinegar ~ 2 bay leaves ~ 1/2 tsp freshly ground black pepper ~ 1/2 tsp salt ~ 1/2 tsp ground turmeric ~ 1 tbsp olive oil

Sweat the onion in the oil for 5 minutes, then add the ginger and cook for another 2 minutes. Add the rest of the ingredients and simmer for 45 minutes, then transfer to sterilised jars. Leave at least 1 week before eating, then keep in the fridge once opened.







# PICKLES

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## SOY-PICKLED QUAIL EGGS

12 quail eggs ~ 150ml rice wine vinegar ~ 150ml light soy sauce ~ 1 tbsp mirin ~ 1 handful of coriander ~ 1/2 red chilli ~ 1 garlic clove, bashed ~ 1 knob of ginger, peeled

Boil the quail eggs for 3 minutes, then plunge into iced water. Carefully peel them and set aside. Place the rest of the ingredients in a container and add the eggs, then place a piece of baking paper on top to ensure the eggs remain submerged. Leave to pickle in the fridge for 12 hours. These are great with noodle salads, or just as a little snack with a cold beer.

## PINK PICKLED ONIONS

1 red onion, finely sliced ~ 2 limes, juiced ~ salt

Combine the onion with a pinch of salt, then pour over the lime juice. Leave to pickle in the fridge overnight – the acidic lime juice will draw the colour out of the onion and turn everything a beautiful pink. These pickled onions are usually used to garnish tacos and Mexican dishes, but they're fantastic on all sorts of rich, meaty recipes that need a lift.

## QUICK-PICKLED RADISHES

100g radishes, finely sliced ~ 1/2 tsp pink peppercorns ~ 2 sprigs of dill, chopped ~ 50g white wine vinegar ~ 50g caster sugar ~ 50ml water ~ salt

Place the vinegar, water, sugar and peppercorns in a saucepan with a pinch of salt. Heat until the sugar and salt dissolves, then whilst still hot pour over the radishes. Stir in the dill and leave for 20 minutes before eating. Use them to add a fresh tang to salads.

## PICCALILLI PICKLED CAULIFLOWER

1 small cauliflower, cut into small florets ~ 250ml malt vinegar ~ 250ml cider vinegar ~ 200g caster sugar ~ 1 tbsp yellow mustard seeds ~ 1 tbsp coriander seeds ~ 1 tbsp cumin seeds ~ 2 tbsp ground turmeric ~ salt

Toast the mustard, coriander and cumin seeds in a hot dry frying pan until fragrant, then transfer to a saucepan with a pinch of salt and the rest of the ingredients (apart from the cauliflower). Heat until the salt and sugar has dissolved, then leave to cool slightly. Pack the cauliflower into a sterilised jar, then pour the warm pickling liquor over the top, ensuring the cauliflower is fully submerged. Seal and leave to pickle at room temperature for 1 month, then after opening the jar store it in the fridge. Scatter over dishes for colour and crunch.

# FERMENTS

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## FERMENTED FENNEL

350g fennel (approx. 2 small fennel) ~ 500ml water ~ 15g salt ~ 1 tbsp fennel seeds ~ 3 garlic cloves, bashed

Finely slice the fennel and pack into a sterilised jar with the garlic and fennel seeds. Dissolve the salt in the water, then pour this over the fennel ensuring it is completely submerged.

Seal and leave to ferment at room temperature for 1 week, opening the lid every few days to allow the gas to escape. After 1 week, transfer to the fridge.

## FERMENTED HOT SAUCE

300g red chillies, stalks removed ~ 50g garlic cloves, peeled ~ 500ml water ~ 15g salt ~ 1 tbsp caster sugar ~ 1 tbsp cider vinegar

Pack the chillies and garlic cloves into a sterilised jar. Dissolve the salt in the water, then pour this into the jar ensuring the chillies and garlic are fully submerged. Seal and ferment at room temperature for 5 days, opening the lid every few days to allow the gas to escape. Strain, reserving the liquid, then blitz the solids with the sugar and vinegar, adding enough of the liquid to create a smooth sauce. Ferment for another 5 days, then store in the fridge.

## FERMENTED CHERRY TOMATOES

500g cherry tomatoes ~ 1 tsp black peppercorns ~ 3 garlic cloves, bashed ~ 2 sprigs of tarragon ~ 15g salt ~ 500ml water

Pack the tomatoes, peppercorns and tarragon into a sterilised jar and dissolve the salt in the water. Pour this over the tomatoes and seal, then leave to ferment at room temperature for 2-3 days, opening the lid every few days to allow the built-up gas to escape. Once you're happy with the flavour, transfer to the fridge.

## SAUERKRAUT

1 small white cabbage, finely shredded ~ 2 tbsp flaky sea salt ~ 1 tsp juniper berries ~ 1 tsp caraway seeds

Scrunch the cabbage and salt together with your hands for 5 minutes to release the liquid in the cabbage. Toast the caraway seeds in a dry pan until fragrant, then crush with the juniper berries. Mix into the cabbage, then pack the entire mixture densely into a sterilised jar, ensuring the liquid covers the cabbage. Cover with baking paper and put a weight on top, then seal and ferment at room temperature for 1 week, opening the lid every few days.







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# **DISHES FROM OUR CHEFS**





**SERVES** 4 AS A SIDE

**TIME** 2 HOURS 20 MINUTES,  
PLUS OVERNIGHT  
STRAINING TIME FOR THE  
PARSLEY OIL

**EQUIPMENT** BLENDER,  
MUSLIN CLOTH

*Aligot is what all mashed potatoes hope to become – a silky, cheesy, garlicky, buttery bowl of comfort that stretches like elastic when lifted with a spoon. This version takes things a step further with a generous drizzle of parsley oil, adding both colour and fresh, grassy flavour.*

## ALIGOT WITH PARSLEY OIL

GALTON BLACKISTON

*Oil*

### *Aligot*

750g baking potatoes  
375g double cream  
5 sprigs of thyme  
125g unsalted butter, diced  
250g Gruyère cheese, finely  
grated, plus a little extra for  
garnishing  
1 garlic bulb  
1 tsp olive oil  
Salt

### *Parsley oil*

100g parsley, roughly chopped  
50g vegetable oil

Place the parsley and oil in a high-powered blender and blitz for 5-10 minutes, until the oil has heated up and turned bright green. Transfer to a bowl set over iced water to quickly chill and preserve the flavour, then strain through muslin cloth overnight in the fridge.

The next day, preheat an oven to 180°C/gas mark 4. Place a bed of salt on a baking tray and nestle the potatoes into it. Cut the top off the garlic bulb to expose the cloves within, then place on a sheet of tinfoil and drizzle with the olive oil. Wrap the bulb tightly in the foil, then place both the garlic and potatoes in the oven. Remove the garlic after 1 hour, then carry on cooking the potatoes for an extra 30 minutes to 1 hour (depending on their size).

While the potatoes and garlic cook, place the cream and thyme into a saucepan and gently bring to the boil. Once boiling, remove from the heat and set aside to infuse for at least 1 hour, or until the potatoes are cooked.

When the garlic is cooked, squeeze out the soft, caramelised cloves. Pass the cloves through a fine sieve into a small bowl and set aside.

Make sure the potatoes are fully cooked and soft throughout by inserting a skewer or fork into the flesh. When they're ready, scoop the flesh out of the potatoes and pass through a fine sieve to obtain a smooth, dry mashed potato.

*Recipe continues overleaf*



*Recipe continued*

ALIGOT WITH PARSLEY OIL

Pass the infused cream through a fine sieve into a large heavy-bottomed saucepan. Bring to the boil, then start to slowly whisk in the mashed potato. Once it's all incorporated, mix in the garlic, then start adding the butter bit by bit. If it starts to split, you can add a splash of water to bring everything back together. Finish by adding the grated Gruyère cheese to obtain a stringy, rich, mashed potato.

To serve, transfer the aligot to a serving dish and drizzle the parsley oil over the top. Add a little more grated cheese.



**SERVES** 4 AS A MAIN

**TIME** 1 HOURS 20 MINUTES,  
PLUS MARINATING TIME

**EQUIPMENT** BLENDER



### **Beef**

500g beef onglet  
6 garlic cloves, peeled  
1/4 onion, roughly chopped  
2 spring onions, roughly  
chopped  
1 tbsp chipotle chilli powder, or  
smoked paprika  
1/2 tsp freshly ground black  
pepper  
1 jalapeño chilli  
1/4 bunch of coriander  
80ml dark beer  
1/2 orange, zested and juiced  
1/2 grapefruit, zested and  
juiced  
2 limes, zested and juiced  
1/2 tsp sea salt  
1/2 tsp caster sugar  
1 tbsp rapeseed oil

### **Salsa morita**

2 dried morita chillies, or  
chipotle chillies  
1/4 habanero chilli, or Scotch  
bonnet chilli  
1/2 jalapeño chilli  
2 plum tomatoes  
5 garlic cloves, unpeeled  
1 small white onion, unpeeled  
and halved  
1 tbsp rapeseed oil  
1/3 tsp sea salt  
1 tbsp sherry vinegar  
1 tbsp sesame seeds, lightly  
toasted

*Ingredients continue overleaf*

*These delicious tacos are bound to be snapped up in seconds, thanks to the incredible smoky marinade used to flavour the onglet (which would work well with all sorts of beef cuts). The fiery salsa and soothing crema also work in perfect harmony.*

## **BEEF ONGLET TACO WITH SALSA MORITA AND SPRING ONION CREMA**

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### **NUD DUDHIA**

*Marinade ~ Dressing*

Place all the ingredients for the beef (apart from the onglet) into a blender and blitz to a paste. Rub this mixture all over the onglet and leave to marinate in the fridge, covered, for at least an hour but ideally overnight.

Next, make the crema. Trim and clean the spring onions and place a griddle pan over a medium-high heat. Add the rapeseed oil and lay the spring onions out in a single layer. Cook until the spring onions are nicely blackened, turning occasionally until deeply charred and caramelised.

When the spring onions are ready, transfer to a blender and blitz with the sour cream until as smooth as possible. Season to taste and reserve in the fridge.

To make the salsa, place a dry frying pan over a high heat. Add the chillies, garlic, tomatoes and onion. Cook until they char and blacken – the chillies will cook first, slightly puffing up and crisping. The garlic cloves will form black spots on their skin, after which they will need removing from the heat. Leave the tomatoes to cook until the skin is blistered and blackened, then let the onion continue cooking until black rings form on the skin and flesh. When cool, peel the garlic cloves and onion.

*Recipe continues overleaf*



**Recipe continued**

BEEF ONGLET TACO WITH  
SALSA MORITA AND SPRING  
ONION CREMA

**Burnt spring onion crema**

2 bunches of spring onions  
1 tsp rapeseed oil  
200ml sour cream

**To serve**

16 corn tortillas, 12-15cm in  
diameter  
1 lime, cut into wedges  
Coriander leaves

Add the burnt chillies, garlic, tomatoes and onion to a blender with the salt and blitz to a purée. Add the sherry vinegar and rapeseed oil and blitz again. Stir in the sesame seeds – you should have a super smoky salsa with a deep tomato flavour and sharp acidic kick.

When you're ready to serve, get a griddle pan as hot as possible. Once smoking hot, add the marinated steak and cook for 3 minutes on each side, until it's charred on the outside and rare on the inside (you can cook the onglet for longer if you wish, but this cut is always best when rare or medium-rare). Leave the steak to rest for 5 minutes.

Meanwhile, heat up the tortillas in a dry frying pan and wrap them in a clean tea towel to keep them warm and soft.

Once rested, slice the steak against the grain (this is important, otherwise it will be stringy) into 2cm slices and sprinkle with sea salt. To serve, spread a spoonful of the spring onion crema onto each taco and top with a few slices of steak. Spoon over a little salsa and finish with coriander leaves and a wedge of lime.









**SERVES** 4 AS A STARTER

**TIME** 2 HOURS 30 MINUTES

**EQUIPMENT** BLENDER,  
SQUEEZY BOTTLE,  
THERMOMETER



**Salt-baked beetroots**

12 small beetroots, ideally  
heritage varieties and a  
mixture of colours  
250g egg whites  
1.5kg table salt  
10 sprigs of rosemary, chopped

**Caramelised walnuts**

16 walnut halves  
65g caster sugar  
150ml water  
Vegetable oil, for deep-frying

**Pickled walnut purée**

100g caster sugar  
100g pickled walnuts, drained  
100g golden raisins  
100g Granny Smith apple,  
peeled and sliced

**To serve**

2 burrata, weighing approx.  
125g each  
4 pickled walnuts, roughly  
chopped  
10g watercress, to garnish  
Extra virgin olive oil  
Flaky sea salt  
Freshly ground black pepper

*Earthy beetroot and creamy burrata play off one another in this colourful dish, with added crunch provided by moreish caramelised walnuts. The pickled walnut purée, however, is the dark horse here, adding a sweet, tangy umami depth. It's a fantastic little hack to add to all sorts of dishes.*

## BEETROOT WITH BURRATA AND PICKLED WALNUT PURÉE

CHRIS AND JEFF GALVIN

*Purée*

Preheat an oven to 190°C/gas mark 5. Mix together the egg whites, table salt and rosemary to create a paste. Wash the beetroots and trim the roots off, then place in a pile on a baking tray. Spread the paste over the beetroots, ensuring there are no gaps and it is at least 2cm thick. Transfer to the oven and cook for 2 hours.

Meanwhile, make the caramelised walnuts. Place the walnuts in a pan filled with water and bring to the boil. Strain, then place the walnuts back in the pan with the 150ml of water and sugar and place a cartouche (a disc of greaseproof paper) on top to ensure the walnuts are continuously submerged. Simmer over a low heat for 1 hour.

Make the pickled walnut purée by adding the sugar to a dry pan over a medium heat. Cook (without stirring) until the sugar turns to a golden caramel, then add the rest of the ingredients. Stir and continue to cook until the apple has broken down and everything is well combined, then blitz in a blender until smooth. Pass through a fine sieve and transfer to a squeeze bottle.

Once the beetroots are cooked, leave to cool slightly then break open the salt crust. Peel the beetroot, ensuring any salt crust is brushed off, then cut into wedges and set aside.

*Recipe continues overleaf*



*Recipe continued*

BEETROOT WITH BURRATA  
AND PICKLED WALNUT PURÉE

Once the walnuts have been simmering for 1 hour, drain and leave to cool. Meanwhile, preheat a deep pan of oil or deep-fat fryer to 150°C.

Deep-fry the boiled walnuts for 4 minutes until crispy (making sure they don't burn and turn bitter), then drain on kitchen paper.

To serve, carefully cut the burrata balls in half horizontally and place in the centre of 4 plates. Arrange the beetroot wedges around the cheese, then season everything generously with extra virgin olive oil, salt and pepper.

Scatter the pickled walnuts and deep-fried walnuts around the burrata, then finish with dots of the pickled walnut purée and a few sprigs of watercress.



**SERVES** 4 AS A MAIN

**TIME** 4 HOURS 30 MINUTES,  
PLUS BRINING TIME

**EQUIPMENT** BLENDER,  
FOOD PROCESSOR,  
MANDOLINE



#### **Short ribs**

4 beef short ribs, thick-cut  
40g salt  
40g caster sugar  
1l water  
1 dash of vegetable oil  
2 garlic cloves, finely chopped  
2 banana shallots, chopped  
5 sprigs of thyme  
1 glass of red wine  
500ml brown chicken stock

#### **Artichoke purée**

500g Jerusalem artichokes  
100g unsalted butter  
2 tbsp Horlicks

#### **Artichoke crisps**

4 small Jerusalem artichokes  
2 tbsp Horlicks  
Sunflower oil, for deep-frying

#### **Pickled mushrooms**

100g shimeji mushrooms  
100g white wine vinegar  
40g caster sugar  
40ml water  
2 drops of white truffle oil

#### **Beef fat mayonnaise**

125g beef fat, ideally aged  
250ml sunflower oil  
1 egg yolk  
1 tbsp Dijon mustard  
1/4 lemon, juiced

#### **To serve**

1 bunch of purple sprouting  
broccoli

*Brining the short ribs in this dish ensures they're perfectly seasoned throughout, and their unctuous texture contrasts with the sharp pickled mushrooms. Horlicks adds malty depth to the purée, and the mayonnaise is, quite simply, incredible.*

## BRAISED SHORT RIBS WITH PICKLED MUSHROOMS AND JERUSALEM ARTICHOKE PURÉE

PAUL FOSTER

*Brine ~ Pickle ~ Purée ~ Emulsion*

The day before you plan to serve, dissolve the salt and sugar in the water and submerge the ribs. Cover and place in the fridge to brine overnight.

The next day, preheat an oven to 140°C/gas mark 1. Drain the ribs, wash them in cold water and pat dry. Heat the oil in a large ovenproof saucepan and sear the ribs on all sides until golden and deeply caramelised.

Add the shallots, garlic and thyme to the pan, followed by the red wine and chicken stock. Bring to the boil, then cover the pan and transfer to the oven. Leave to cook for 4 hours, or until the ribs are tender and you can slide the bone out easily. Top up with a little water if the sauce dries out.

Meanwhile, prepare the other elements. Place the mushrooms in a small container and gently heat the vinegar, sugar and water together until the sugar dissolves. Add a drop of truffle oil to the pickling liquor, then pour over the mushrooms and set aside.

For the artichoke purée, wash the artichokes very well but leave the skins on and slice them as finely as you can. Heat the butter in a deep, heavy-bottomed saucepan – once foaming, add the artichokes and cook over a low heat until they are very dark and chewy, stirring regularly. This will take 1-2 hours, so leave them to gently cook while you get on with the rest of the dish.

*Recipe continues overleaf*



*Recipe continued*

BRAISED SHORT RIBS WITH  
PICKLED MUSHROOMS AND  
JERUSALEM ARTICHOKE PURÉE

For the mayonnaise, add the beef fat and oil to a saucepan and gently heat until it is completely melted and golden. Pass through a fine sieve and set aside to cool slightly.

Place the egg yolks, lemon juice and mustard in a food processor and blitz until pale. With the motor still running, gradually drizzle in the oil and beef fat to create a mayonnaise. Season to taste with salt and set aside.

For the artichoke crisps, wash the artichokes well then use a mandoline to slice them wafer-thin. Bring a deep pan of oil or a deep-fat fryer to 130°C, then deep-fry the crisps in batches until light golden and all the water has evaporated away. Drain on kitchen towel, then season with salt and the Horlicks powder.

Once the artichokes for the purée have become dark and chewy, add the Horlicks powder and deglaze with a little water. Transfer the contents of the pan to a blender and blitz for several minutes until smooth, adding more water if needed. Pass through a fine sieve, season and set aside.

Once the ribs have been cooking for 4 hours, lift them out of the pan and gently slide out and discard the bones. Peel away the silverskin (a thin, tough membrane found underneath the bone), then sandwich the meat between 2 trays with a weight on top as they cool. Pass the leftover stock through a fine sieve into a clean pan. Bring to a simmer and reduce until thickened into a sauce.

When ready to serve, blanch the broccoli in boiling salted water for a few minutes, then drain and season. Gently reheat the beef ribs in the stock and reheat the purée.

To serve, spoon or pipe the mayonnaise onto serving dishes with the artichoke purée. Arrange the short rib and broccoli alongside one another, then top with the artichoke crisps and pickled mushrooms.







**SERVES** 4 AS A MAIN

**TIME** 2 HOURS, PLUS  
OVERNIGHT MARINATING  
TIME

**EQUIPMENT** BLENDER,  
SQUEEZY BOTTLE

*The flavours of coq au vin are reimagined in this satisfying dish, perfect for when you're looking to impress. The bacon jam is enriched with brandy and coffee, whilst the red wine and garlic purée adds a powerful punch of gutsy continental magic.*



### *Chicken*

4 chicken breasts, with skin  
1 dash of rapeseed oil  
1 large knob of butter  
2 sprigs of thyme

### *Madeira gravy*

3l brown chicken stock  
400ml Madeira  
1 dash of rapeseed oil  
3 banana shallots, sliced  
3 garlic cloves, finely chopped  
100g button mushrooms, sliced  
1 sprig of thyme

### *Bacon jam*

200g smoked streaky bacon,  
chopped  
1 dash of rapeseed oil  
3 banana shallots, sliced  
200ml cider vinegar  
200g brown sugar  
4 double shots of espresso  
100ml brandy

### *Red wine and garlic purée*

5 garlic bulbs, cloves peeled  
200ml ruby port  
200ml red wine  
1 bay leaf

### *To garnish*

2 small turnips  
1 dash of rapeseed oil  
2 button mushrooms, finely  
sliced  
2 dried porcini mushrooms,  
blitzed into a powder  
1 shallot, finely sliced into rings

## CHICKEN WITH BACON JAM, MADEIRA AND MUSHROOMS

SCOTT GOSS

*Purée ~ Preserve ~ Dressing*

The day before you plan to serve the dish, start on the purée. Place the peeled garlic cloves in a pan and cover with water, then bring to the boil. Once the water is boiling, drain the cloves and refresh in iced water. Repeat this process twice more, so that the cloves have been blanched a total of 3 times (this removes their bitterness and astringency). Place the triple-blanching cloves in a bowl and pour over the port and red wine. Add the bay leaf and leave in the fridge overnight to marinate.

The next day, prepare the gravy. Place a large saucepan over a medium heat and add a dash of rapeseed oil. Sweat down the shallots, garlic, mushrooms and thyme until soft, then add the Madeira and turn the heat up to high. Simmer until almost all the liquid has evaporated, then add half of the chicken stock. Leave to reduce by half.

While the gravy reduces, prepare the bacon jam. Fry the bacon in a little rapeseed oil for 5 minutes, then set aside. In the same pan, add the shallots and fry in the rendered bacon fat until soft and transparent. Add the bacon back into the pan with the brown sugar and stir, cooking until it has dissolved into the fat. Pour over the brandy, coffee and vinegar and leave to simmer until the mixture becomes glossy and sticky with the consistency of jam. Set aside to reheat before serving.

*Recipe continues overleaf*



*Recipe continued*

CHICKEN WITH BACON JAM,  
MADEIRA AND MUSHROOMS

Once the gravy has reduced by half, add the remaining chicken stock and leave to reduce by half once more.

To make the purée, transfer the garlic cloves and liquid to a small saucepan and place over a medium heat. Bring to the boil and reduce by two-thirds, then strain the garlic (reserving the liquid) and transfer to a blender, discarding the bay leaf. Blitz until very smooth and glossy, adding a little of the reserved liquid if needed. Keep warm or set aside to reheat before serving.

When the gravy has reduced to your desired consistency, pass it through a fine sieve into a clean pan, taste for seasoning and keep warm.

Place a frying pan over a medium-high heat and add a dash of oil and a generous amount of butter. Once foaming, add the chicken breasts skin-side down and cook for 5 minutes, basting continuously. Add the thyme, flip the breasts and cook for another 8-10 minutes, continuing to baste, until fully cooked. Season and leave to rest for a few minutes.

Meanwhile, gently reheat the bacon jam and red wine purée. Peel and cut the turnips into small wedges, then blanch for a few minutes in boiling salted water. Drain, then add a dash of rapeseed oil to a pan and quickly sear the baby turnips until lightly coloured. Dust the sliced raw mushrooms with the blitzed dried porcini and transfer the reheated purée to a squeeze bottle.

To serve, place a chicken breast on each plate. Add a dollop of bacon jam alongside, then place some turnip halves around it. Top with slices of raw mushroom and shallot, then pipe dots of the red wine purée around the dish. Finish with the Madeira gravy.



**SERVES** 4 AS A MAIN

**TIME** 3 HOURS 40 MINUTES,  
PLUS 24 HOURS  
MARINATING TIME

**EQUIPMENT** BLENDER



1/2 lamb shoulder, on the bone  
1 dash of olive oil

***Marinade***

2 red chillies, stalks removed  
5 garlic cloves, roughly  
chopped  
3 sprigs of rosemary, needles  
picked  
3 sprigs of thyme, leaves  
picked  
3 sprigs of sage, leaves picked  
1/4 unwaxed lemon, juiced and  
zested  
1 pinch of freshly ground black  
pepper  
1 pinch of sea salt  
1 bay leaf  
90ml olive oil

***Mint jelly***

60g fresh mint, leaves picked  
and finely chopped  
50ml water  
1 lemon, juiced  
100g jam sugar

***To garnish***

1 red chilli, deseeded and  
sliced into thin strips

*Lamb shoulder with mint sauce is a classic for a reason, but this dish takes things a step further by marinating the meat in a herby, tongue-tingling marinade and replacing vinegary mint sauce with a loose, sweet and seriously tasty mint jelly. Serve with roast potatoes and veg for a fantastic Sunday lunch.*

## CHILLI-MARINATED LAMB SHOULDER WITH MINT JELLY

DOMINIC CHAPMAN

*Marinade ~ Preserve*

Begin by marinating the lamb the day before you intend to cook it. Place all the ingredients for the marinade into a blender and blitz to a smooth paste. Rub the marinade all over the lamb and refrigerate for 24 hours.

The next day, preheat an oven to 180°C/gas mark 4.

Preheat a large frying pan or flameproof roasting dish over a high heat. Once hot, add a dash of oil and sear the lamb until browned all over.

Transfer the lamb to the oven and roast uncovered for 30 minutes, then cover the pan or dish with tin foil and turn the oven down to 140°C/gas mark 1. Cook slowly for a further 2–3 hours, or until the meat is tender and falling apart. Check the pan every so often and add a little water if the lamb seems to be drying out and catching on the bottom.

Whilst the lamb cooks, make the mint jelly. Place the water, lemon juice, jam sugar and half the mint in a pan, gently bring to the boil then simmer for 10 minutes.

*Recipe continues overleaf*



***Recipe continued***

CHILLI-MARINATED LAMB  
SHOULDER WITH MINT JELLY

Strain the liquid into a clean saucepan, discarding the browned mint. Leave to cool, then stir in the remaining chopped mint. You should be left with a loose, jelly-like consistency. Store in the fridge until ready to serve.

Once the lamb is tender and cooked through, remove from the oven and leave to rest for at least 30 minutes, still covered with the foil. As the lamb rests, you can cook your accompanying vegetables and side dishes.

To serve, garnish the lamb with the sliced red chilli and bring to the table (be sure to reserve and drizzle over any resting juices too). Enjoy with the mint jelly on the side, along with your other accompaniments.









**SERVES** 4 AS A MAIN

**TIME** 1 HOUR 10 MINUTES

**EQUIPMENT** BLENDER,  
SQUEEZY BOTTLE



#### **Cod**

4 cod loin fillets  
1 dash of vegetable oil  
1 knob of butter  
Flaky sea salt

#### **Chicken reduction**

1l brown chicken stock,  
preferably homemade or the  
best quality you can find

#### **Chicken skin crumb**

The skins from 4 chicken  
thighs (save the thighs for  
another dish)

1 sprig of lemon thyme, leaves  
picked

#### **Onion purée**

3 large onions, very finely  
sliced  
1 garlic clove, finely sliced  
1 sprig of lemon thyme  
250ml double cream  
50g unsalted butter  
1 dash of vegetable oil  
Freshly ground white pepper

#### **To serve**

4 pearl or baby onions, halved  
through the root (keep the  
skin on)  
1 dash of vegetable oil  
1 handful of curly kale leaves

*Crispy skin is the best part of chicken and fish – in this recipe, you get both at the same time. The flaky cod sits in a bath of intense reduced chicken stock, with creamy, sweet blobs of onion purée dotted alongside.*

## **COD WITH CHICKEN SKIN, KALE AND CARAMELISED ONION PURÉE**

.....  
**SIMON HULSTONE**

*Purée*

To begin, pour the chicken stock into a saucepan and set over a medium-high heat. Allow to reduce at a steady simmer by three-quarters, skimming away any impurities that rise to the surface – this should take 30–45 minutes.

Meanwhile, preheat an oven to 180°C/gas mark 4. To prepare the crispy chicken skins for the crumb, lay the skins on a chopping board and use a sharp knife to carefully scrape away any excess fat and flesh from the underside. Line a baking tray with baking paper and lay the skins on top, stretched out so they are completely flat. Sprinkle with salt and place another sheet of baking paper on top, followed by another baking tray (this will keep the skins nice and flat). Bake in the oven for 10–15 minutes, or until golden and crisp (it's worth checking them regularly so they don't burn and become bitter).

Meanwhile, sweat the onions for the purée in a pan over a low heat with a good glug of oil until thoroughly cooked and lightly caramelised (this will take at least 15 minutes). Add the garlic and a sprig of thyme, continue to cook until the garlic is soft and the onions are even more caramelised, then add the cream and butter. Bring to the boil and reduce until the mixture has thickened considerably, but not split.

*Recipe continues overleaf*



*Recipe continued*

COD WITH CHICKEN SKIN,  
KALE AND CARAMELISED  
ONION PURÉE

Once the chicken skins are golden, drain on kitchen paper. Chop into a crumb and mix with the lemon thyme leaves and a pinch of salt. Set aside.

When the cream and onion mixture has thickened and reduced down, place in a blender, blitz until smooth, then pass through a sieve and season. Keep warm or reheat when ready to serve.

Heat a non-stick pan over a medium heat and add a dash of oil and the halved pearl onions, cut-side down. Cook slowly until deeply caramelised and the onions are tender but still holding their shape. Pop the onions out of their skins and separate into individual petals.

To cook the cod, heat a large frying pan over a medium-high heat and add a dash of oil. Season the fish with a little salt and add to the pan, skin-side down. Cook for approximately 6 minutes, until golden on the underside. Flip the fillets, add a knob of butter to the pan and spoon the foaming butter over the fish. When cooked through, remove from the pan and allow to rest for a few minutes.

While the cod rests, blanch the kale leaves in boiling salted water for 1 minute, then drain.

To serve, transfer the warm purée to a squeeze bottle. Place a portion of cod in the base of four deep serving dishes. Pipe dots of the onion purée next to the fish, then pour the hot reduced stock into the bowl without disturbing the purée. Sprinkle the chicken skin crumb over the fish and arrange the onion petals and kale around the dish.



**SERVES** 6 AS A STARTER

**TIME** 1 HOUR 30 MINUTES,  
PLUS 1 WEEK PICKLING TIME

**EQUIPMENT** BARBECUE,  
BLENDER, PRESERVING JAR



### **Beetroot**

1.25kg mixed heritage  
beetroots  
1 handful of rainbow chard, or  
the leaves from the  
beetroots if they have them  
Maldon salt  
Olive oil  
250g used coffee grounds

### **Pickled tomatoes**

375g green tomatoes, diced  
into 5cm pieces  
10g garlic cloves, sliced  
30g caster sugar  
250g white wine vinegar  
250ml water  
1 bay leaf  
1/2 tsp black peppercorns  
1/4 tsp mustard seeds  
1/4 tsp coriander seeds  
1 pinch of chilli flakes

### **Salsa**

32g jalapeño chillies  
20g dill, chopped  
10g tarragon, chopped  
40g parsley, chopped  
24g garlic cloves, chopped  
80g extra virgin olive oil  
20g Chardonnay vinegar  
Salt, to taste  
Caster sugar, to taste

*Beetroots are roasted on a bed of used coffee grounds then finished off in glowing coals to create something intensely smoky and sweet. The dressing might look like a simple salsa verde at first, but the inclusion of garlicky pickled green tomatoes takes it to a whole other level.*

## **COFFEE-ROAST BEETROOT WITH PICKLED GREEN TOMATO SALSA**

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**NEIL CAMPBELL**

*Pickle ~ Dressing*

Begin by preparing the tomatoes, as these need a week to pickle. Weigh your empty jar, then pack the green tomatoes into it. Place the rest of the ingredients in a large saucepan and bring to the boil. Allow to cool, then pour this over the tomatoes. Weigh the jar again and subtract the original weight to calculate the weight of the contents, then divide this number by 100 to work out 1% of the weight. Add this amount of salt to the jar, then seal and leave to pickle at room temperature for 1 week. Ensure the tomatoes are fully submerged in the liquid.

On the day you plan to serve the dish, preheat an oven to 180°C/gas mark 4 and light a barbecue. Scrub the beetroots in water (reserving the leaves if they have any), then combine the coffee grounds with a small handful of salt and enough water to make a thick paste. Spread this mixture across the base of 1 large baking tray (or 2 smaller trays), around 1cm thick – the beetroot need to sit in there in a single layer. Push the beetroots into the paste, then cover with tinfoil. Bake in the oven for 45 minutes.

Take the beetroot out of the oven and nestle them into the hot coals of the barbecue. Cook for another 30 minutes, turning every 10 minutes, until blackened and charred all over. Remove and leave to cool for 30 minutes.

*Recipe continues overleaf*



***Recipe continued***

COFFEE-ROAST BEETROOT  
WITH PICKLED GREEN  
TOMATO SALSA

While the beetroots cool, make the salsa. Char the jalapeños in a hot, dry pan for 5 minutes, then slice open and remove some (but not all) of the seeds. Place the chopped herbs in a blender with the garlic, olive oil and vinegar, then blitz until smooth. Add the charred chillies and blitz again. Finally, drain and weigh out 220g of the pickled green tomatoes, then add these and give the salsa one final quick blitz (you want the tomatoes to be a little chunky). Add salt and sugar to taste.

Once the beetroots have cooled, peel off the hardened blackened outside layer to reveal the soft, juicy, smoky beetroots within (they will still look dark and charred on the outside, but as long as the texture is soft they are fine). Roughly slice them into rounds and toss in a little salt and olive oil.

Briefly wilt the rainbow chard (or beetroot leaves) for a few minutes in a hot frying pan with a splash of water, a little olive oil and salt.

To serve, divide the slices of beetroot and leaves across 6 serving plates. Add spoonfuls of the salsa, then finish with a drizzle of olive oil and a pinch of salt.









**SERVES** 2 AS A MAIN

**TIME** 1 HOUR, PLUS  
OVERNIGHT INFUSING AND  
STRAINING TIME

**EQUIPMENT** BLENDER,  
MUSLIN CLOTH



1 Dover sole, approx. 600g,  
skinned and head removed  
200g white asparagus  
1 lemon, half juiced, half cut  
into wedges or cheeks  
3g dried kombu (kelp), soaked  
overnight in 300ml of water  
100g unsalted butter  
50g saikyo miso, or white miso  
100g lovage  
100ml vegetable oil

*Dover sole is a real luxury, and by poaching it in a rich butter sauce boosted with umami-rich miso, the fish gets the treatment it deserves. If you're struggling to find white asparagus then green spears work well too (just reduce the cooking time), and the lovage can be replaced with parsley.*

## DOVER SOLE WITH WHITE ASPARAGUS, MISO BUTTER AND LOVAGE OIL

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SHUKO ODA

*Butter ~ Oil*

To make the lovage oil, blitz the lovage and oil in a blender for 5 minutes until smooth, then simmer in a small pan for 5 minutes to evaporate any water. Leave to strain through a muslin cloth into a bowl in the fridge overnight.

The next day, make the miso butter. Melt the butter in a large frying pan, then whisk in the miso and set aside.

Snap the ends off the white asparagus and peel from the tip downwards. Place in a pot with the kombu-infused water (discard the kombu) and the lemon juice. Bring to a boil, then simmer gently for 20-30 minutes until the asparagus is tender. If you're using green asparagus, reduce the simmering time to around 5 minutes. Refresh in iced water.

Warm the miso butter in a frying pan with 50ml of water. Gently poach the sole in the miso butter for 8-10 minutes, spooning the butter over the fish regularly. If the miso butter looks like it's burning, add a splash of water to the pan.

Once the fish is cooked through, remove from the pan and keep somewhere warm. Add the asparagus to the pan and reduce the miso butter to a thick sauce consistency.

Place the fish on a platter with the asparagus spears on top. Pour the thickened butter sauce over the top and drizzle with the bright green lovage oil. Finish with a lemon wedge.

**SERVES** 4 AS A STARTER

**TIME** 45 MINUTES, PLUS 7-10 DAYS TO FERMENT THE CARROTS

**EQUIPMENT** PRESERVING JAR, FOOD PROCESSOR

*Fermenting vegetables is much easier than you might think and is a tried and tested way to bring out their natural flavour. This carrot salad might sound simple at first, but there's bags of flavour in there thanks to the spiced peanut crumb, a simple miso butter and both raw and fermented carrots.*

## FERMENTED CARROTS WITH MISO AND ROAST PEANUTS

MICHAEL BREMNER

*Ferment ~ Butter*

### *Fermented carrots*

8 carrots, peeled, topped and tailed  
1l water  
20g salt

### *Miso butter*

50g unsalted butter, softened  
25g white miso

### *Carrot salad*

3 carrots, ideally a mixture of colours, julienned into matchsticks  
1 lime, juiced  
1 handful of coriander leaves, chopped  
1 handful of mint leaves, chopped

### *Roasted peanut crumb*

200g peanuts  
1 tsp paprika  
1 tsp cayenne pepper

To begin, ferment the carrots. Dissolve the salt into the water and place the carrots in a sterilised jar, ensuring there is enough room for the carrots to be completely submerged. Fill the jar with the salted water, ensuring there is a small gap at the top, then seal and set aside at room temperature for 7-10 days (you will need to open the jar every few days to allow the built-up gas to escape). Make sure the carrots remain completely submerged in the water.

Once the carrots have fermented and you're ready to cook the dish, preheat an oven to 170°C/gas mark 3 1/2. Mix the peanuts with a pinch of salt and the spices then spread out on a baking tray. Bake for 10 minutes, or until golden (keep the oven on, if ready to serve the dish). Transfer the nuts to a pan, cover with water and simmer until the water reduces to below the level of the nuts. Remove from the heat, drain and blend the nuts to a crumb consistency, or if you prefer, blend further to the consistency of crunchy peanut butter.

For the miso butter, combine the miso and butter together in a bowl and set aside. Mix the julienned carrots with the herbs, then season with salt and lime juice. Set aside.

Slice each fermented carrot in half on the diagonal and char in a hot, dry pan on one side. Transfer to the oven for 10 minutes to finish cooking. Once out of the oven, brush the carrots liberally with the miso butter. Place a big spoonful of the peanuts on the plate along with the fermented carrots. Finish with a pile of the carrot salad on top.











**MAKES** 2.5KG OF JAM AND  
APPROX. 30 SCONES

**TIME** 1 HOUR

**EQUIPMENT** SUGAR  
THERMOMETER,  
PRESERVING JARS, 3.5CM  
ROUND CUTTER

*This is a fig jam with a difference – instead of slowly cooking everything in a pan until the fruit breaks down, the figs are quickly cooked in a hot spiced syrup, locking in their flavour and texture. It's fantastic on toast or in cakes, but here it's cleverly matched with mini cheese scones.*

## FIG JAM WITH MINI CHEESE SCONES

### *Fig jam*

1kg glucose syrup  
1kg caster sugar  
300ml water  
1 cinnamon stick  
1 star anise  
1 vanilla pod, split  
1 pinch of freshly ground black  
pepper  
2kg figs, ideally Solliès figs,  
sliced  
13g pectin powder  
40g citric acid

### **Scones**

225g plain flour, plus extra for  
dusting  
10g baking powder  
65g unsalted butter, diced  
1/2 tsp fine salt  
90g Parmesan, finely grated  
65g whole milk  
65g egg, (approx. 1 large egg),  
plus extra for egg wash  
40g cheddar, finely diced

ANDREW GRAVETT

*Preserve*

For the jam, add the glucose, sugar, water, cinnamon, star anise, vanilla and pepper to a very large saucepan. Bring to the boil and cook until the temperature reaches 135°C. Stir in the figs and continue to cook rapidly until a thermometer reaches 103°C.

Stir in the pectin, remove from the heat and add the citric acid. Allow to cool slightly, then transfer the mixture to sterilised jars (removing the cinnamon, star anise and vanilla if desired). To give the jam an indefinite shelf life, steam or boil the sealed jars for 30 minutes at 90°C.

For the scones, combine the flour, baking powder, butter, salt and 50g of the Parmesan in a food processor and pulse into a fine breadcrumb texture. Transfer to a large mixing bowl and refrigerate until chilled.

Preheat an oven to 200°C/gas mark 6. Mix the milk, egg and diced cheddar into the chilled flour mixture until you have a workable dough. Dust a work surface with flour and roll the dough out until 12mm thick. Use a 3.5cm round cutter to stamp out small circles of the dough – you should get approximately 25-30 in total.

Place the dough circles on a baking tray lined with baking paper, then brush the tops liberally with egg wash. Sprinkle over the remaining Parmesan and bake for 9 minutes, then serve warm with the fig jam and slices of cheese (if desired).



**SERVES** 2 AS A STARTER

**TIME** 30 MINUTES

**EQUIPMENT** FOOD  
PROCESSOR

*Battered prawns are tossed in an explosion of colour and flavour in this beautiful dish from Rohit Ghai. The ghati masala spice mix is an incredible thing to have in your fridge, suitable for scattering over all sorts of Indian dishes to add an always welcome punch of garlic, coconut and peanut.*

## GHATI MASALA PRAWNS

ROHIT GHAI

*Spice Mix ~ Marinade*

### *Prawns*

20 large raw king prawns,  
peeled  
2 tbspc rice flour  
3 tbspc cornflour  
1 1/2 tsp ginger-garlic paste  
1/2 tsp garam masala  
2 tsp mild chilli powder  
2 sprigs of curry leaves, finely  
chopped  
1/2 lime, juiced  
2 green chillies, deseeded and  
finely chopped  
Vegetable oil, for deep-frying  
Salt

### *Ghati masala*

1/2 tsp vegetable oil  
4 garlic cloves, peeled but left  
whole  
25g desiccated coconut  
1/2 tsp sesame seeds  
1/2 tbspc roasted peanuts  
1 tsp chilli powder  
1/2 tsp ground coriander  
1/4 tsp tamarind paste

### *To garnish*

1 tbspc red onion, finely  
chopped  
1 tbspc coriander leaves, finely  
chopped  
1 tbspc freshly grated coconut  
2 lime wedges

Make the ghati masala by placing the oil in a small pan over a medium heat. Add the garlic cloves, cook for 1 minute then transfer to a food processor. Toast the sesame seeds for 30 seconds in the same pan, then transfer to the food processor along with the rest of the ingredients. Blitz to a coarse powder, then taste for seasoning. Keep in an airtight container in the fridge for up to 15 days.

Toss the prawns with the chopped curry leaves, a teaspoon of the chilli powder and the lime juice. Set aside to marinate for 15 minutes.

Meanwhile, place the rice flour, cornflour, garam masala, garlic-ginger paste, green chillies and remaining chilli powder in a bowl with a pinch of salt. Add a little water until a thick batter forms.

Preheat a deep-fat fryer or deep pan of oil to 180°C. Coat the prawns in the batter, ensuring they are entirely covered. Deep-fry until golden (around 4 minutes), then drain on kitchen paper.

To serve, place the prawns in 2 serving dishes. Garnish with red onion, coriander, coconut and coat liberally with the ghati masala. Finish with the lime wedges.











**SERVES** 8 AS A STARTER

**TIME** 1 HOUR 15 MINUTES,  
PLUS OVERNIGHT CURING  
AND PICKLING TIME

**EQUIPMENT** BLENDER,  
MUSLIN CLOTH, SQUEEZY  
BOTTLES, 8CM METAL RING

*Four separate elements come together in this very cheffy looking starter – luckily, almost all of them can be prepared in advance. A beautiful example of how an infused oil can be turned into a stunning mayonnaise, and why curing salmon is something everyone should try at home.*

## GIN AND TONIC CURED SALMON

PAUL WELBURN

*Cure ~ Purée ~ Pickle ~ Oil ~ Emulsion*

### **Salmon**

1kg side of salmon  
15 coriander seeds  
10 juniper berries  
10 black peppercorns  
1 lemon, zested  
1 lime, zested  
1 bunch of dill  
180g flaky sea salt  
50g caster sugar  
25ml gin

### **Pickled lemon**

80ml water  
60ml Chardonnay vinegar  
25g caster sugar  
1 lemon

### **Tonic gel**

75ml tonic water  
1 tbsp water  
2g agar agar  
1 pinch of caster sugar

### **Dill mayonnaise**

1/2 bunch of dill  
250ml vegetable oil  
30g egg yolk  
20ml white wine vinegar  
1 tsp Dijon mustard

### **To plate**

2 slices of rye bread  
1/4 cucumber, peeled,  
deseeded and diced into  
5mm cubes  
Dill fronds

The day before you plan to serve the dish, make the pickled lemons. Finely slice the lemon and remove any seeds. Dissolve the sugar in the vinegar and water, add the lemon and make sure it is submerged in the liquid. Leave to pickle in the fridge for at least 24 hours. You won't use all the pickled lemon in this dish, but the flesh can be finely chopped and added to other dishes.

Make the dill oil needed for the mayonnaise the day before too. Blend the dill and the oil together for 5 minutes until smooth, then pour into a sieve lined with muslin cloth set over a bowl. Leave to strain in the fridge overnight.

The last thing you need to do the day before is prepare the salmon. Toast the spices for a few minutes in a dry frying pan until fragrant, then place in a blender. Add the citrus zest, dill and 80g of the salt and blitz to a coarse consistency. Add the remaining salt, sugar and gin. Coat the salmon with the cure and leave for 10 hours. The cure will draw out moisture, so keep the fish in a container to catch the liquid.

The next day, make the tonic gel. Blend the tonic water with 30g of the pickled lemon, 2 tablespoons of the lemon's pickling liquor and the water until smooth, then pass through a fine sieve into a small pan. Whisk in the agar agar and the sugar, then bring to the boil, remove from the heat and pour into a small shallow tray. Place in the fridge to set.

*Recipe continues overleaf*



***Recipe continued***

GIN AND TONIC CURED

SALMON

While the gel sets, make the mayonnaise. Whisk together the egg yolk, vinegar and mustard until thick and pale. Slowly drizzle in the strained dill oil whilst continuously whisking to create an emulsion (if it starts to split you can add a splash of iced water to bring it back together). Taste and season then transfer to a squeeze bottle and keep in the fridge until ready to serve.

Once the tonic gel has set, cut it into rough cubes and blitz in a blender to a smooth consistency. Transfer to a squeeze bottle and keep in the fridge.

Toast the slices of rye bread, then blitz or chop into breadcrumbs. Store in an airtight container if you're doing this step in advance.

When ready to serve, rinse the salmon well and pat dry with kitchen paper. Remove the skin, then cut the flesh into 1cm cubes. You may need to discard some of the edge pieces if they are too salty.

To plate, arrange the salmon in an 8cm metal ring with the diced cucumber. Pipe dots of the dill mayonnaise and tonic gel all over it, then sprinkle with the rye breadcrumbs and garnish with plenty of dill sprigs.

**SERVES** 4 AS A MAIN

**TIME** 1 HOUR, PLUS 2-3 DAYS  
PICKLING TIME AND  
OVERNIGHT MARINATING  
TIME



### **Griot**

1kg pork fillet or shoulder,  
cut into cubes  
1/2 lemon, juiced  
2 onions, chopped  
4 spring onions, sliced  
2 red peppers, sliced  
1 Scotch Bonnet chilli, finely  
chopped  
6 garlic cloves, finely chopped  
2 oranges, juiced  
2 limes, juiced  
20ml distilled vinegar  
8 sprigs of thyme, chopped  
20g parsley, chopped  
2 sticks of celery, chopped  
8 cloves  
3 tsp salt  
2 tsp freshly ground black  
pepper  
1l chicken stock  
Vegetable oil, for deep-frying

### **Pikliz**

220ml distilled vinegar  
220ml water  
2 tsp salt  
2 tbsp caster sugar  
1/2 white cabbage, finely  
shredded  
1 carrot, julienned into  
matchsticks  
1 lime, juiced  
4 garlic cloves, finely chopped  
1 red onion, sliced into rings  
1 Scotch Bonnet chilli, finely  
sliced (or 2 if you like heat)  
5 cloves  
3 sprigs of thyme

*Deep-fried cubes of pork can never be a bad thing, but this Haitian dish takes things to the next level by marinating the meat in vegetables, citrus juice and herbs. The fiery, sweet, crunchy pikliz provides a wonderful contrast. Serve with rice and beans or plantain on the side.*

## HAITIAN GRIOT WITH PIKLIZ

KESHIA SAKARAH

*Marinade ~ Pickle*

Begin by making the pikliz. Whisk the salt, sugar, water and vinegar together until all dissolved.

Place the rest of the ingredients for the pikliz in a clean container, then pour over the pickling liquor, ensuring everything is submerged. Cover and leave to pickle in the fridge for at least 2 hours, but ideally 2-3 days. The longer you leave the vegetables to pickle, the more mature the flavour, so it's worth making this in advance.

Wash the pork in a bowl of water with the lemon juice mixed in, then drain and add to a large saucepan with the rest of the ingredients for the griot (apart from the chicken stock and vegetable oil). Stir well to combine, massaging the ingredients together with your hands, then leave to marinate for at least 1 hour but ideally overnight.

The next day, place the saucepan full of the griot ingredients over a medium heat and pour in the chicken stock. Bring to a simmer and cook for 25-30 minutes, stirring occasionally.

Use a slotted spoon to remove the pork from the pot and drain the meat on kitchen paper, removing any vegetables or herbs that have stuck to the pork. Ensure the pork is well dried, otherwise it will splutter when you add it to the oil.

*Recipe continues overleaf*





*Recipe continued*

HAITIAN GRIOT WITH PIKLIZ

Around 30 minutes before you want to serve the griot, heat a deep pan of oil or a deep-fat fryer to 180°C.

In small batches, lower the cooked pork into the oil and deep-fry until crisp and golden (this should only take a few minutes). Drain on kitchen paper as you work, and keep the griot hot in a warm oven if needed.

Serve the griot with plenty of pikliz on the side – you want a similar amount of each on the plate, to ensure a perfect contrast of rich meat and crunchy, tangy vegetables.









**SERVES** 4 AS A MAIN

**TIME** 2 HOURS 30 MINUTES

**EQUIPMENT** BLENDER,  
SQUEEZY BOTTLE



### **Lamb**

1 lamb rump, approx. 500g, cut  
into 4 equal portions

100g soy sauce

150g ponzu

125g mirin

### **Aubergine**

2 aubergines

2 sprigs of rosemary

4 garlic cloves, bashed

100ml vegetable oil, plus extra  
for frying

Salt

### **Smoked crème fraîche**

100g crème fraîche

2 handfuls of hay (optional)

### **Dukkah**

1 tbsp sunflower seeds

30g blanched hazelnuts

1 tbsp blanched almonds

1/2 tsp fennel seeds

1 1/2 tbsp coriander seeds

1 1/2 tbsp sesame seeds

1/2 tbsp cumin seeds

1/2 tbsp green peppercorns

1/2 tbsp sweet paprika

1 tbsp black sesame seeds

1/2 tsp flaky sea salt

### **To plate**

50g pomegranate seeds

*Channelling the flavours of the Middle East, this pretty dish also has a Japanese touch thanks to the brine used to tenderise the lamb. It's also a fine example of how vegetable trimmings can be reserved and blitzed into an accompanying purée.*

## LAMB RUMP WITH AUBERGINE AND DUKKAH

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**JAMES COCHRAN**

*Brine ~ Purée ~ Spice Mix*

Combine the soy sauce, ponzu and mirin to create a brine, then submerge the lamb rumps in it. Set aside in the fridge for 2 hours.

Meanwhile, prepare the aubergines. Preheat an oven to 200°C/gas mark 6 and cut the aubergine into blocks measuring 10cm long, 3cm high and 3cm wide – you should be able to get four blocks out of each aubergine (save the trimmings for the next step). Set aside.

Place the aubergine trimmings in a tight-fitting oven dish with a splash of vegetable oil, a pinch of salt, the rosemary and the garlic cloves and roast for 20 minutes. When cooked through, remove the rosemary and garlic and blitz the trimmings with the vegetable oil in a blender until smooth. Check for seasoning, pass through a fine sieve and reserve in a squeeze bottle.

If you're smoking the crème fraîche, place the hay in the bottom of a saucepan and put the crème fraîche on top in a heatproof bowl or dish. Place the saucepan over a low-medium heat and wait until the hay starts to smoke. Cover and leave for 1 minute, then remove from the heat (keeping the lid on) and allow the crème fraîche to smoke gently. When the pan is cold to the touch, remove the crème fraîche and pour into a squeeze bottle and store in the fridge. Otherwise, just serve the plain crème fraîche as is.

*Recipe continues overleaf*



***Recipe continued***

LAMP RUMP WITH AUBERGINE  
AND DUKKAH

Toast all the dukkah ingredients in a hot dry pan until fragrant, then transfer two-thirds to a blender and blitz to a powder. Roughly chop the remaining third of dukkah and stir through the powder for a bit of texture. This will make more dukkah than you need, but it will keep for a few months in an airtight container.

Once the lamb rumps have been brining for 2 hours, pat them dry and preheat the oven to 180°C/gas mark 4. Lay the rumps fat-side down in a cold, ovenproof frying pan and place over a medium heat. Allow the fat to gently render down until golden – this should take about 8 minutes.

While the rumps cook, place a non-stick frying pan over a high heat with a dash of vegetable oil and add the bars of aubergine. Cook until nicely charred on each side and tender all the way through (about 8-10 minutes).

After 8 minutes, transfer the lamb to the oven and cook for a further 8 minutes (or a little longer if you don't like your lamb pink). Set aside and leave to rest for 5 minutes.

To serve, place two pieces of the aubergine on each plate and pipe dots of smoked crème fraîche and aubergine purée along the top. Scatter over the dukkah and a few pomegranate seeds. Carve the lamb into thick slices and lay them alongside, finishing with any resting juices and a pinch of salt.

**MAKES** 20 SKEWERS, TO  
SERVE 4-6 PEOPLE

**TIME** 50 MINUTES, PLUS  
MARINATING TIME

**EQUIPMENT** FOOD  
PROCESSOR, SKEWERS

*A rich, sweet, slightly tangy peanut sauce provides the perfect accompaniment to these fragrantly spiced skewers. Leave the meat to marinate overnight for the best flavour, and always make more skewers than you think you'll need (they're incredibly moreish). The flavours work well with pork, fish and tofu too.*

## MALAYSIAN CHICKEN SATAY

### *Chicken*

1kg boneless skinned chicken  
thighs, cut into bite-sized  
pieces

### *Satay spice mix*

1 lemongrass stalk, white  
bottom half only, hard outer  
leaves removed and finely  
chopped  
1 large onion, peeled and  
roughly chopped  
5 garlic cloves, peeled  
1 tsp ground coriander  
1 tsp chilli powder  
1 tsp ground turmeric  
1/2 tsp fennel seeds  
1/2 tsp ground cumin  
1 tbsp salt  
100g palm sugar, or dark  
brown sugar

### *Peanut sauce*

180g dry-roasted peanuts,  
lightly salted  
200g coconut milk  
60g palm sugar, or dark brown  
sugar  
2 1/2 tbsp tamarind paste  
1 pinch of chilli powder  
150ml water  
1/2 tsp salt

MANDY YIN

*Marinade ~ Dressing*

To begin, blend all the satay spice mix ingredients together in a food processor until it achieves the consistency of a smooth, fine paste. Set 3 tablespoons of the spice mix aside for making the peanut sauce.

Place the rest of the spice mix into a container with the chicken pieces and leave to marinate in the fridge for at least 4 hours, but preferably overnight.

To make the peanut sauce for the satay, blitz the peanuts to a coarse crumb in a food processor. Add the peanuts along with the rest of the ingredients (including the reserved 3 tablespoons of spice paste) to a medium-sized saucepan. Place over a medium heat and bring to boil, stirring every now and then to prevent it sticking to the bottom. Once boiling, reduce the heat to low and simmer for 5 minutes until the sauce thickens. Set aside.

Soak 20 wooden skewers in water for 10 minutes, so they don't burn when you add them to the hot pan. Skewer the chicken pieces onto the skewers so they are tightly pressed against one another – you should be aiming for around 6 pieces of chicken per skewer.

*Recipe continues overleaf*





*Recipe continued*

MALAYSIAN CHICKEN SATAY

To cook the skewers, you can use a flat-top griddle plate, a grill preheated to its highest setting or (best of all) a barbecue. Ensure your pan, grill or barbecue is smoking hot, then add the skewers, in batches if needed. Turn the skewers frequently to char each side for around 5 minutes or until the chicken is cooked through. Serve with plenty of the peanut sauce on the side for dipping or drizzling, alongside some rice or a simple salad of cucumber and red onion to make this into a more substantial meal.









**SERVES** 4 AS A STARTER OR  
SNACK

**TIME** 40 MINUTES

**EQUIPMENT** HAND BLENDER

*These bite-sized little pillows of choux pastry are studded with sweet mussels and herbs, creating a simple but very clever little snack that we guarantee will be devoured in seconds. The striking sauce is a fantastic recipe to have in your repertoire, too, brimming with the salty tang of capers, gherkins and olives.*

### **Mussel popcorn**

500g live mussels, or 150g

cooked mussel meat

150g plain flour

1 tsp caster sugar

1 tsp salt, plus extra for

seasoning

100g unsalted butter

4 eggs, beaten

1/2 bunch of basil or dill,  
chopped

Vegetable oil, for deep-frying

### **Black sauce**

80g capers

80g black olives, pitted

80g gherkins

20g Dijon mustard

40g olive oil

60ml water

2g xanthan gum (optional)

1 tsp charcoal powder, or a few  
drops of black food  
colouring (optional)

## MUSSEL POPCORN WITH BLACK SAUCE

PASCAL AUSSIGNAC

*Emulsion*

Begin by cooking the mussels – you can skip this step if using pre-cooked mussel meat. Scrub and de-beard the live mussels, discarding any that remain open when tapped. Tip into a large saucepan over a medium heat and add a splash of water. Cover and steam for 5 minutes, or until the mussels open. Drain the mussels (reserving the liquor) and discard any that remain closed. Remove the meat from the mussels and set aside – you will need 150g of mussel meat in total.

For the black sauce, place all the ingredients into a saucepan over a medium heat. Once simmering, blend with a hand blender until smooth and emulsified. The sauce will be grey rather than black if not using the charcoal powder or colouring, and looser if not using the xanthan gum, but it will still taste delicious. Transfer to a bowl and set aside.

Measure the cooking liquor and, if needed, top up with cold water until you have 250ml (if you're using pre-cooked meat, simply use 250ml water). Pour into a pan (leaving any gritty sediment from the mussels behind) with the butter and bring to the boil. Sieve the flour, sugar and salt into a bowl and tip into the boiling water.

Stir well with a wooden spoon, then remove from the heat. Beat the mixture for a few minutes until it forms a ball and pulls away cleanly from the sides of the pan. Add the beaten eggs a little at a time, until smooth and shiny.

*Recipe continues overleaf*



*Recipe continued*

MUSSEL POPCORN WITH  
BLACK SAUCE

Chop the cooked mussel meat and stir into the choux pastry along with the basil (or dill). Preheat a deep pan of oil or deep-fat fryer to 180°C.

Use a tablespoon to form small balls of the choux mixture and drop them into the oil. Cook for around 5 minutes, or until golden and fluffy (you may need to work in batches) and season with salt. Serve the mussel popcorn immediately with the sauce on the side for dipping.

**SERVES** 4 AS A MAIN

**TIME** 1 HOUR 30 MINUTES,  
PLUS OVERNIGHT  
MARINATING TIME

**EQUIPMENT** BLENDER



***Pheasant***

4 pheasant breasts  
100ml rapeseed oil, plus extra  
for frying  
1 tbsp juniper berries, crushed  
1 tbsp thyme leaves, chopped  
Salt  
Freshly ground black pepper

***Pickled blackberries***

200g blackberries  
200ml red wine vinegar  
150g caster sugar  
35ml water  
3 star anise  
1/2 tsp pink peppercorns  
1 cinnamon stick  
1 bay leaf

***Parsnip purée***

250g parsnips, peeled and  
sliced  
200ml double cream  
100ml water

***Parkin crumb***

100g parkin, or dark ginger  
cake

***Brussels sprouts***

500g Brussels sprouts, outer  
leaves removed and halved  
80g salted butter  
1 dash of cider vinegar

*A wonderful dish to put together in the autumn or winter, this combination of game, parsnips, sprouts and tangy quick-pickled blackberries is a stunner. The crispy ginger parkin crumbs add both texture and a subtle note of spice. Duck also makes an excellent substitute for the pheasant.*

## PHEASANT BREAST WITH PARSNIP PURÉE, BRUSSELS SPROUTS AND BRAMBLES

JAMES MACKENZIE

*Marinade ~ Pickle ~ Purée*

Begin by marinating the pheasant breasts. Add the oil, juniper, thyme and a pinch of salt and pepper to a ziplock bag with the pheasant, squeeze out the air and seal. Leave overnight in the fridge.

To pickle the blackberries, add all of the ingredients (except the blackberries) to a pan and heat until the sugar dissolves. Allow to cool, then add the blackberries and leave to pickle for at least 1 hour.

For the parsnip purée, add the sliced parsnips, cream and water to a pan, cover with a lid and cook for 20 minutes, until the parsnips are very soft. Strain, reserving the cream, and add the parsnips to a blender. Add a splash of the cooking liquor to the parsnips and blitz until smooth and silky. Season to taste and set aside to reheat later.

Preheat an oven to 190°C/gas mark 5. To prepare the parkin, crumble the cake into small pieces and spread out onto a baking sheet. Bake in the oven for 8 minutes to dry out and crisp up, stirring halfway through. Keep the oven on.

Next, cook the sprouts. Melt the butter in a large nonstick frying pan and add the sprouts. Cook over a medium-low heat for 15-20 minutes until gnarled and crispy. Season with a pinch of salt and the cider vinegar and keep warm.

*Recipe continues overleaf*





***Recipe continued***

PHEASANT BREAST WITH  
PARSNIP PURÉE, BRUSSELS  
SPROUTS AND BRAMBLES

To cook the pheasant, remove the breasts from the marinade. Add a generous glug of oil to a hot pan and shallow-fry the breasts, skin-side down, for 6-8 minutes until golden brown. Once golden, turn over the breasts and place in the oven for a further 5-6 minutes. Remove and rest for at least 5 minutes after cooking.

To serve, add a spoonful of parsnip purée in the centre of each plate and use the back of the spoon to spread it into a neat circle. Place the rested pheasant breast in the centre and scatter the sprouts and pickled blackberries around it. Finish with a sprinkle of parkin crumb and some of the blackberry pickling liquor.









**SERVES** 4 AS A MAIN

**TIME** 40 MINUTES, PLUS 8 HOURS TO CURE THE YOLKS



### *Poached haddock*

480g haddock fillet, cut into four even portions (skin-on, pin-boned)  
300ml whole milk  
1 bay leaf  
5g sea salt

### *Soy-cured egg yolks*

250g mirin  
250g soy sauce  
4 egg yolks

### *Stewed leeks*

2 tsp rapeseed oil  
1 knob of unsalted butter  
1 garlic clove, finely chopped  
1 leek, washed and sliced  
2 sprigs of thyme, leaves picked  
1 bay leaf  
50ml whole milk  
150ml double cream  
1 tbsp parsley leaves, finely chopped

### *Curry dressing*

6 tbsp plain yoghurt  
3 tbsp lemon juice  
2 tbsp water  
1 tbsp honey  
1 tsp curry powder  
1/4 tsp salt  
1/4 tsp freshly ground white pepper

### *To serve*

1/2 bunch of coriander, finely chopped

*If you want to add wow-factor to a dish, a soy-cured egg yolk is the way to go. As the yolks bathe in the soy sauce, they firm up and become a beautiful burnt orange, ready to be cut open and ooze their deliciously rich centre over whatever lies beneath. The perfect partner to haddock and creamy leeks.*

## POACHED HADDOCK WITH SOY-CURED EGG YOLK AND CREAMY CURRIED LEEKS

RICHARD BAINBRIDGE

*Cure ~ Dressing*

For the soy-cured egg yolks, place the mirin and soy sauce in a bowl and mix well. Carefully add the egg yolks and leave at room temperature for 8 hours.

To make the stewed leeks, heat the oil and butter in a frying pan and gently fry the garlic with the leeks and thyme leaves for 3–4 minutes, or until the leeks are soft.

Stir in the milk, cream, bay leaf and parsley, then reduce the heat and simmer gently for a further 6–8 minutes, stirring occasionally. Season to taste. If not serving immediately, you can transfer the leeks to an oven dish, cover with foil and keep warm in the oven until ready to serve.

While the leeks simmer away, cook the haddock. Place the milk, bay leaf and sea salt in a pan and bring to a simmer (do not allow to boil). Place the haddock in the milk and cover the pan with cling film. Remove from the heat and set aside for 8 minutes to allow the fish to cook in the residual heat. Once cooked, drain the fish and discard the skin.

For the curry dressing, whisk all of the ingredients together.

To serve, very gently remove the egg yolks from the soy. Place some leeks in the middle of each bowl, then carefully sit the haddock on top with an egg yolk. Finish with the coriander and curry dressing.

**SERVES** 4 AS A MAIN

**TIME** 2 HOURS 20 MINUTES

**EQUIPMENT** FOOD  
PROCESSOR

*While it still has a potent fiery kick, a proper Goan vindaloo is more about the garlic and vinegar than the chillies. Here the sauce is used to gently braise pork belly until it's unctuously soft, but the spice paste is great for cooking chicken or lamb in too. Serve with rice or other Indian side dishes for a full meal.*

### **Pork belly**

500g pork belly, skin removed  
10ml vegetable oil

### **Vindaloo spice paste**

15 dried red chillies, de-seeded  
and soaked in water for 30  
minutes  
1 tsp black peppercorns,  
preferably Telicherry  
1/4 star anise  
1 piece of cassia bark, 5cm long  
3 cloves  
1 tsp cumin seeds  
15g ginger, roughly chopped  
8 garlic cloves, roughly  
chopped  
1/2 tsp tamarind paste  
4 tsp cider vinegar

### **Sauce**

60ml vegetable oil  
2 large onions, finely chopped  
2 tbsp tomato purée  
1 tsp red chilli powder  
1/2 tsp jaggery, or dark brown  
sugar  
Salt

## **PORK BELLY VINDALOO**

### **ALFRED PRASAD**

#### *Spice Mix*

Drain the red chillies and add to a food processor along with the rest of the ingredients for the spice paste. Blitz to a smooth paste, adding a little water if required.

To make the sauce, heat the oil in a large saucepan, add the onions and sauté until caramelised (this should take at least 15 minutes). Add 100ml of water and allow the mixture to simmer for 3-4 minutes, stirring well.

Add the tomato purée, red chilli powder, jaggery, the spice paste and a pinch of salt, then mix well and cook for a couple of minutes. Add a litre of water, bring to the boil, then turn down to a simmer.

To prepare the pork, heat the oil in a heavy-based saucepan and sear the pork belly, ensuring it is a nice golden-brown colour all over.

Place the pork in the sauce and braise over a medium heat for 45 minutes. After this time, remove the pork belly, transfer the sauce to a blender and blitz until smooth. Cut the pork into 4 equal portions.

Return the sauce and pork belly to the pan and cook over a low heat for a further 30 minutes, or until the pork is meltingly tender and the sauce has thickened.

To serve, place a piece of pork belly on each plate and spoon over the sauce. Enjoy with rice on the side.





**SERVES** 4 AS A MAIN

**TIME** 1 HOUR, PLUS  
COOLING TIME

**EQUIPMENT** FOOD  
PROCESSOR

*Vitello tonnato is one of Italy's most underrated dishes, and while the idea of a tuna emulsion might sound weird at first, we promise it's a game-changer. Here, the traditional veal is replaced with pork, sliced thin and covered in the sauce.*

## PORK TONNATO

ANNA TOBIAS

*Emulsion*

1kg pork loin, boneless and skin removed  
1 sprig of thyme, leaves picked  
1 garlic clove  
1 tin of tuna in oil, best quality, drained  
1 tin of anchovy fillets, drained  
1 tbsp capers  
280ml olive oil  
1 egg yolk  
1/2 lemon, juiced  
Salt  
Freshly ground black pepper

Preheat an oven to 200°C fan/gas mark 5. If your loin of pork is very fatty, trim the fat so you have a 1cm border of it around the meat.

Pound the garlic clove and thyme leaves into a paste using a pestle and mortar. Add 30ml of the olive oil and season generously with salt and pepper. Rub this all over the pork loin, then place it in a baking tray (fat-side down) and into the oven. Cook for 45 minutes, turning the pork after 20 minutes. This will leave your pork a little pink, which is fine – if you prefer it more well-done, however, just add another 20 minutes to the cooking time. Allow to cool completely.

While the pork cools, make your sauce. Put the tuna, egg yolk and lemon juice in a food processor. Season with salt and pepper. Turn the processor on and blend until the ingredients become a smooth purée. With the motor still running, slowly drizzle in the remaining olive oil in a thin stream. If the mixture seems a little thick after adding all the oil then add a splash of water. The sauce wants to be roughly the thickness of yoghurt. Taste for seasoning.

Once the pork is cool, slice it as thinly as possible using a sharp knife. Layer the slices on a large plate or platter. If you have some nice roasting juices from the pork then drizzle a few spoons of this over the pork. Taste a slice and adjust the seasoning appropriately, then generously slather the tuna sauce over the pork. Drape the anchovies on top and sprinkle over the capers, then serve.









**SERVES** 4 AS A MAIN

**TIME** 1 HOUR, PLUS  
MARINATING TIME

**EQUIPMENT** FOOD  
PROCESSOR



### *Duck*

4 duck breasts  
10g coriander seeds  
1/2 cinnamon stick  
8g black peppercorns  
10g fennel seeds  
15g dried chillies, ideally  
Kashmiri chillies  
15g Dijon mustard  
20g honey  
15g malt vinegar  
20g ginger-garlic paste  
20g olive oil, plus extra for  
frying  
Salt, to taste

### *Apricot chutney*

15g vegetable oil  
50g onion, finely chopped  
10g ginger, finely chopped  
150g apricots, destoned and  
chopped  
1 tsp red chilli powder, or 2 if  
you like heat  
1 tsp ground ginger  
1 tsp garam masala  
20g distilled vinegar  
25g caster sugar

*Sarson (mustard) is used to flavour a lot of northeastern Indian and Bengali dishes, and in this dish it's combined with honey, spices and vinegar to create a knockout marinade. The lightly spiced apricot chutney on the side is a shining example of how sweet flavours work so well with duck. Serve with rice or salad.*

## SARSON WALI DUCK WITH APRICOT CHUTNEY

DAYASHANKAR SHARMA

*Marinade ~ Preserve*

Place all the ingredients for the duck (apart from the duck breasts) in a food processor and blitz to a paste. Use this to coat the duck breasts, then set aside to marinate for at least a few hours.

While the duck marinates, make the apricot chutney. Heat the oil in a saucepan over a medium heat, then add the onion. Cook for 2 minutes, then add the ginger and apricots and give everything a good stir.

Add the spices and a pinch of salt. Stir to combine, then pour in the vinegar. Simmer the chutney for 20 minutes until the apricots break down, then add the sugar, taste for seasoning and leave to cool.

When ready to cook the duck, preheat an oven to 180°C/gas mark 4 and place a wide frying pan over a medium heat with a splash of olive oil. Wipe the marinade off the duck (reserving the leftover marinade for brushing later) and fry the breasts skin-side down for 5 minutes. Use tongs to turn the breasts and sear the other sides for a few more minutes.

Transfer the duck breasts to the oven and finish cooking for 4 minutes, then set aside to rest for 5 minutes.

Just before you're ready to serve, slice the duck breasts and brush liberally with the remaining marinade. Return to the oven for 1 minute to cook the marinade and glaze the duck. Serve with rice or salad and the chutney on the side.

**SERVES** 2 AS A LIGHT MAIN  
OR 4 AS A STARTER

**TIME** 1 HOUR 20 MINUTES,  
PLUS MARINATING AND  
OVERNIGHT PICKLING TIME



4 sea bass fillets  
2 tsp yellow mustard seeds,  
lightly crushed  
2 tbsp malt vinegar  
2 tsp ground turmeric  
2 tbsp vegetable oil, plus extra  
for frying  
4 garlic cloves, finely chopped  
200g green beans  
1 lime, cut into wedges  
Salt

*Pickled mustard seeds are a wonderful thing to have at your disposal - as the seeds absorb the vinegar they soften and 'pop' with a burst of fresh acidity in the mouth. Here, they're used as the base for a marinade, breathing life into meaty sea bass.*

## SEA BASS WITH PICKLED MUSTARD SEEDS AND GREEN BEANS

---

PETER JOSEPH

*Pickle ~ Marinade*

Pickle the mustard seeds by submerging them in the vinegar and leaving overnight in the fridge.

The next day, mix the oil, turmeric and garlic together, then add the pickled mustard seeds and a pinch of salt. Rub this mixture all over the sea bass fillets and set aside to marinate in the fridge for 1 hour.

While the sea bass marinates, blanch the green beans in salted boiling water for 2 minutes. Drain, then refresh in iced water and trim to size so they are slightly longer than the width of the fillets.

Wrap the sea bass fillets around the beans, as pictured. Heat a non-stick frying pan over a high heat with a dash of oil, then carefully add the fillets and fry for a few minutes until golden on the underside. Carefully turn over and repeat on the other side until golden all over and cooked through. Serve with a squeeze of lime.







**SERVES** 4 AS A MAIN

**TIME** 1 HOUR 15 MINUTES,  
PLUS 7 DAYS TO FERMENT  
THE RYE

**EQUIPMENT** BLENDER,  
MUSLIN CLOTH,  
PRESERVING JAR

*Using what is essentially a loose sourdough starter to thicken and flavour soup is a popular technique in Poland, and if you recreate this warming dish you'll soon know why. It adds a tangy depth to the already delicious base stock, which is then split with a dill oil – a neat trick that always looks stunning.*

## SOUR RYE SOUP WITH KIELBASA, POTATOES AND DILL OIL

KUBA WINKOWSKI

*Ferment ~ Oil*

### *Fermented rye*

200g wholemeal rye flour  
1l water  
5 bay leaves  
10 garlic cloves, sliced  
10 allspice berries

### *Dill oil*

100g dill, leaves picked  
200g pomace oil, or olive oil

### *Base stock*

250g Polish kielbasa  
250g Polish white sausage, or  
English breakfast sausage  
1 1/2l water  
5g sea salt  
1kg chicken stock  
2 carrots  
2 celery sticks  
1 leek  
1/2 garlic bulb  
1 onion  
3 sprigs of thyme  
3 parsley stalks  
2 bay leaves  
1 tbsp black peppercorns,  
crushed  
1 tbsp dried marjoram

### *To finish the soup*

300g sour cream  
50g creamed horseradish  
1 garlic clove, roughly chopped  
300g new potatoes  
1 dash rapeseed oil  
4 tbsp chopped dill  
Fresh horseradish, grated

Begin by fermenting the rye, as this needs to be done 7 days in advance. Combine all the ingredients in a sterilised 2-litre jar, then seal the lid and store in a dark place at room temperature for 7 days. Open the lid every few days to allow built-up gas to escape.

Make the dill oil by placing the picked dill leaves and oil in a blender and blitz on high speed for 5 minutes, until hot and completely smooth. Hang the mixture in a muslin cloth or j-cloth in a sieve set over a bowl in the fridge overnight. Reserve until ready to serve.

For the soup, place the kielbasa and sausage in a saucepan and pour in the water. Chop the vegetables and add them to the pan along with the rest of the ingredients. Bring to a simmer, cover and cook for 2 hours.

If using a barbecue to cook the potatoes (the best method), light a barbecue and wait for the flames to die down, leaving you with glowing coals. If using an oven, preheat it to 200°C/gas mark 6.

*Recipe continues overleaf*



***Recipe continued***

SOUR RYE SOUP WITH  
KIELBASA, POTATOES AND  
DILL OIL

While the barbecue or oven heats up, finish the soup. Strain the stock, reserving the kielbasa, then pour a litre of the stock into a saucepan. Add 500g of the fermented rye mixture (discarding any bay leaves or allspice berries), the sour cream, creamed horseradish and garlic clove in a large saucepan and bring to the boil.

Once the soup is boiling, transfer to a blender and blitz until smooth, then pass through a fine sieve into a pan ready to reheat for serving.

Once the coals in the barbecue are glowing, bury the potatoes amongst the embers and leave to cook for 15-20 minutes, until charred on the outside and soft in the middle. If using the oven, cook for 30-45 minutes until tender.

Once the potatoes are cooked through, chop them into pieces along with the kielbasa. Add a dash of oil to a frying pan and cook the kielbasa and potatoes with a pinch of salt for a few minutes until coloured. Meanwhile, gently reheat the soup.

To serve, divide the kielbasa and potatoes between 4 bowls, arranging them into a pile in the centre. Top with chopped dill and a grating of fresh horseradish. Combine the dill oil and the hot soup – the best way to do this is pour the oil into a jug, then top with the hot soup. This means that once it's poured into the bowls, the oil will split the soup and create a speckled appearance. Pour the soup into the bowls around the potatoes, adding an additional drizzle of dill oil if desired.



**SERVES** 2 AS A MAIN OR 4  
AS A SIDE

**TIME** 40 MINUTES

**EQUIPMENT** BLENDER,  
PESTLE & MORTAR



1 cauliflower, leaves removed  
and reserved  
Extra virgin olive oil, for  
drizzling  
Sea salt

**Spice mix**

1 tsp cumin seeds  
1/2 tsp coriander seeds  
1/4 tsp fenugreek seeds  
1/2 tsp black mustard seeds  
1/2 tsp fine salt

**Sesame dressing**

75g sesame seeds  
2 tbsp sesame oil  
1 tsp rice wine vinegar  
1/2 lemon, juiced  
1/2 tsp Dijon mustard  
1 tbsp soy sauce, or tamari  
4 tbsp water

**Green chilli chutney**

2 green chillies, roughly  
chopped  
1 knob of ginger, 3cm long,  
peeled and roughly chopped  
1 handful of coriander, roughly  
chopped  
1 tsp brown sugar  
1 tbsp rice wine vinegar  
2 tbsp vegetable oil  
2 tbsp water

*There are countless variations on roast cauliflower, but this has to be one of our favourite ways to prepare it. Served with a fresh, vibrant chutney and a rich, nutty dressing, the contrasts in flavours and textures are a joy to experience.*

## SPICED CAULIFLOWER WITH TOASTED SESAME DRESSING AND GREEN CHILLI CHUTNEY

CHANTELLE NICHOLSON

*Spice Mix ~ Dressing*

Preheat an oven to 220°C/gas mark 7. Toast the cumin seeds in a dry frying pan over a medium heat for a minute or 2 until fragrant, then set aside. Toast the coriander, fenugreek and black mustard seeds in the same pan until fragrant, then transfer to a spice grinder or pestle and mortar. Add half the cumin seeds to the spice mix and blitz or grind to a powder. Stir the salt into the spice mix and set aside.

Cut the cauliflower into large florets, then place in a baking tray. Strip the leaves from their thick stems and set aside, then place the stems in the tray with the florets. Drizzle a generous amount of olive oil over the cauliflower florets and stems, then sprinkle over the spice mix and give the tray a shake to ensure everything is well coated. Place in the oven for 20 minutes.

Meanwhile, place all the ingredients for the chutney into a blender with the remaining toasted cumin seeds. Blitz until almost smooth, season with salt and set aside.

For the sesame dressing, place the sesame seeds in a dry frying pan over a medium heat. Toast the seeds heavily, stirring regularly, until they're a deep golden brown. Place the seeds with the rest of the ingredients in a blender and blitz into a smooth paste (add a little more water if needed). Taste for seasoning and set aside.

*Recipe continues overleaf*



***Recipe continued***

SPICED CAULIFLOWER WITH  
TOASTED SESAME DRESSING  
AND GREEN CHILLI CHUTNEY

Once the cauliflower has been roasting for 20 minutes, drizzle the reserved cauliflower leaves with olive oil and sprinkle with salt, then add them to the baking tray with the florets and stems. Return to the oven for another 10-15 minutes, until everything is golden and crisp.

To serve, place a large spoonful of the sesame dressing on the base of each plate. Top with the cauliflower florets and stems, then spoon over the green chilli chutney and finish with the crispy leaves and a final drizzle of olive oil.





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