

Poached Barradale egg, Cavolo nero & shaved brussel sprout salad

INGREDIENTS:

3/4 head cavolo nero
4 barradale eggs (cold from fridge)
7 brussel sprout
2 red onion
1 head baby gem
Balsamic dressing
Splash of cider vinegar (optional)
50g fine grated parmesan

Balsamic dressing
50ml Balsamic vinegar
10ml walnut oil
Pinch brown sugar
80ml extra virgin olive oil

Method

To prepare the salad pick the cavolo nero from the stems, discard the stems and cut the dark green leaf into small bite size pieces. Blanch the cavolo nero in lightly salted water then refresh in ice water and put to one side.

For the red onions peel and slice into 6 thick rings, place the onion rings onto a baking tray and dress with salt pepper olive oil and roast at 160c for 15 minutes just to soften slightly. Once out of the oven splash with some balsamic vinegar, while onions are warm they will absorb the vinegar and turn a little pink/ purple in colour. Place to one side to cool.

Shave the brussel sprouts on a mandolin (slicer) or cut them very thinly. Add a splash of cider vinegar to them and soak of an hour. This will slightly cook them.

Bring a pot of water to the boil. Add couple of big splashes of cider vinegar. Crack the eggs into small bowls. This is to ease them into the water. To cook the eggs simmer the water and make a gentle swirl so a mini tornado is created. Gently pour the egg into the centre repeat this for each egg. Cook for around two minutes. Check doneness before removing.

To assemble, place cavolo nero on the plate first, then a few onion rings on top. A few shaved Brussels then the poached egg, to finish a few more Brussels and some parmesan.

Celiac Short crust Pastry

temp 170

time 25-30minutes

INGREDIENTS:

1 1/2 cups white rice flour
1/2 cup tapioca starch flour
1/4 cup potato starch flour
1 tsp xanthan or guar gum
1/2 cup cornstarch
1 tsp salt
1 tsp baking powder
1/2 lb lard
1 egg plus water to make one cup
1 tsp vinegar

METHOD:

Mix all dry ingredients. Cut lard into pieces; add to dry ingredients. Mix with pastry blender or fingers until mixture resembles coarse crumbs. Mix egg, vinegar, and water in 1 cup measure. Add water to make 1 cup of egg mixture. Make a well in centre of flour mixture; pour in 3/4 of the egg mixture. Mix with fork until all dry ingredients are moistened. Add more egg mixture as needed if mixture is too dry. Pastry should be very moist.

Wrap in plastic wrap and chill several hours or overnight, until cold and firm. Roll pastry on rice-floured surface to desired size. Bake until golden brown - at 400°F for the first 10 minutes if you are baking a pie, then 350°F for approximately 25-30 minutes.

Roast Partridge, brussel tops & game pie

INGREDIENTS:

1 whole partridge, spatchcocked (flat)

Rub the bird with ample butter and season. Lay on a tray skin side up in ready to roast.

GARNISH

½ head Brussels tops blanch and refreshed

Carrots 1cm dice blanched and refreshed

Madeira sauce. (See below)

MARINATE

400g Game meat of your choice with ample connective tissue

250ml red wine

1 clove garlic

1 carrot peeled and sliced

1 celery stick sliced

1 sprig rosemary

1 bay leaf

3 juniper berries

STEW

3 tbsp corn flour

3 tbsp butter

6 shallots in quarters

2 sprig thyme

PIE

1 recipe of celiac short crust

METHOD

Marinade: Mix all the marinate ingredients together in a bowl. Place the meat in the marinade and cover the bowl in cling film, place it in the refrigerator overnight or for at least 4 hours.

Stew: Strain the meat from the marinade and reserve the wine. Toss the meat in the cornflour so that it is well coated. Melt the butter in a large casserole pan over a moderate high heat. Add the meat to the pan and cook it for 2-3 minutes, browning it on all sides. Add shallots and thyme to the pan and cook for a further 2 minutes, stirring regularly. Reduce the heat slightly and stir in the reserved red wine and stock. Bring the liquid to a strong simmer, spoon off any scum that comes to the top. Reduce the heat to the lowest setting and leave the stew to cook gently for 2-3 hours, stirring it at regular intervals so the ingredients cook evenly and the base doesn't burn (the longer and slower the cooking the more tender the meat will be). The stew should have thickened but should still cover the meat. Remove the stew from the heat and cool.

Pie: Preheat the oven to 200°C. Roll the pastry to 1 cm thickness and cut slight larger than your chosen pie dish. Place the game stew into the dish. Seal and crimp around the edges with egg wash then brush the pie with the egg and place it on the centre shelf of the preheated oven. Cook the pie for 20 minutes, until golden. Half way through the pie cooking, place the pheasant in the oven and cook along side the pie. They should be ready around the same time.

Madeira sauce

Yield: 1 Litre

INGREDIENTS

1 Litre Reduced Veal Stock
200g Sliced Shallots
350ml Madeira
1 Sprig Thyme
250g Chicken/Veal trimming - fat removed

METHOD

Put the meat trimmings in a pan and brown them evenly.
Add the shallots and the thyme and brown a little more
Deglaze the pan with the Madeira, and reduce the liquid until it's sticky
Add the veal stock, bring to the boil, skim and simmer for about twenty minutes, sauce should become thicker, finish with a splash of Madeira, pass through a fine chinois, use as required.

Regents park honey ice, roast figs & Clementine cake

This recipe was inspired by a childhood ice-cream that evoked such pleasure it still makes my mouth water. Obviously the updated version is much more a grown up affair.

Harbour and Jones sponsor hives at Regents Park in support of British honey. So this recipe we think show cases something amazing. My sous chef Guillaume provided me with this delicious Honey Ice recipe.

At St Paul's restaurant we dress this pudding with ginger syrup made from basic sugar syrup, ginger and spices, but you can substitute this with stem ginger and its syrup.

METHOD:

For the Regents Park honey ice

430g Honey

10 Egg yolks

800ml Double Cream

400ml Milk

1. gently warm your honey and slowly pour over your yolks whisking the while gently heat 600ml cream and 400ml of milk till boiling point
1. Then gradually add your hot cream mixture to your honey & yolks. Return to a clean pan and cook over a low heat, stirring consistently, until the custard is thick enough to coat the back of the spoon.
2. Strain through a fine strainer into a bowl and allow to cool.
3. Whisk the remaining cream to a firm but not buttery consistency and fold through the chilled custard. Place in the same sized tray as the ginger cake.

Clementine & almond cake

Temp: 180

Prep: 45 min

Cook: 1hr

Serves 6 to 8

4 figs

6 medium Clementine's

6 eggs, separated

225g caster sugar

200g ground almonds

1tsp baking powder

50g chestnut flour

METHOD: Place the clean, whole fruit with zest on in water to cover, and bring to the boil. Simmer for 1 hour or until soft, adding more water when necessary. Drain Clementine's, cut into quarters, discard pips, and whiz the rest, including peel, in the food-processor, then cool.

Beat the egg yolks and sugar together in a large bowl until pale. Beat in the clemintines, almonds, chestnut flour & baking powder. Beat the egg whites until softly peaky and fold gently into the mixture.

Pour into a 20 x 20cm square cake tin and bake for an hour, until firm to the touch (cover with a loose sheet of foil if over-browning)

To assemble, sprinkle sugar onto figs and grill till sugar bubbles.

Cut to 10cm x 4cm rectangle of cake. Then cut the slices of cake length ways through the middle almost like a sandwich. Cut a slice of honey ice to match and complete the sandwich with the figs and a little swirl of fresh honey.