



NEILL ANTHONY PRIVATE CHEF

FULL RECIPES

PROGRAM INFORMATION

Premier:	Thursday, 7 April at 20:00 (Double-bill)
Airs:	Double-bill every Thursday from 20:00 to 21:00
Genre:	Culinary lifestyle/reality
Number of episodes:	13
Duration:	24 Minutes

LOGLINE: The reality cooking series that provides a glimpse into the secret, day-to-day life of a private chef in South Africa. On call 24/7 to cater to the demands of his exclusive clientele, the location may be an ocean-side villa, a game farm or even a tiny galley kitchen on a yacht. The nature and size of the request doesn't matter. What does is the dining extravaganza that he is expected to deliver to satisfy the most demanding of clients.

Neill Anthony - The Private Chef is a food television series that exposes the life of being a personal chef in South Africa in which our chef, Neill Anthony, is invited to cook in the homes of his prestigious friends, acquaintances and clients for their personal dinner extravaganzas, while the audience gets to watch and learn how to cook restaurant quality food for their own dinner parties with all the pro-chef tips included.

With a cheeky smile, naughty eyes, smouldering good-looks and a six-pack (so we hear), no situation is too much to handle for Cape Town's ever-so-charismatic personal chef, Neill Anthony, when he swoops in and steals the hearts of audiences from all over the world with his internationally acclaimed chef bravado while he cooks for and entertains his high-profile clients.

EPISODE 1		
FRANCOIS AND NERINE PIENAAR		
MENU:	EXPRESS MEAL <ul style="list-style-type: none"> • Warm salad of mushrooms, lentils and goats cheese 	CLIENT MEAL <ul style="list-style-type: none"> • Ham hock croquettes, truffled pea puree and fried quail egg • Ricotta gnocchi, yellowtail and lemon emulsion • Warm chocolate soup with whipped custard
EXPRESS MEAL: Warm salad of mushrooms, lentils and feta		
INGREDIENTS (Serves 1)		
<ul style="list-style-type: none"> • 100g tinned/cooked lentils • 100g wild mushrooms • Olive oil • 1 Shallot, peeled and sliced • Sprig of fresh thyme • 1 Tbsp Butter • 2 to 3 Tbsp chopped fresh chives • 1 handful of Pea Shoots • Juice of ½ a lemon • ½ a round of feta • Thinly sliced red onion to garnish 		
METHOD		
<ol style="list-style-type: none"> 1. Drain and rinse the tinned lentils to remove vinegariness 2. Heat up about 1 teaspoon of olive oil in a pan 3. Add shallots, mushrooms and a dash of coarse salt to season 4. Add a sprinkle of thyme leaves, stripped straight off the stalk 5. Fry for a minute or two to soften the mushrooms and then add the butter for additional richness. 6. Add the lentils and toss to mix, then add the chives 7. Add the pea shoots and again toss to mix 8. Squeeze the ½ a lemon over the lentils and transfer to a bowl 9. Crumble ½ a round of feta over the top. 10. Finish with some thinly sliced red onion for added flavour and a drizzle of olive oil to bring it all together. 		
Recipe 1: Ham Hock Croquettes with truffled pea puree and fried quail egg		
INGREDIENTS (Serves 10)		
<ul style="list-style-type: none"> • 3 smoked ham hocks, pre-prepped • Chickpea Flour • Eggs to crumb • Bread crumbs – Panko crumbs give it a great crunch! • 500g cooked peas • 500ml chicken stock 		

- 10 quail eggs
- salt and freshly ground black pepper to taste
- Truffle oil
- Pea Shoots

METHOD

PRE-PREP:

HAM HOCKS:

1. Boil whole ham hocks in a large pot for 2 to 3 hours or until cooked (bone comes out).
2. Remove ham from cooking liquid, leave to rest and cool in a bowl.
3. Turn up the heat of the liquid in the pot and reduce by half.
4. Once ham hocks are cool, shred with hands.
5. Add ladles of reduced liquid to bind and moisten shredded ham.
6. Place the ham in a cling film lined metal tray and cover with cling film. Place another tray on top to weight it down before refrigerating overnight to set.
7. Once ham hock is set, remove from fridge and cut into 2cm X 2cm cubes with a sharp knife.
8. Crumb the ham hocks by coating cubes in flour, whisked egg and then bread crumbs.
9. Place on tray and refrigerate till needed.

PEA PUREE:

11. Cook peas and place in a blender
12. Heat chicken stock in a pot (always use hot stock for purees!)
13. Add chicken stock to the peas and blend slightly
14. Add a drizzle of truffle oil, being careful not to overdo it as it is a strong flavour
15. Blend again till smooth
16. Season with salt and refrigerate till needed.

FINISHING:

HAM HOCK

17. Heat oil for deep frying
18. Deep fry crumbed ham hock till golden (about 4 minutes)
19. Remove from oil and drain on paper towel.

PEA PUREE

20. Heat pea puree and place in squeeze bottle

QUAIL EGG:

21. Heat a teaspoon of oil in pan.
22. Remove the top of the quail egg with a small serrated knife
23. Pour into non-stick pan.
24. Cook for a few seconds till set and add a piece of butter. Cook until done with yolk still runny

25. Remove from the pan and place on a piece of greased Clingfilm till needed.

TO ASSEMBLE:

26. Lightly dress your pea shoots with a touch of truffle oil and spread over the plates.

27. Place 3 ham hock croquettes on each plate and top with a quail egg

28. Add a squeeze of pea puree in the middle of the plate between the croquettes

29. Top with a quail egg and serve

Recipe 2: Cottage Cheese gnocchi and yellowtail with a lemon emulsion

INGREDIENTS (Serves 10)

GNOCCHI

- 250g Full fat cottage cheese (chunky)
- 1 egg yolk
- 85 g plain flour
- Salt and pepper
- Zest and juice of ½ a lemon

LEMON EMULSION

- Olive oil
- Salt
- juice of 2 lemons

YELLOWTAIL

- 10 X portions of 120g yellowtail fish fillets (at room temperature when cooking)
- Sea Salt
- Olive oil
- 1 lemon
- Baby spinach
- Baby rocket cress to garnish

METHOD

PRE-PREP:

GNOCCHI:

1. Bring large pot of salted water to the boil.
2. Drain cottage cheese through a muslin cloth, hang for at least an hour or preferably overnight to remove the excess moisture.
3. Remove cheese from muslin cloth and place into a metal bowl.
4. Season with a touch of salt and pepper and add the lemon juice and zest
5. Add the egg yolk and mix gently
6. Add the flour and mix till combined. (Depending on how wet your mix is, you may need to use a touch more flour. But don't overdo it as you want light, fluffy little pillows of gnocchi!)
7. Once mixed, drop tablespoon sized rounds of the mix into the water and cook. (Be careful not to overcrowd the pot. Rather cook them in two or three batches.)
8. You will know they're done when they rise to the surface. Remove with a slotted spoon, gently place on an oiled tray or plate and set aside for later.

LEMON EMULSION:

9. Place lemon juice into a pan and season.
10. Heat gently but don't reduce the liquid

11. Transfer the juice to a jug and whisk using a hand blender
12. Slowly drizzle the olive oil into the juice to start emulsifying
13. When it's silky smooth and a pale yellow colour it's ready. Set aside for later.

FINISHING:

GNOCCHI

14. Heat oil in a medium non stock pan
15. Sauté gnocchi in warm pan until golden in colour
16. Add sprigs of fresh thyme for flavour
17. When golden on all sides, remove and drain on paper towel
18. To serve, refresh the gnocchi in a pan with a little oil

YELLOWTAIL

TIP: Make sure your fish fillets are as dry as possible and at room temperature when cooking

19. Preheat oven to 180 degrees
20. Heat a bit of oil in a pan
21. Season fish fillets on both sides with sea salt
22. Sear on both sides for +- 2 mins till a nice colour is achieved, but don't cook all the way through
23. Place on a baking tray and drizzle with olive oil and lemon juice and season with a touch of salt
24. When ready to serve, heat the yellowtail in the bottom of the oven, together with the remaining lemon halves for about 5 minutes
25. Wilt the spinach in a pot with a little butter. Remove and drain.

TO ASSEMBLE:

26. Place 4 or 5 sautéed gnocchi onto plate
27. Add a spoonful of spinach alongside the gnocchi
28. Gently place the fish on top
29. Garnish with baby rocket cress, dress with lemon emulsion and serve

Recipe 3: Warm chocolate soup with whipped custard

INGREDIENTS (Serves 10)

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| <ul style="list-style-type: none"> • CHOCOLATE SOUP • 200 g butter - melted • 480 g dark chocolate, the best quality you can get • 2 Tbs raw cacao nibs • 460g egg whites | <ul style="list-style-type: none"> • CUSTARD • 200ml milk • 6 egg yolks • 100g caster sugar • 1 vanilla pod, split and deseeded |
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METHOD

PRE-PREP

CHOCOLATE SOUP:

1. Bring a medium sized pot of water to a simmer.
2. Put dark chocolate and cacao nibs in a metal bowl and melt over simmering water.
3. In a separate pot, melt the butter
4. Add the melted butter to the melted chocolate and mix gently to combine.
5. Remove from the heat and whisk in the egg whites until blended.
6. At this point, it can be refrigerated till needed.

WHIPPED CUSTARD

7. Heat milk, sugar, vanilla pod and vanilla seeds in a medium pot.
8. In a mixing bowl, whisk egg yolks.
9. Remove vanilla pod and add warm milk to the egg yolks mixture.
10. Return onto a medium heat, stir to thicken slightly and cook through.
11. Remove from heat and allow to chill till needed.

FINISHING AND ASSEMBLING:

TIP: These take 9 minutes exactly and should be served straight out of the oven. So wait until the main course is done to finish this dish.

12. Preheat oven to 180 degrees.
13. Place 1 ladle of chocolate mixture into soup bowls,
14. Bake at 180 degrees. (It should be just set on the outside and liquid in the middle)
15. Whisk a dollop of mascarpone into the custard while soup is baking.
16. Remove soups from oven, top with cacao nibs and whipped custard and serve.

EPISODE 2		
CELEB DINNER AT NEILL'S		
MENU:	EXPRESS MEAL <ul style="list-style-type: none">• Chicken Thighs with Penne and Cherry Tomato Mayo	CLIENT MEAL <ul style="list-style-type: none">• Ostrich Cheese Burgers• Salmon Tartare with Chili Jam• Beef Brisket & Barley with Fine Herbs
EXPRESS MEAL: Chicken Thighs with Penne and Cherry Tomato Mayo		
INGREDIENTS (serves 2)		
<ul style="list-style-type: none">• 10 boneless and skinless chicken thighs		

- 2 cups Penne Pasta cooked.
- 2 cloves of chopped Garlic
- Cherry tomatoes
- Cape Estate extra virgin olive oil
- Lemon
- Mayonnaise
- Salt and Pepper to taste.

METHOD

Cherry Tomato Mayo:

1. Peel and chop 2 cloves of garlic,
2. Add a generous dollop of mayonnaise, a handful of quartered cherry tomatoes, a pinch of fresh herbs and a squeeze of lemon and combine all ingredients.
3. Place the chicken thighs in a bowl
4. add olive oil and a squeeze of lemon with a dash of coarse salt and pepper.
5. Mix to ensure even coating.
6. Heat a griddle pan and fry the chicken thighs each side for approximately 4 minutes. Remove the cooked chicken from the pan and deglaze with lemon juice and pour over chicken.
7. Mix in the cherry tomato may until well combined.
8. Add cooked penne pasta, mix and a sprinkling of grated parmesan and serve.

Recipe 1: Ostrich Cheese Burgers

INGREDIENTS (serves 6)

Ingredients

- 12 small burger buns
- 600g Ostrich Fillets
- 200g Cold butter
- 1 cup of Breadcrumbs
- 1 packet of streaky bacon
- Baby gem Lettuce
- Sliced tomatoes
- Lancewood white cheddar cheese thinly sliced
- Wholegrain mustard

Ostrich Binding Mixture

Blend together:

- 1 x chopped red onion
- Cape Estate Olive Oil
- 3 Spring Onions
- Mustard
- Vinegar
- Pickled Peppers

- Salt

METHOD

1. Take the ostrich fillets together with the cold butter and put through a mince.
2. Place in a bowl, and add wholegrain mustard and season the mixture.
3. Add a cup of breadcrumbs and the blended mixture of all the Slurry ingredients together. Cover with cling wrap and allow for no surface area to avoid drying out.
4. Refrigerate for 30 minutes.
5. Fry the packet of bacon until crispy.
6. Set aside.
7. Roll the Ostrich meatballs in the palm of your hand.
8. Flatten slightly when placed on the grill.
9. Cook for 5 minutes on both sides until even cooked.
10. Slice the burger buns in half.
11. Toast the halves in a panini press.
12. Slice thin layers of cheddar cheese on the patties and place under the grill until it reaches a soft melting consistency.
13. Assemble the burgers with a mayonnaise, lettuce, sliced tomato, bacon, the Ostrich burger patty and slithers of melted cheese.
14. Top with the other half of toasted bun and serve.

Recipe 2: Salmon Tartare with Chili Jam

INGREDIENTS (serves 6)

- 500g Salmon
- Juice of 2 limes
- Chopped fresh Coriander
- Chopped fresh Chervil
- 1 x chopped Red onion
- 1 x chopped chili
- Lancewood Crème Fraiche
- Himalayan Salt slabs for serving
- Chili Jam
- 1 chopped red onion
- 1 chopped chili
- 1 x tin of tomatoes
- Sherry or red wine vinegar
- Sugar
- salt

METHOD

1. In a pan, sweat the chopped red onion and red chili and add a dash of sugar.
2. Fry until translucent.
3. Throw into the pan, a handful of halved fresh cherry tomatoes.
4. Add a splash of red wine vinegar.
5. Season with salt and pepper and a pinch of sugar.
6. Continue stirring and reduce until sticky consistency.
7. Trim the Salmon into diced cubes.
8. Chop and combine the following – coriander, chervil, shallot and chili.

9. Add the olive oil and a squeeze of lemon then season to taste.
10. Mix in a generous spoon portion of Crème Fraiche.
11. Refrigerate, if necessary.
12. Assemble the Salmon tartare on a Himalayan salt slab and serve with chili jam.

RECIPE 3: Beef Brisket & Barley with Fine Herbs

INGREDIENTS (serves 6-8)

- 1.5kg boneless beef brisket
- Chicken stock (just enough to submerge half the brisket)
- 1 cup of Pearl Barley
- Zest of 1 lemon
- Flat leaf parsley
- 100g Lancewood Feta
- Cape Estate extra virgin olive oil

Spice Rub

Combine 2 tablespoons each of Cayenne pepper, cumin, dried rosemary. Add a generous pinch of coarse salt. Add 2 tablespoons of coffee granules and brown sugar.

Grind together with a mortar and pestle to make a spice rub.

METHOD

1. Place the seasoned brisket in an oven tray.
2. Ensure all sides are sealed with the spice rub.
3. Add a generous amount of olive oil.
4. Add chicken stock.
5. Cover with foil and bake at 140/150 Degrees celcius for 4 to 5 hours.
6. Bring 1 cup barley and 2 1/2 cups of the Brisket broth to a boil.
7. Reduce the heat to a simmer; cook, covered, until tender and most of the liquid has been absorbed, 20 to 25 minutes.
8. Let stand 5 minutes.
9. Leave Brisket to cool down.
10. Crumble the feta over the cooked lentils. Stir.
11. Gently tear the brisket into shards and pan fry for a few minutes to heat through and crisp a few edges.
12. Plate the brisket, pour over remaining juices and add the lentils.
13. Serve immediately.

**EPISODE 3
SONJA MULLER**

MENU:	EXPRESS MEAL Pulled Pork Sandwich	CLIENT MEAL <ul style="list-style-type: none"> • Seared tuna belly with salsa and roasted quinoa • Monk fish, confit quail legs, roast cauliflower, celery, parsnip puree • Vanilla doughnuts and Chantilly cream
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EXPRESS MEAL: Pulled Pork Sandwich

INGREDIENTS (serves 2)

- Pre-cooked Pork neck
- 2 pickled cucumbers
- Mayonnaise
- Chilli
- Cream Cheese
- Smooth Cottage Cheese
- 2 slices of bread

METHOD

1. Pre-heat Heat griddle/sandwich toaster
2. Shred cooked pork and set aside
3. Put Tbs mayo into bowl
4. Chop and add chilli to mayo
5. Add Tbs each cream cheese and cottage cheese to mayo, mix
6. Spread onto bread
7. Top with shredded pork
8. Slice pickled cucumber and place on pork
9. Assemble sandwich
10. Toast and serve

Recipe 1: Seared Tuna Belly with salsa and roasted quinoa

INGREDIENTS (serves 8)

- 800g Tuna Belly
- 1 Cup Quinoa
- SALSA:
- 1 pineapple – peeled and cubed
- 1 shallot, chopped
- 1 chilli, deseeded and chopped
- 2 limes, juiced
- Fish sauce
- Soya sauce
- salt and freshly ground black pepper to taste

- Bunch fresh coriander

METHOD

PRE-PREP:

QUINOA:

1. Rinse in a fine sieve until water runs clear, drain and transfer to a medium pot.
2. Add 2 cups water and salt and bring to a boil.
3. Cover, reduce heat to medium low and simmer until water is absorbed - 15 to 20 minutes.
4. Set aside off the heat for 5 minutes; uncover and fluff with a fork. Set aside

SALSA:

5. Clean and chop pineapple
6. Deseed and chop 1 chilli
7. Finely chop 1 shallot
8. Mix together and add fish sauce, soya sauce and juice of 2 limes
9. Season, mix and set aside

FINISHING:

QUINOA:

10. Roast in pan with olive oil
11. Plate

SALSA

12. Shred coriander by hand and stir into salsa
13. Plate

TUNA:

14. Clean, trim and portion tuna.
15. Season
16. Blow torch till seared and serve

Recipe 2: Monkfish with confit quail legs

INGREDIENTS (serves 8)

- 5 Monk fish tails
- Pre-prepped confit quail leg meat
- 4 parsnips, peeled
- 1 small cauliflower
- 3 stalks celery, peeled
- 100g butter
- Mild curry powder quantity
- salt and freshly ground black pepper to taste

METHOD

PRE-PREP:

1. Pre-cooked Confit quail legs x 16
2. Blanche cauliflower florets

3. Peel and thinly slice celery

PARSNIP PUREE:

4. Peel and slice parsnips
5. Boil in salted water till soft
6. Mash and sieve till smooth
7. Season with Curry Salt and add 1 Tbs of mascarpone
8. Set aside

FINISHING:

MONKFISH:

9. Make curry salt: Mix curry powder into S&P
10. Trim, neaten and season fish with curry salt
11. Roast in pan – 5 mins
12. Remove, drain on paper towel and rest

ROASTED CAULIFLOWER AND CELERY

13. Roast pre-blanchd cauli florets and peeled, thinly sliced (mandolin) celery in Monkfish pan +/- 2 mins
14. Remove, drain on paper towel

QUAIL LEGS:

15. Shred 2 legs per portion, fry in butter till warmed through

PLATE:

16. Bed of cauli and celery, topped with monkfish
17. Quail meat on plate
18. Finished with pre-made parsnip puree

Recipe 3: Doughnuts with vanilla crème fraiche

INGREDIENTS (serves 8)

- 350g flour
- 250g cold butter
- 20g caster sugar
- 6g salt
- 12g fresh yeast
- 4 whole eggs
- 150 ml crème fraiche
- Vanilla pod
- caster sugar for dusting
- Oil for deep frying

METHOD

PRE-PREP

DOUGHNUTS (Brioche)

1. Add dry ingredients to mixer bowl and combine
2. Add eggs and mix
3. Cube and add cold butter, mix +/- 20 mins till dough comes away from sides of bowl
4. Put into container, cover and freeze till needed

FINISHING:

CREAM:

17. Scrape vanilla pod and add seeds to crème fraiche

18. Mix and chill till needed

DOUGHNUTS:

19. Roll defrosted dough into balls, place on tray and leave to prove – 1 ½ hours

20. Deep fry till golden

21. Drain on paper towel

22. Dust with castor sugar and serve with vanilla crème fraiche

EPISODE 4		
RICHARD BOSMAN AND FRIENDS		
MENU:	EXPRESS MEAL Boerie Meatballs and Potato Dumplings	CLIENT MEAL <ul style="list-style-type: none"> • Antipasto platter • Cider Braised Pork Neck with white bean and mushroom cassoulet • Rhubarb and Custard
EXPRESS MEAL: Boerie Meatballs and Potato Dumplings		
INGREDIENTS (serves 2)		
<ul style="list-style-type: none"> • ½ Wheel Boerewors • 200g baked potato flesh • 1 egg yolk • 100g plain flour (half weight of potato) • mature cheddar – grated • Generous handful baby spinach • 10-15 hazelnuts • Salt and Pepper • Flour (to dust) • Olive Oil 		
METHOD		
Potato Dumplings Prep: <ol style="list-style-type: none"> 1. Scoop cooked flesh from potatoes and put into a metal bowl 2. Add the egg yolk and flour. Mix 3. Roll out mixture into a tube onto a floured surface. 4. Cut 3cm sized measures of potato mixture, place onto a floured tray. To assemble and finish the dish: <ol style="list-style-type: none"> 5. Place a non-stick pan onto the heat with 1 teaspoon of oil. 6. Pull boerewors out of the skin in small chunks. Put into the warm pan and gently cook through. 7. Add hazelnuts to pan to toast. 8. Prepare a medium pot of salted water, bring to the boil. 9. Add all potato dumplings to simmering water. 10. Cook till dumplings rises to the surface then strain and place into the same pan as the meat balls. 11. Saute till golden brown before adding baby spinach to wilt. 12. Remove all ingredients from the pan and place into bowl, top with mature cheddar and serve. 		
Recipe 1: Antipasto platter		
INGREDIENTS (serves 8)		
<ul style="list-style-type: none"> • Assorted cured meat • Assorted Fresh figs • Olives • Mature cheddar • Cream Cheese 		

- Fresh bread
- Raw honey

METHOD

Arrange cured meats onto a serving board with sliced fresh figs, olives, slabs of cheese, raw honey and toasted chunks of bread.

Recipe 2: Cider Braised Pork Neck with white bean and mushroom cassoulet

INGREDIENTS (serves 8)

- 1 bottles apple cider
- 8 slices pork chee
- 1 pork neck
- 300ml chicken stock
- 500g soaked white beans
- 120g Bread crumbs
- 300g assorted mushrooms
- Fresh thyme
- 2 table spoons flat leaf parsley chopped
- 3 lemons (zest)
- Rainbow chard leaves – roughly chopped
- 3 shallots halved for pork neck
- 2 shallots diced for cassoulet
- 3 clove sliced garlic
- 3 table spoons chopped chives
- Salt and Pepper

METHOD

PRE-PREP:

1. Beans, pre-soaked overnight in water
2. Warm olive oil in a large pot, place seasoned park neck into pot, sear over a high heat.
3. Add shallots to pork neck pan
4. Add cider and chicken stock to cover
5. Simmer for 2.5 hours over a reduced/medium heat.
6. Remove pork neck from liquid, set to rest and cool.
7. Drain soaked white beans, add to pork neck cider liquid, and simmer till cooked (soft).
8. Heat a non-stick pan with oil,
9. Sauté shallots and garlic in pan, then add mushrooms, cook till soft.
10. Stir mixture into white beans, finish with chopped chives and season to taste.

FINISHING:

11. Toast bread crumbs over medium heat, remove from heat, grate in lemon zest, lay out on tray, then add chopped parsley
12. Pull pork neck into chunks
13. Add pork neck to oiled non-stick pan to crisp up (in small batches).
14. Add rainbow chard leaves to pan, allow to wilt.

15. Remove all ingredients from pan, place on to a metal tray.

16. To serve, dish cassoulet into bowl and top with crispy pork neck, chard mixture and slices of pork cheek, garnish with toasted bread crumbs.

Recipe 3: Rhubarb and Custard

INGREDIENTS (serves 8)

- 10 sticks of rhubarb
- 70g caster sugar for the rhubarb
- 100g sugar for the custard
- 50g creamed honey
- 50g Mascarpone
- 6 egg yolks
- 150ml milk
- 4 tablespoons milk powder
- 1 teaspoon vanilla powder
- Grated almonds to garnish
- Espuma Gun

METHOD

To prepare the Rhubarb:

1. Peel and roughly dice the rhubarb.
2. Place into a warmed, dry pot.
3. Coat rhubarb with caster sugar and cook till all liquid has evaporated.

To prepare the Burned Honey Custard:

4. Heat milk, milk powder and vanilla in a medium pot.
5. In a bowl, whisk sugar to the egg yolks together
6. Add warm milk to egg mixture, then return onto a medium heat,
7. Stir to thicken slightly and cook through.
8. Strain custard into separate bowl, whisk mascarpone into the custard.
9. In another saucepan, caramelize the honey (cook for +/- 7 min), then remove from the heat.
10. Whisk custard into caramelised honey and then place mixture into espuma gun. Refrigerate until needed.

FINISHING:

11. Spoon rhubarb into dessert bowls
12. Top with grated almonds
13. Prepare the espuma gun with 2 charges and finish on top of dish.

**EPISODE 5
ON THE FARM**

MENU:	EXPRESS MEAL Smoked Salmon Trout Omelette	CLIENT MEAL <ul style="list-style-type: none"> • Neill's Crunchy Breakfast Bars • Farm fresh poached eggs with béarnaise sauce • Bacon and sausage selection • Field Mushrooms • Pan Roasted Tomatoes
EXPRESS MEAL: Smoked Salmon Trout Omelette		
INGREDIENTS (serves 2)		
<ul style="list-style-type: none"> • Oil for Pan • Knob Butter for Pan <p>For the eggs:</p> <ul style="list-style-type: none"> • Smoked Salmon Trout • 3 Eggs • 1 spring onion – sliced • 2 Tbsp Coconut Milk <p>Crème Fraiche Mixture:</p> <ul style="list-style-type: none"> • 1 large spoon Crème Fraiche/Cultured Cream • Small Bunch Chives • Lemon Squeeze 		
METHOD		
<ol style="list-style-type: none"> 1. Pre-heat Pan 2. All Olive oil and Butter to pan 3. Whisk eggs, coconut milk, salt 4. Pour Into hot pan 5. Fry till done 6. Remove, place on plate 7. Top with slivers of trout and mixture of Crème Fraiche 8. Garnish with slices of red onion 		

9. Ready to serve

Recipe 1: Neill's Crunchy Breakfast Bars

INGREDIENTS

- 2 Large Dessert Spoon Creamed Honey
- 100ml Organic Coconut oil
- 1 Large Dessert Spoon Coconut Blossom Sugar
- Handful Pumpkin Seeds
- Handful Sunflower seeds
- Handful Mixed Fruit and Nut Muesli
- Handful Whole Almonds
- Handful Gogi Berries
- 1 tsp Cayenne Pepper
- 1.5 Cup Almond Flour
- Zest of 1 Lemon

METHOD

1. Melt honey, coconut oil and coconut sugar in a pot over a medium heat
2. Mix all dry ingredients together in a large bowl
3. Add hot mixture to dry ingredients
4. Turn out onto a lightly floured baking tray
5. Bake at 160°C for 45min
6. Remove from oven, allow to cool and cut into pieces
7. Serve when ready

Recipe 2: Farm fresh poached eggs with béarnaise sauce

INGREDIENTS (serves 6)

- Eggs for poaching
- Béarnaise:
- 6 egg yolks
 - 500ml melted butter
 - 1 tsp Dijon mustard
 - Splash White wine vinegar
 - Handful Fresh Chives
 - 1 Large Dessert Spoon Crème Fraiche

METHOD

PRE-PREP:

BÉARNAISE:

1. Separate eggs
2. Place yolks in blender
3. Melt butter over medium heat in sauce pan
4. Drizzle butter into egg yolks slowly till emulsified
5. Add finely chopped herbs and set aside (max 4 hours)

FINISHING:

EGGS:

6. Poach eggs in salted boiling water
7. Plate onto spoons, top with béarnaise
8. Garnish with herb
9. Place on serving board

Recipe 3: Bacon and sausage selection

INGREDIENTS (serves 6)

- 600g bacon
- Selection of sausages – boerewors, country
- Olive Oil

METHOD

1. Char Grill Bacon in over under grill (10min-15min)
2. Grill soasages in oven on tray (25-30min)
3. Place cooked bacon and cooked sausages onto baking tray
4. Bake in the oven for +- 7 mins till done and warmed through
5. Serve

Recipe 4: Field Mushrooms

INGREDIENTS (serves 6)

- Knob Butter
- Mushrooms
- ½ whole head Garlic
- 150g Mozzarella
- Handful Fresh Rosemary
- Handful Fresh Thyme

METHOD

PRE-PREP

1. Melt Butter into pan
2. Add half a whole head of garlic (head cut in half)
3. Gently Brush any dirt off mushrooms
4. Place mushrooms into melted butter (round side down)
5. Season with S&P and add roughly chopped fresh herbs
6. Bake at 180°C for 15 minutes
7. Remove from oven and set aside

FINISHING:

8. Add sliced mozerella cheese to top of mushrooms
9. Return to oven and bake for +- 5 mins till cheese melted
10. Remove and serve

Recipe 5: Pan Roasted Tomatoes

INGREDIENTS (serves 6)

- 1 whole garlic head
- 5 Large Tomatoes – cut in half
- Olive Oil

METHOD

PRE-PREP

1. Heat Olive oil in a pan

2. Add 1 whole garlic head (cut in half)
3. Place tomato halves into pan to warm and gently cook through
4. Season and serve

**EPISODE 6
THE DISTELLERY**

MENU:	EXPRESS MEAL Roasted tomato soup with toasted cheese	CLIENT MEAL <ul style="list-style-type: none"> • Cauliflower Risotto with Dark Chocolate Jelly • Lamb Rump with Fennel Puree • Yoghurt Panacotta with Honey Comb
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EXPRESS MEAL: Roasted tomato soup with toasted cheese

INGREDIENTS (serves 2)

- 10 roasted plum tomatoes
- 2 cups tomato juice
- splash hot sauce
- 1 tablespoon brown sugar
- 80ml olive oil
- 4 cloves peeled whole garlic
- 3 sliced sweet potatoe bread
- Salt and Pepper
- Soft butter for bread
- 7/8 slices cheese – edam and cheddar

METHOD

1. Add olive oil to hot pan
2. Roast garlic in olive oil

3. Add roasted tomatoes to garlic then add tomato juice and hot sauce
4. Simmer till warmed through (5min)
5. Add to blener and blend, add olive oil and sugar whilst blending
6. Season to taste then pass through sieve
7. Butter slices of bread and season
8. Add cheese slices between bread
9. Assemble sandwich
10. Place on hot press to toast

To Serve:

11. Pour soup out of pot and enjoy with hot taosted cheese

Recipe 1: Cauliflower Risotto with Dark Chocolate Jelly

INGREDIENTS (serves 8)

Risotto:

- 250g Risotto Rice
- 1l Hot Chicken Stock
- 100g Butter
- 150g Grated Pecorino
- 1 Large dessert spoon cottage cheese
- Salt

Cauliflower Puree:

- 1 head grated cauliflower
- 60ml Chicken Stock
- Olive oil
- Knob Butter
- Salt

Chocolate Jelly:

- 4 Leaf Gealtine Soaked in cold water
- 2 Tablespoons cocoa powder
- 1L Water

Garnish:

- Parmesan
- Rocket cress

METHOD

Risotto:

1. Melt 50g butter in largest pot possible
2. Add rice to pot
3. Stir till toasted over a medium heat
4. Add boiling chicken stock to rice half cooked
5. Remove rice from pot and lay out on a flat tray to cool

6. Place in fridge till needed

When ready to serve risotto:

7. Gently warm rice in pot adding 1 lable of hot chicken stock
8. Once warm add cauliflower puree to mixture
9. Season to taste, then add grated raw cauliflower into mixture
10. Then add grated cheese and cottage cheese
11. Stir to combine
12. Season to taste if necessary

Cauliflower Puree:

13. Heat Olive oil and Butter in medium saucepan
14. Add cauliflower and cook till soft over a medium heat
15. Place mixture into blender
16. Whilst blending add soft butter
17. Season to taste

Chocolate Jelly:

18. Dissolve cocoa power into water over medium heat
19. Remove from hob,
20. Add soaked gelatine
21. Set in tray

To Serve:

22. Place risotto on plate,
23. Top with rocket cress and grated permisan
24. Finish off with dark chocholate jelly

Recipe 2: Lamb Rump with Fennel Puree

INGREDIENTS (serves 8)

Lamb:

- 8 Lamb Rumps
- 1L Lamb Stock
- Salt Slab

Lamb Sauce:

- Pitted Olives
- Resting Liquid from Lamb

Fennel Puree:

- 3 Fennel Bulbs finely sliced
- 100g soft Butter
- 200ml Water
- Salt and Pepper

12 Pink Furr Potatoes

- Handful Fennel tops finely chopped

METHOD

Lamb:

1. Place lamb rumps in large tray
2. Add hot stock to tray, cover with foil
3. Cook at 90 degrees for 90 min
4. Remove lamb from oven once cooked
5. Take lamb rumps out of tray and set aside

Lamb Sauce:

6. Reduce braising liquid by half over a medium heat
7. Once removed from heat, add oilves before serving

Fennel Puree:

8. Heat Olive oil and Butter in medium saucepan
9. Add fennel and cook till soft over a medium heat
10. Place mixture into blender
11. Whilst blending add soft butter
12. Season to taste

Potatoes:

13. Cook potatoes in large pot of seasoned boiling water till soft and tender
14. Remove from pot and cut in half once cooled,
15. Oil and season the potatoes to char grill
16. Remove from grill when ready and finish off with fennel tops
17. Combine mixture together

To Finish:

18. Place lamb rumps fat side down in a non-stick pan to render fat out
19. Once crisp, remove from pan and rest on salt slab

To Serve:

20. Set puree down on plate, add potatoes,
21. Top with pea shoots
22. Add sliced lamb to finish dish off
23. Drizzle with sauce before serving

Recipe 3: Yoghurt Panacotta with Honey Comb

INGREDIENTS (serves 8)

Panna cotta:

- 1L Vanilla Yoghurt
- Large dessert spoon cultured cream
- 250ml Full Cream Milk

- 8 Leaf Gelatin (soaked in cold water)
- 1 teaspoon Vanilla Powder

Honeycomb:

- 350g Caster Sugar
- 80ml Water
- 60g Liquid Honey
- 100g liquid Glucose
- 12g Bicarbonate of Soda
- Sugar thermometer and non-stick mat needed
- 10 Passion Fruits/Granadilla cut in half seeds removed

METHOD

Panna cotta:

1. Warm milk, yoghurt and vanilla in a pot
2. Add strained soaked gelatine to melted liquid
3. Whisk cultured cream in separate bowl
4. Add hot mixture from hob into cultured cream,
5. Stir to combine, and pour liquid mixture into a jug
6. Pour into bowls to set in fridge

Honeycomb:

7. Heat honey, sugar, glucose, water in a large pot
8. Bring temperature up to 155 degrees
9. Gently stir in bicarb then turn off the heat
10. When all the bicarb is incorporated into mixture
11. Slowly pour onto a non-stick mat to cool

To Finish:

12. Break or cut honeycomb into bite size pieces
13. Top the panna cotta with passion fruit and honey comb

EPISODE 7
SECRET SUPPERS

MENU:	EXPRESS MEAL	CLIENT MEAL
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	Asparagus and Mozzarella Salad	<ul style="list-style-type: none"> • Risotto Bon Bons • BBQ Chicken thighs with sweetcorn and tarragon • Vanilla poached fish with confit tomatoes and baby spinach • Flourless chocolate torte
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EXPRESS MEAL: Asparagus and Mozzarella Salad

INGREDIENTS (serves 2)

- 15 fresh asparagus spears
- 4-5 slices mozzarella cheese
- 6 slices Coppa
- pesto
- 1 chopped chilli
- Handful toasted pine nuts
- drizzle olive oil
- few leaves basil leaves
- Cheddar cheese (for garnish)

METHOD

11. Grill asparagus in griddle pan
12. Season with Salt
13. Add slices of cheese to gently melt
14. Remove melted cheese from pan
15. Leave the asparagus to cook for a few more minutes, then remove from pan, slice in half
16. Dress with olive oil, lemon juice, salt and pepper

Pesto:

17. Put pesto in bowl add chilli before mixing

To Serve:

18. Tear mozzarella and scatter on plate
19. Add coppa and dressed asparagus
20. Top with toasted pine nuts
21. Dot spoonful's of pesto on to plate
22. Garnish with grate cheddar cheese
23. Finish off with fresh basil leaves

Recipe 1: Risotto Bon Bons

INGREDIENTS

Risotto:

- 250g Risotto Rice
- 1l Chicken Stock
- 200g Butter
- 150g Grated Pecorino
- Salt

Pane`:

- 3 Cups Flour
- 8 Eggs, whisked
- Breadcrumbs

Pesto Mayonaise:

- 1 large dessert spoon Pesto
- 2 large dessert spoon Mayonnaise
- Squeeze 1 Lemon

METHOD

PRE-PREP:

1. Melt 50g butter in the largest pot possible
2. Add rice to pot
3. Stir until toasted over a medium heat
4. Add boiling chicken stock to rice
5. Stir till stock is evaporated and rice is well cooked
6. Add the rest of butter 50g at a time to the rice
7. Then add grated cheese
8. Stir to combine
9. Season to taste, if necessary
10. Remove rice from pot and lay out on a flat tray
11. Allow to cool down completely
12. Once chilled, roll rice into little balls (large marbles)
13. Put risotto balls back on tray
14. Place tray into freezer (over night)

FINISHING:

15. To prepare risotto balls for frying (Pane`):
16. Remove tray from freezer
17. Roll balls in flour, then dip into eggs
18. Coat balls in breadcrumbs, place back in freezer (until ready to use)

TO FRY:

19. Remove risotto bon bons from freezer
20. Fry in oil till golden brown
21. Set bon bons on tray, lined with paper towel to drain
22. Season and serve with mixture of pesto, mayonnaise and squeeze lemon

Recipe 2: BBQ Chicken thighs with sweetcorn and tarragon

INGREDIENTS (serves 8)

Chicken:

- 12 chicken thighs
- Knob grated fresh Ginger
- red onion quartered
- 2 lemons (cut in half) and juice
- 2 Chilli (cut in half)

- Salt

Glaze:

- 2 large dessert spoons Cayenne pepper
- 2 large dessert spoons Ground Cumin
- 2 large dessert Plum jam
- Drizzle Olive oil
- Salt

Sweetcorn:

- 4 sweetcorn cobs
- 10 stalks fresh tarragon
- 1 Chilli chopped
- 1/2 red onion chopped
- Juice 2 limes
- Feta (crumbed to finish off)

METHOD

PRE-PREP:

1. Boil sweet corn on cob with fresh tarragon
2. Remove cob from water
3. Cut kernels off cob
4. Add chopped chilli, squeeze lime and red onion
5. Set aside

CHICKEN:

6. Place chicken thighs into large tray
7. Drizzle with olive oil and season with coarse salt
8. Add red onion, chilli, lemons, squeeze of 1 lemon, water and fresh ginger
9. Rub in marinade and glaze and cover with foil
10. Place in oven and cook at 180 degrees for 45min

FOR THE GLAZE:

11. In a pestle and mortar mix all spices, jam and oil together to form a paste

FINISHING & SERVING:

12. Heat non stick pan over a high heat
13. Take chicken out of oven
14. Remove chicken skin and lay on serving board
15. Sear chicken thighs in hot pan, add spoonful of plum jam to chicken sauce, then pour into pan with chicken (reserving lemon and red onion)
16. Spoon sweet corn onto serving board before topping with glazed chicken thighs
17. Squeeze cooked lemon over chicken
18. Top with feta for final flourish
19. Ready to serve

Recipe 3: Vanilla poached fish with confit tomatoes and baby spinach

INGREDIENTS (serves 8)

Fish:

- 4 Angel fish fillets
- 1l mineral water
- Salt for seasoning
- 5 Thyme stalks
- 4-5 Saffron stamen
- ½ teaspoon Vanilla powder
- 1 tablespoon coriander seeds
- 1 tablespoon fennel seeds
- Juice of 1 lemon
- Tarragon stalks (from sweetcorn)
- 5 Crushed garlic cloves
- 2 Squeezed limes (from sweetcorn)

Tomato Confit:

- 25 baby tomatoes (cut in half)
- 8 crushed garlic heads
- handful fresh thyme
- 1 chilli quatered
- Olive oil
- Generous pinch sugar
- Dash soya sauce

METHOD

PRE-PREP

1. Place chilli, baby tomatoes and oil in large bowl
2. Add thyme, garlic, sugar, soya sauce
3. Place on a baking tray, bake at 120 degrees for 30 minutes.

FISH:

4. Pour mineral water into poaching pan over a medium heat
5. Heavily season with salt
6. Add vanilla, garlic, thyme, lemon, fennel seeds, coriander seeds, saffron.
7. Place squeezed limes into poaching liquid
8. Bring liquid up to boil
9. Set aside

FINISHING:

10. Place fish fillets into poaching liquid for 4-5min
11. Remove from heat, ready to serve in poaching liquid

SERVING

12. Spoon fish out of liquid and place on plate with confit tomatoes
13. Drizzle with olive oil to finish

Recipe 4: Flourless chocolate torte

INGREDIENTS (serves 8)

- 450g dark chocolate chopped
- 1/2 cup salted butter
- 5 large eggs, separated
- 1 teaspoon vanilla powder
- 1/4 cup caster sugar
- Unsweetened cocoa for dusting

- 1 tub mascarpone
- Zest 1 lime
- Pinch black pepper

METHOD

1. Preheat oven to 170 degrees
2. Grease baking tin with melted butter
3. Then dust with unsweetened cocoa and set aside
4. Over a low heat, melt chopped chocolate and butter in medium size saucepan, stirring continuously until smooth
5. Whisk together egg yolks and vanilla in a large bowl
6. Gradually stir in the chocolate mixture;
7. Whisk till mixture is combined or comes together
8. Place egg whites into electric mixer and whisk at a high speed until soft peaks begin to form
9. Slowly add sugar to the egg whites, beating until all the sugar dissolves and mixtures reaches stiff peaks.
10. Fold one-third beaten egg white mixture into chocolate mixture;
11. Carefully fold in remaining egg white mixture until combined.
12. Evenly spread batter into baking tin, and cook at 170 degrees for 25min
13. Remove from oven and allow to chill on a wire rack.
14. In the meantime prepare the mascarpone mixture
15. Place tub of mascarpone into mixing bowl
16. Whisk together with zest of 1 lime and a pinch of pepper.
17. When ready to serve, cut torte into even pieces and serve with mascarpone.

**EPISODE 8
PLATTER STYLE**

MENU:	<p>EXPRESS MEAL</p> <p>Marinated Beef Stir Fry with Noodles</p>	<p>CLIENT MEAL</p> <ul style="list-style-type: none"> • Warm Wild Rice Salad • Fresh Tuna and Pearl Barley with Grapefruit Vinaigrette • Crayfish with Tarragon Crème Fraiche with Raosted Cauliflower Salad • Grilled Salmon with Chive Hollandaise • Chicken Breasts with Chilli and Pickled Onions
EXPRESS MEAL: Marinated Beef Stir Fry with Noodles		
INGREDIENTS (serves 2)		
<p>Marinade for beef fillets:</p> <ul style="list-style-type: none"> • 1 Chopped Chili • 2 sliced Shallots • Dash of Fish Sauce • 1 Teaspoon Sugar • Dash Soya sauce • Juice of 1 lime • Olive Oil • 200g Beef fillet Strips • 100g Cooked Udon Noodles • Handful Fresh Coriander • 1 Chopped Chilli • Juice of half Lime 		

- Handful Raw Cashew Nuts

METHOD

Marinade:

1. Place all marinade ingredients into a bowl and mix
2. Add sliced beef fillet into marinade
3. Cover and set aside to marinate for a few hours (over night)

To Cook:

4. Heat a medium size pan/wok over high heat
5. Add olive oil until smoking hot
6. Remove beef from the marinade and add to hot pan
7. Leave beef in pan to crisp up (do not shake around)
8. After 5-7min beef should be medium to rare
9. Add the Udon noodles and any left over marinade to pan
10. Stri through and top with sprigs of feesh corriander
11. To Finish:
12. Remove from heat and place into serving bowl,
13. Top with fresh chilli, corriander and a squeeze of lime juice
14. Finish with handful of cashew nuts

Recipe 1: Warm Wild Rice Salad

INGREDIENTS

- 400g Wild Rice, boiled
- 6 Red peppers – grilled, peeled and sliced (options to buy already peeled and slices in jars)
- Handful chopped flat leaf Parsley
- Juice of half Lemon
- Salt
- Pepper

METHOD

PRE-PREP: Rice

1. Place a large pot of water (3l) on hob
2. Bring to the boil
3. Add the wild rice (water to just cover the rice)
4. Boil for 40min
5. Strain rice once cooked
6. Then set aside

PRE-PREP: Red Peppers

7. Blister/Char pepper on open flame till black
8. Place in bowl and cover with clingflim to steam for about 15min
9. Remove clingflim and rub skin off peppers using hands
10. Remove seeds and slice
11. Then set aside

FINISHING:

12. In a large bowl place rice and red pepper together
13. Mix through freshly chopped parsley
14. Season with Salt and Pepper to taste
15. Finish off with juice of half lemon

Recipe 2: Fresh Tuna and Pearl Barley with Grapefruit Vinaigrette

INGREDIENTS (serves 8)

- 1.5kg Fresh YellowFin Tuna
- Olive Oil
- Rocket Cress (garnish)
- 300g Pearle Barley
- 1 Tablespoon Cumin
- 1 Tablespoon Cayenne
- Salt
- Juice of half lemon

Vinaigrette:

- 1l Grape Fruit Juice
- 60ml Olive Oil

METHOD

PRE-PREP: Barley

1. Place a large pot of water over a high heat (2l)
2. Bring to the boil
3. Add barley to water
4. Boil for 30min or till tender
5. Strain and set aside
6. Toast Cumin and Cayenne in a pot till fragrant
7. Add spices to barley and mix through
8. Season with salt and lemon juice
9. Then set aside

PRE-PREP: Vinaigrette

10. Place grapefruit juice into a medium pan over a medium heat
11. Reduce to 300ml
12. Whisk in olive oil to form vinaigrette
13. Set Aside

FINISHING: Tuna

14. Portion and trim tuna
15. Season with salt and olive oil
16. Sear in hot pan (+- 1min each side)
17. Baste tuna with grapefruit vinaigrette (10seconds each side)
18. Remove from pan and place on board

SERVING:

19. Dress barley with grapefruit vinaigrette and olive oil
20. Slice tuna, drizzle with excess vinaigrette from pan
21. Spoon mounds of barley on board
22. Finish with seasoning and olive oil and rocket cress

Recipe 3: Crayfish with Tarragon Crème Fraiche with Roasted Cauliflower Salad

INGREDIENTS (serves 8)

Cauliflower Salad:

- 1 Large Head Fresh Cauliflower – cut into florets and blanched
- 1 Celery Head finely Sliced
- Dash Olive Oil
- Juice of 1 Lemon
- Handful Pomegranate seeds
- Chopped Chives

Crayfish:

- 6 Crayfish tails
- 2 Table spoons Fennel Seeds

Tarragon Crème Fraiche:

- 2 Tablespoons Crème Fraiche
- 1 Tablespoon chopped tarragon leaves
- Salt
- Squeeze Lime
- Olive Oil
- Rocket Cress

METHOD

PRE-PREP: Cauliflower Salad

1. Heat up a medium pan
2. Roast Cauliflower in olive oil till golden
3. Remove from pan and place on tray
4. Add chives, finely sliced celery and pomegranate seeds
5. Mix together

Crayfish Tails:

6. In a large pot of highly seasoned boiling water
7. Add fennel seeds
8. Add crayfish tails and cook for 4min
9. Strain and cut in half while warm

Tarragon Crème Fraiche:

10. Mix all ingredients together

11. Season with Salt and olive oil

SERVING:

12. Place warm salad in bowl
13. Add crayfish tails
14. Top with crème fraiche and baby cress
15. Finish off with pepper

Recipe 4: Grilled Salmon with Chive Hollandaise

INGREDIENTS (serves 8)

Hollandaise:

- 250g Melted Butter
- 1 Slice Shallot
- 100ml White Wine Vinegar
- 4 Egg Yolks
- 1 Teaspoon Mustard
- Larger Spoon Cultured Cream
- Tablespoon Chopped Chives

Lemon Jam:

- 3 Lemons (cut in half)

Salmon:

- 1kg Fresh Salmon (skinned)

METHOD

PRE-PREP: Hollandaise

1. In a small pot, melt butter over a low heat
2. In a medium pot, add shallots and white wine vinegar and reduce by half over a medium heat
3. In a jug mix egg yolks and mustard
4. Pour hot vinegar onto egg yolk mixture
5. Mix together with electric hand blender whilst slowly pouring melted butter in until smooth, thick and emulsified
6. Add large spoon of cultured cream and mix through
7. Finish off with salt
8. Cover with parchment paper and set aside

PRE-PREP: lemon Jam

9. Place 3 lemons on tray (cut in half)
10. Roast at 180 degrees in oven for 45min

FINISHING: Salmon

11. Portion Salmon
12. Season with salt and olive oil
13. Sear in hot pan (+- 1min each side)
14. Remove from pan onto tray with lemons
15. Flambe salmon pan with 2 shots of whisky

16. Pour juices over salmon
17. Finish off in oven for 4min
18. Squeeze lemon jam onto salmon ready to serve

TO SERVE:

19. Place salmon on serving board with lemons
20. Finish hollandaise off with chopped chives
21. Top salmon with hollandaise
22. Ready to serve

Recipe 5: Chicken Breasts with Chilli and Pickled Onions

INGREDIENTS (serves 8)

Pickle:

- 250ml Red wine Vinegar
- 2 Tablespoons Sugar
- 3 Peeled thinly sliced Red Onion
- Drizzle Olive oil
- 1 Chopped Chilli

Chicken Marinade: (to massage in)

- 4 Skinless Chicken Breasts (butterfly)
- 4 Smashed Garlic Cloves
- 2 Fresh Limes Squashed
- Salt
- Pepper
- 1 Chopped Chilli

- Cress for Garnish

METHOD

PRE-PREP: Pickle

1. Over a medium heat dissolve sugar and red wine vinegar
2. Add Chopped Chilli
3. Cook for a few more minutes
4. Pour over sliced onion (in tray)
5. Cover and set aside

PRE-PREP: Chicken

6. Place chicken into tray
7. Add garlic, lime and chilli
8. Season with salt and pepper
9. Massage together
10. Clingfilm and refrigerate

FINISHING: Chicken

11. Rub Marinade off Chicken

12. Heat up a non-stick griddle pan
13. Char Grill Chicken

TO SERVE:

14. Remove onions from pickle
15. Spread on serving board
16. Slice cooked chicken
17. Finish off with Cress

EPISODE 9		
AUBREY'S CELEBRATION SUPPER		
MENU:	EXPRESS MEAL	CLIENT MEAL
		<ul style="list-style-type: none">• Macaroni cheese croquettes

	Chorizo and chickpea quesadillas	<ul style="list-style-type: none"> • Lamb Koftas • Pork belly with celeriac remoulade • Death by Chocolate Brownies
EXPRESS MEAL: Chorizo and chickpea quesadillas		
INGREDIENTS (serves 2)		
<ul style="list-style-type: none"> • ½ Chorizo sausage • ½ Onion chopped • 1 Tin Chickpeas • 1 Egg • 1 Garlic clove smashed • Dash Olive oil • 2 Gluten free pizza bases • 1 table spoon Cream cheese • 1 teaspoon ground Cumin • 4-5 slices cheddar cheese 		
METHOD		
<ol style="list-style-type: none"> 1. In a medium sauce pan over a medium heat 2. Add diced chorizo, chopped onion and smashed chopped garlic 3. Drain and wash chickpeas 4. Add chickpeas to pot to warm up 5. Add cumin to pot and stir through 6. Finish with a final flourish of olive oil in the pot 7. Place lid on pot over a low heat 8. Lay out pizza bases on surface 9. Cover surface of 1 pizza base with cream cheese 10. Sprinkle with cumin 11. Top with chickpea mixture 12. Cover with second pizza base 13. Wrap and place into sandwich press. 14. Heat up large frying pan over a medium heat 15. Drizzle olive oil into pan, place into pan 16. Cook for 2 min 17. Remove top pizza base, add sliced cheese, place pizza base back on top 18. Turn pizza over and cook for 4-5min (till golden) 19. Place a separate pan over a medium heat 20. Add oil to warm up 21. Fry egg for 2min 22. Remove pizza base from pan, cut into slices 23. Top with fried egg 		

24. Ready to eat

Recipe 1: Macaroni cheese croquettes

INGREDIENTS

- 250g Cooked macaroni
- 200g Butter
- 800ml Milk
- 600g Grated Mature Cheddar Cheese
- 250g flour
- Hot Sauce
- Salt
- Pepper

Pane:

- 4 eggs whisked
- 200g bread crumbs
- 100g flour

Garish:

- Cress
- Chilli Mayonaise

METHOD

PRE-PREP: Cheese Sauce

1. Melt butter in medium sauce pan over a medium heat
2. Add flour, cook for 2-3min
3. Salt and Pepper to taste
4. Slowly pour in milk till thick
5. Mix continuously till smooth
6. Add grated cheese and hot sauce
7. Stir through till cheese is melted
8. Turn heat off
9. Add cooked macaroni to cheese sauce, mix through
10. Place into lined tray and cover with cling film to set for 3 hours (over night)

FINISHING:

11. When ready to serve,
12. Remove tray from fridge and tip macaroni out of tray
13. Cut into 3cm squares

FINISHING: Frying

14. Roll squares in flour, Dip in eggs then coat in breadcrumbs
15. Refrigerate till needed
16. Deep fry till golden
17. Lay on paper towel to drain excess oil

SERVING:

18. Spoon mayonaise onto serving board/plate
19. Arrange croquettes to serve
20. Finish with baby cress and a sprinkle of salt

Recipe 2: Lamb Koftas

INGREDIENTS (serves 8)

Lamb Koftas:

- 1kg Brasied lamb shoulder (slow cooked in lamb stock at 160 degrees for 4 hours, then shred)
- 30ml Braising Liquid
- 1 Teaspoon Cumin
- ½ chopped onion
- Soaked raisins (in hot water) and chopped
- Tatziki:
 - 2 Tablespoons Double Cream Yoghurt
 - 2 grated cucumber

Pane:

- 4 eggs whisked
- 200g bread crumbs
- 100g flour

METHOD

PRE-PREP:

1. Heat Olive oil up in a large non stick pan up,
2. Add onion and raisins to pan
3. Cook for 3-4min, add cumin to pan to toast
4. Add braising liquid to moisten lamb
5. Mix through
6. Add cooked onion and raisin mix to lamb
7. Mix through
8. Roll in clingfilm tin tube shape to set in fridge

For Tatziki:

9. Lay cloth into a bowl
10. Grate cucumber into cloth
11. Squeeze out excess water
12. Mix with yoghurt

FINISHING:

13. When ready to serve,
14. Remove lamb from fridge and remove from cling film
15. Cut into 3cm pieces

FINISHING: Frying

16. Roll pieces in flour, dip in eggs then coat in breadcrumbs
17. Refrigerate till needed
18. Deep fry till golden
19. Lay on paper towel to drain excess oil

FINISHING: Serving

20. Lay tatziki on plate
21. Arrange Kofta's
22. Top with more tatziki
23. Season to taste if necessary
24. Ready to serve

Recipe 3: Pork belly with celeriac remoulade

INGREDIENTS (serves 8)

Celeriac Remoulade:

- 1 bulb finely slice celeriac
- 1 teaspoon grain mustard
- 1 large dessert spoon cultured cream
- Lemon juice
- Salt

Pork Belly:

- 1 Braised Pork Belly (slow cooked in chicken stock at 160 degrees for 3 hours, pressed between 2 trays in fridge over night)

METHOD

PRE-PREP

1. Mix celeriac remoulade ingredients together
2. Set aside to use later

FINISHING:

3. Fry pork belly in a pan over a medium heat
4. Top with celeriac remoulade

Recipe 4: Death by Chocolate Brownies

INGREDIENTS (serves 8)

Chocolate Brownies:

- 300g roughly chopped dark chocolate
- 150g unsalted butter. plus extra for greasing
- 2 teaspoons vanilla paste
- 150g light brown sugar
- ½ teaspoon baking powder
- 2 eggs whisked
- 75g plain flour
- 2 tablespoons cocoa powder
- 1 teaspoon salt

Chocolate for Drizzle:

- 50g chopped dark chocolate

Berry Ice:

- 250g frozen mixed berries
- 80ml double thick plain yoghurt
- Dash of Brandy

METHOD

PRE-PREP:

1. Preheat the oven to 180°C
2. Grease and line medium size shallow baking tin
3. Melt the chopped chocolate, butter and vanilla together in heatproof bowl over a saucepan of simmering water
4. Remove from the heat once melted
5. Add eggs and sugar into electric mixer, whisk till combined
6. Sift in the flour, baking powder, cocoa and salt onto baking paper
7. Add to eggs till combined, pour chocolate in and mix until the mixture is smooth and glossy.
8. Bake in the oven for 25 minutes, or till top starts to crack
9. Turn off the oven, allow brownies to cool for a further 5min
10. Remove from oven allow to cool completely in the tin

FINISHING: Chocolate Brownies

11. Place Brownies back in oven at 180 Degrees for 5min
12. Remove from oven
13. Remove from tray and cut into squares
14. Place on serving board/plate

FINISHING: Chocolate Drizzle

15. Melt the chopped chocolate, in heatproof bowl over a saucepan of simmering water
16. Remove once melted
17. Drizzle over brownies

FINISHING: Berry Ice

18. Place all ingredients in Vita Mix and blend till smooth
19. Spoon over warm brownies and serve immediately

**EPISODE 10
ALL THINGS OLIVE**

MENU:	EXPRESS MEAL Frozen banana and peanut butter smoothie	CLIENT MEAL <ul style="list-style-type: none"> • Mushroom Ravioli, olive oil mousseline, cep jus • 90 minute beef fillet, braised oxtail, baked potato and baby spinach • Orange and olive oil cake, blood oranges and crème fraiche
EXPRESS MEAL: Frozen banana and peanut butter smoothie		
INGREDIENTS (serves 2)		
<ul style="list-style-type: none"> • 2 Frozen bananas • 1/2 Skinned fresh mango • 1 Dessertspoon Yoghurt • 1 Spoon hazelnut butter • 1 Spoon peanut butter • 1 Spoon almond butter • 1 Spoon cashew nut butter • 1 Dessertspoon Moringa powder • 500ml Almond milk 		
METHOD		
<ol style="list-style-type: none"> 1. Add ingredients into blender 2. Blend 3. Pour into glass and serve 		
Recipe 1: Mushroom Ravioli, olive oil mousseline, cep jus		
INGREDIENTS		

RAVIOLI

- 550g pasta flour
- 6 egg yolks
- 4 eggs
- Pinch crushed sea salt
- 20 saffron stems
- Drizzle olive oil

RAVIOLI FILLING:

- 1kg Cooked chopped mushrooms
- 2 Chicken breast
- 1 Desserspoon Cream cheese
- 80ml Cream
- Handful Parsley – chopped
- Splash Truffle oil
- Baby Gems leave wilted

OLIVE OIL MOUSSELINE

- 200ml Olive Oil
- 3 x 5-min boiled eggs

CEP SAUCE

- Dried Porcini mushrooms soaked in water
- 200ml Fresh cream
- Salt and Pepper
- Splash Truffle oil
- Dash Cognac

METHOD

PRE-PREP:

CEP SAUCE:

1. Place soaked mushrooms into medium size saucepan over a medium heat
2. Simmer for 15min
3. Add 200ml fresh cream
4. Season with salt
5. Blend together adding truffle oil
6. Pass through sieve
7. Add Cognac to sauce
8. Set aside till needed

PASTA:

9. Place flour in large mixing bowl
10. Add sea salt
11. Drizzle olive oil into egg mixture and whisk

12. Steep saffron in hot water for 2 min
13. Add water to whisked eggs
14. Pour eggs into flour
15. Mix together till a firm, smooth ball is formed
16. Remove from bowl and knead for 5-10min
17. Cover with cling film and set to rest in fridge for 3hours

FILLING:

18. Place cold cooked mushrooms in a large bowl with chopped parsley
19. In a blender, combine raw chicken with cream till smooth,
20. Add in to cooked mushroom mixture, stir together, add truffle oil
21. Roll mixture into 60g balls
22. Set in fridge till required

FINISHING:

MOUSSELINE:

23. Take boiled eggs,
24. Place in blender,
25. Start blending, while slowly adding olive oil till emulsified (thick consistency)

RAVIOLI:

26. Remove pasta from fridge
27. Unwrap and place on floured surface
28. Roll pasta out, using a pasta machine till lowest setting is reached
29. Cut with a pastry cutter
30. Lay on a floured surface, cover with double layer of cling film till ready to use

Assembling the ravioli:

31. Remove mushroom mixture from fridge
32. Egg wash the pasta disc with a pastry brush
33. Place mushroom ball in the center of the egg wash pasta disc
34. Cover with a second pasta disc
35. Gently enclosing the mushroom mixture by sealing the edges, avoiding any air pockets
36. Set aside on floured surface once completed
37. Ready for blanching

To blanch ravioli:

38. Set water to boil on high heat in a large pot
39. Prepare another bowl of ice water to refresh ravioli after blanching
40. Add ravioli to boiling water carefully
41. Cook for 1min
42. Remove with slotted spoon

43. Place into ice water to stop cooking process

BABY GEM:

44. Warm up a medium size sauce pan
45. Wilt baby gem lettuce and drain

SERVING:

46. Once ready to serve;
47. Place ravioli back into boiling water for 4min,
48. Remove from water with a slotted spoon,
49. Ready to plate
50. In another pan, gently warm the mushroom sauce up.
51. Place baby gem into plate,
52. Top with moussaline
53. Add ravioli to plate
54. Finish off with a dot of moussaline and mushroom sauce
55. Serve immediately

Recipe 2: 90 minute beef fillet, braised oxtail, baked potato and baby spinach

INGREDIENTS (serves 8)

BEEF:

- 1 Whole beef fillet
- Handful Course salt
- 1 Tablespoon Mascarpone

- 15 Baby potatoes
- 1 Head garlic (cut in half)
- Bunch Thyme
- 500g Baby spinach

OXTAIL:

- 4kg Oxtail
- 3 Peeled and quartered red onions
- 1 Head garlic (cut in half)
- Large bunch thyme
- 2L Chicken Stock
- Salt
- Pepper
- Olive Oil
- Handful Parsley

METHOD

PRE-PREP:

BEEF:

1. Season board with course salt
2. Roll beef into salt till coated
3. Roll and wrap fillet tightly with cling film
4. Leave to rest In fridge till needed

5. Remove from fridge and unwrap
6. Set oven to 90 degrees
7. Place fillets on oven tray
8. Roast for 90min at 90 degrees
9. Remove and allow to rest

OXTAIL:

10. Heat olive oil up in a large pot over a medium heat
11. Season oxtail with salt and pepper
12. Brown oxtail in pot, remove once browned
13. Add onion and garlic to pot and allow to cook off 4-5min
14. Add oxtail back into pot with fresh thyme
15. Cover with hot stock
16. Simmer over a low heat for 3 hours (stirring occasionally)
17. Remove from heat once meat is soft and tender

POTATOES:

18. Place potatoes into a medium sauce pan
19. Season and cover with water
20. Cook till soft
21. Remove from stove, drain and set aside

FINISHING:

22. Heat up a non-stick griddle pan
23. Place beef fillets in pan
24. Sear till charred marking appear
25. Remove and allow to rest before serving

Before serving potatoes:

26. Place potatoes in medium size non-stick pan
27. Roast with garlic and thyme
28. Remove from pan once warmed through
29. Add to oxtail ready to serve

Finishing off the beef:

30. Take 1 ladle of oxtail braising liquid and heat up in a small sauce pan
31. Add mascarpone to sauce
32. Stir to combine

SERVING:

33. In a large sauce pan, wilt baby spinach over a medium heat
34. Remove from pan and allow to drain
35. Place on plate once drained and serve with slices of beef fillet
36. Finish off with beef sauce
37. Chop parsley and mix with olive oil
38. Place on top of oxtail to finish off

Recipe 3: Orange and olive oil cake, blood oranges and crème fraiche

INGREDIENTS (serves 8)

- 4 whole oranges
- 100ml Blood Orange Olive Oil
- 50ml Premium Virgin Olive Oil
- 4 Whole eggs
- 200g icing sugar
- 200g almond flour
- 1 Teaspoon (5ml) baking powder
- Pinch Salt

- Icing sugar, for dusting
- 2 Dessertspoons Crème Fraiche
- Drizzle Blood orange oil
- Dash Whisky

METHOD

Method:

1. Preheat oven to 175 degrees
2. Place the oranges into a small saucepan and cover with water
3. Simmer over a medium heat for about an hour
4. Remove from heat, allow to cool
5. Place the oranges into blender and puree
6. Add eggs and oils whilst blending
7. Add dry ingredients to blender till incorporated (or mix together in a large bowl)
8. Pour into round, greased cake tin
9. Place in oven and bake to 40-45min or till cake has risen and is light brown in colour
10. Remove from oven when cooked

For the crème fraiche:

11. Mix blood orange oil together with crème fraiche
12. Add a splash of whisky and combine
13. Dust with icing sugar and serve with crème fraiche mixture

EPISODE 11		
SANDY GEFFEN'S DINNER PARTY		
MENU:	EXPRESS MEAL Crecente with Fresh Avo and Pickled Peppers	CLIENT MEAL <ul style="list-style-type: none"> • Fresh Linguini with Lemon and Pecorino • Poached and Roasted Baby Chicken • Birthday Cupcakes
EXPRESS MEAL: Crecente with Fresh Avo and Pickled Peppers		
INGREDIENTS (serves 2)		
<ul style="list-style-type: none"> • 2kg Bread dough (store bought) • Flour (for dusting) • 1 Ripe Avocado • A Jar of grilled and peeled red peppers • Table spoon Crème Fraiche • Baby watercress (garnish) • ½ juice of lemon 		
METHOD		
<ol style="list-style-type: none"> 1. Break bread dough into 30g balls 2. Roll balls out on floured surface 3. Heat Olive oil in non-stick pan over a high heat 4. Place dough disc into pan and cook for 20 seconds each side 5. Poke a few holes in the dough whilst cooking in pan 6. Remove from pan and set on serving plate 7. Top with sliced red pepper, diced avo and dollops of crème fraiche 8. Final flourish with a squeeze of lemon juice and drizzle of olive oil 9. Garnish with baby watercress 		
Recipe 1: Fresh Linguini with Lemon and Pecorino		
INGREDIENTS (serves 12)		
<ul style="list-style-type: none"> • RAVIOLI • 550g pasta flour • 6 egg yolks • 4 eggs • Pinch crushed sea salt • Drizzle of olive oil • 300g shaved pecorino <p>Parsley Dressing:</p> <ul style="list-style-type: none"> • 100g Flat leaf parsley roughly chopped • 55ml olive oil • Juice of 3 Lemons • Salt and Pepper (to taste) 		
METHOD		
PRE-PREP:		

PASTA:

1. Place flour in food processor
2. Add sea salt
3. Drizzle olive oil into egg mixture and whisk
4. Pour eggs into flour
5. Mix together to form a rough crumb
6. Remove from food processor and knead till a firm, smooth ball is formed (10min)
7. Cover with cling film and set to rest in fridge for 3 hours

PARSLEY DRESSING:

8. Place chopped parsley in mixing bowl
9. Add Cape Estate olive oil and lemon juice
10. Season with Salt and Pepper
11. Mix together
12. Set aside until ready to use

FINISHING:

LINGUINI:

13. Remove pasta from fridge
14. Unwrap and place on floured surface
15. Roll pasta out, using a pasta machine until lowest setting is reached
16. Cut with a sharp knife to form linguini (flat 0.5cm slices)
17. Lay on a floured surface until ready to boil.

To blanche linguini:

18. Set water to boil on high heat in a large pot
19. Add linguini to salted boiling water and cook for 2min
20. Strain into bowl

SERVING:

21. Add parsley dressing to warm pasta
22. Mix through until linguini is coated
23. Serve and top with shaved pecorino

Recipe 2: Poached and Roasted Baby Chicken

INGREDIENTS (serves 12)

Chicken:

- 12 baby chickens
- 4L chicken stock
- Bunch of thyme
- 1 head garlic (halved)
- Drizzle of Cape Estate Olive Oil

Butternut:

- 2 diced and peeled butternuts
- Salt
- Pepper
- Drizzle of Cape Estate Olive Oil

Cabbage:

- 2 Head's diced (4cm) sweet heart cabbage
- 3 Table spoons olive oil
- Salt
- Pepper
- Dash of blackcurrant vinegar

METHOD

PRE-PREP: Chicken

1. Prep chicken by removing legs
2. Place legs on roasting tray with salt and olive oil
3. Cook in oven for 40min at 180degrees
4. Set aside until ready to serve
5. Bring chicken stock, thyme and garlic up to a boil
6. Poach chicken crowns in hot stock for 6 mins
7. Place crowns on roasting tray with salt and olive oil
8. Cook in oven for 20min at 180degrees
9. Set aside until ready to serve

PRE-PREP: Butternut

10. Place butternut on large oven tray
11. Season with olive oil, salt and pepper
12. Roast in oven for 25min at 180 degrees
13. Set aside until ready to plate

PRE-PREP: Cabbage

14. Set a large pot on hob over a medium heat
15. Add olive oil and heat up
16. Slowly add cabbage to pot
17. Allow to wilt and cook through whilst stirring
18. Season with salt and pepper
19. Add a dash of blackcurrant vinegar
20. Cook for a few more minutes
21. Remove from heat and set aside

FINISHING:

22. Remove chicken breast from crown and place in tray with chicken legs
23. Add chicken stock to tray for moisture
24. Heat up large pot
25. Add cooked cabbage to warm through

26. Place butternut bake into oven at 180degrees
27. Warm through for 5min

SERVING:

28. Set roasted butternut on plate
29. Add cabbage
30. Top with chicken breast and leg
31. Finish off with a drizzle of chicken poaching liquid
32. Ready to serve

Recipe 3: Birthday Cupcakes

INGREDIENTS (serves 12)

Cupcakes:

- 250 g soft butter
- 250 g caster sugar
- 4 eggs
- dash of milk
- salt
- 1 table spoon baking powder
- 500g flour
- 50g Ginger tea powder
- 1 Vanilla pod (with seeds)

Plum Topping:

- 6 Half and pitted plums
- 1 cup caster sugar

Icing:

- 2 tubs Cream Cheese
- ½ cup icing sugar
- Salt (pinch)

METHOD

PRE-PREP:

1. Cream together butter and sugar until light in colour
2. Add ginger tea and seeds from the vanilla pod and mix through
3. Add 2 eggs until combined
4. Add half flour and half baking powder to mixture and stir through
5. Add the rest of the eggs to the mixture until smooth
6. Finish off with the rest of the flour, salt and baking powder and mix through until combined
7. Add a splash of cold milk and fold into mixture
8. Set aside in fridge until ready to use

FINISHING

Cupcakes:

9. Place cupcake batter into moulds

10. Bake at 180degrees for 35min
11. Remove from oven and allow to cool on cooling rack

Topping:

12. Heat up non-stick pan
13. Add sugar and allow to caramalise
14. Add plums to pan (flat side down)
15. Coat plums with sugar
16. Cook for 8min or until soft

Icing:

17. Place cream cheese and icing sugar in bowl
18. Mix together until smooth
19. Ripple through any excess plum syrup

SERVING:

20. Place cupcakes on serving platter
21. Add warm roasted plum on top of cupacke
22. Top with icing and a pinch of salt

EPISODE 12		
THE FINER THINGS IN LIFE		
MENU:	EXPRESS MEAL Marinated Yellowtail	CLIENT MEAL <ul style="list-style-type: none"> • Saffron Risotto with Baby Squid and Fennel • Local Lamb Cannon with Potato Rosti, Sauteed Ceps and Chargrilled BroccoLI • Spiced Vlums with Vanilla Crème and Peanut Honey Comb
EXPRESS MEAL: Marinated Yellowtail		
INGREDIENTS (serves 2)		
Fish Mixture: <ul style="list-style-type: none"> • 250g Skinned filleted Yellowtail • ½ Red Onion – chopped • 1 Tablespoon Sesame Oil • 1 Tablespoon Hot Sauce • ½ fresh chilli – chopped • Bunch fresh Parsley/Corriander roughly chopped • Drizzle of Olive oil • Juice of 2 Limes 		
Garlic Croutons:		

- Handful of left over bread
- 2 Cloves crushed garlic
- 1 Tablespoon olive oil

- Baby Cress for garnish
- Lime wedge for garnish

METHOD

Fish:

1. Place fish on chopping board
2. Slice at an angle (sushimi-style cut)
3. Place into clean glass bowl
4. Place chopped red onion into glass bowl with fish
5. Add Sesame oil and hot sauce to mixture
6. Place chopped red chilli, fresh parsley and olive oil into glass bowl
7. Finish off with the juice of 2 limes
8. Stir/mix together and allow to marinade for a few minutes

Garlic Croutons:

9. Heat olive oil up in pan over medium to high heat
10. Add garlic and stir through
11. Add bread to pan until toasted and warm

Serving:

12. Place fish delicately onto plate
13. Add spring onion
14. Top with croutons, cress and a wedge of lime

Recipe 1: Saffron Risotto with Baby Squid and Fennel

INGREDIENTS (serves 8)

Risotto:

- 250g Risotto Rice
- 1.5l Hot Chicken Stock + Extra 500ml for finishing
- 100g Butter
- 150g Grated Pecorino
- 20 Staimens Saffron
- 1 Large dessert spoon mascarpone
- Salt

- 2 Bulbs finely sliced Fennel
- Pinch of Maldon Sea Salt
- Juice of ½ lemon

- 250g Sliced baby squid tubes and tentacles

- Pea shoots (garnish)

METHOD

PRE-PREP:

Risotto:

1. Melt butter in largest pot possible
2. Add rice to pot
3. Stir until toasted over a medium heat
4. Add Saffron to rice in pot
5. Add boiling chicken stock to half cooked rice (aggetate ocasionaly)
6. Remove rice from pot and lay out on a flat tray to cool
7. Place in fridge until needed

8. Place sliced fennel into large bowl
9. Season with maldon salt
10. Add lemon juice
11. Stir through
12. Set aside until ready to serve

FINISHING:

13. Place squid on dish cloth to draw any excess moisture out
14. Heat up non-stick pan over high heat
15. Add olive oil and warm
16. Place squid into hot pan
17. Cook for 20 seconds

When ready to serve risotto:

18. Gently warm rice in pot adding 1 lable of hot chicken stock
19. Stir through with spatula
20. Once warm add mascarpone to pot
21. Stir to combine
22. Then add grated cheese
23. Stir to combine
24. Season to taste if necessary

SERVING:

25. Place ladle of risotto into serving bowl
26. Add fennel and pea shoots
27. Top with hot baby squid
28. Ready to serve

Recipe 2: Local Lamb Cannon with Potato Rosti, Sauteed Ceps and Chargrilled Broccoli

INGREDIENTS (serves 8)

Potato Rosti:

- 150g butter
- 4 medium sized potato

Lamb:

- 4 Lamb Cannons

- 1 Head Garlic (cut in half)
- 1 Tables spoon Olive Oil
- 1 Large dessert spoon butter

Ceps:

- 15 Medium Ceps (sliced)
- 5ml Olive Oil

Broccoli:

- 500g Tenderstem Broccoli
- Salt (season to taste)

METHOD

PRE-PREP:

1. Melt butter in medium size sauce pan
2. Remove from heat once melted

3. Line clean large bowl with dish cloth
4. Grate potato into bowl
5. Squeeze dish cloth out to remove all excess water from potato
6. Place squeezed out potatoes into clean bowl
7. Add melted butter and mix through

8. Warm up non-stick pan
9. Place metal ring into pan
10. Spoon potato mixture into ring (about 1cm thick)
11. Cook for 5 minutes each side
12. Place in oven for 5 minutes at 180 degrees for 7-8 mins
13. Remove once done and set aside until needed

Lamb:

14. Place lamb on chopping board
15. Season with salt
16. Heat Olive oil in non-stick pan over a high heat
17. Sear lamb in hot pan
18. Add garlic and knob of butter to pan
19. Baste with foaming butter (3 minutes each side)
20. Remove from pan once roasted and set aside

Ceps:

21. Place sliced ceps on dish cloth to draw any excess moisture out
22. Heat up non-stick pan over high heat
23. Add olive oil and warm
24. Place ceps into hot pan
25. Cook for 30 seconds

26. Add to lamb tray and cover until needed

FINISHING:

27. Place lamb and rosti in oven to warm through
28. Bring large pot of salted water up to boil
29. Add broccolli and cook for 7 minutes
30. Remove and place onto hot griddle pan
31. Cook for another 2 minutes
32. Remove lamb from oven and slice each cannon into 4

SERVING:

33. Season broccolli and place on plate
34. Add rosti and ceps
35. Top with lamb and finish off with sauce from tray

Recipe 3: Spiced Vlums with Vanilla Crème and Peanut Honey Comb

INGREDIENTS (serves 8)

Plums:

- 10 Pitted and halved Plums
- 1 teaspoon All spice Powder
- 1 Cup dark brown Sugar
- 1 Teaspoon Vanilla Powder
- 50g Butter
- 1 Large dessert spoon Cultured Cream

Honeycomb:

- 350g Caster Sugar
- 80ml Water
- 60g Liquid Honey
- 100g liquid Glucose
- 12g Bicarbonate of Soda
- Sugar thermometer and non-stick mat needed
- 1 Cup salted peanuts

Garnish:

- 1 Large dessert spoon cultured cream
- Seeds from 1 vanilla pod

METHOD

PRE-PREP

Plums:

1. Heat up non-stick pan over a medium heat
2. Add butter and allow to melt
3. Pour sugar, all spice and vanilla powder into pan
4. Stir through

5. Add plums into hot pan (flat side down)
6. Cook for 4 minutes or until soft
7. Place into oven for 5-6 minutes at 180 degrees
8. Remove once soft and cooked through
9. Place back onto hob over medium heat
10. Add spoons of cultured cream to mixtures
11. Cook through
12. Set aside and allow to cool

Honeycomb:

13. Heat honey, sugar, glucose, water in a large pot
14. Bring temperature up to 155 degrees
15. Add peanuts to pot
16. Gently stir in bicarb then turn off the heat
17. When all the bicarb is incorporated into mixture
18. Slowly pour onto a non-stick mat to cool

FINISHING & SERVING:

19. Place plums on hob over medium heat to warm through
20. Take seeds from a vanilla pod and place into a large bowl
21. Place cultured cream into bowl
22. Mix together
23. Set plum in dessert bowl
24. Add shards of honey comb
25. Top with vanilla cultured cream
26. Final flourish of warm plum syrup

EPISODE 13
UNDER AFRICAN SKIES

MENU:	EXPRESS MEAL Breakfast Nachos	CLIENT MEAL <ul style="list-style-type: none">• Smoked Mackerel Salad• Sauted Foie Gras with Vanilla Scented Cherries and Macadamia• Venison Wellington with Home-Grown Vegetables• Mango and Banana Sorbet• Cheeseboard
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EXPRESS MEAL: Breakfast Nachos

INGREDIENTS (serves 2)

- 1 jar drained and washed lupin beans
- 3 free range eggs
- 1 handful crushed tortilla chips
- 1 teaspoon paprika
- 1 teaspoon coriander
- sliced red onion
- ½ cup black coffee
- Handful chopped almonds
- Squeeze half lemon
- 1 tablespoon chopped fresh coriander
- 1 Handful crushed nachos
- 4 slices of cheddar cheese

Tomato chutney:

- 2 shallots peeled and diced
- Salt and pepper
- 1 tin chopped peeled tomatoes
- Olive oil
- 3 cloves garlic peeled and chopped
- 1 teaspoon caster sugar
- Dash of red wine vinegar
- 1 mild chili chopped

METHOD

1. Heat olive oil in a medium size pot
2. Toast paprika and coriander for a few seconds
3. Season with salt and pepper

Tomato chutney:

4. Heat olive oil in a sauce pot
5. Add the shallots, garlic and chili for about 2 minutes
6. Add the chopped tomatoes and reduce until it reaches a jam-like

consistency

7. Season with the salt, pepper, sugar and vinegar to taste and then set aside
8. Add 1 cup tomato chutney to hot sauce pan
9. Add 1 red onion to cook through
10. Place beans into hot pot and cook until soft and tender
11. Add a dash of hot black coffee, set back on heat
12. Finish off with almonds, red onion, juice of lemon and fresh coriander

Eggs:

13. Heat butter and oil in non-stick pan
14. Once warm and foaming break 2 eggs into pan
15. Cook until white is set and yolk is soft

To serve:

16. Lay down crushed nachos on serving board/plate
17. Place slices of cheddar cheese on bean mixture and allow cheese to melt
18. Top nachos with beans
19. Finished off with eggs on the top

Recipe 1: Smoked Mackerel Salad

INGREDIENTS (serves 8)

Dressing for Salad:

- Juice of 1 lemon
- 1 teaspoon mustard
- 20ml grape seed oil
- Salt and Pepper

Dressing for Mackerel:

- 1 large dessert spoon cultured cream
- 1 large dessert spoon creamed horseradish
- juice ½ lemon
- Salt to taste

- 300g Smoked Mackerel
- Red Cress – Garnish

METHOD

PRE-PREP:

Dressing for Salad:

1. Place lemon, mustard, grape seed oil, salt and pepper in large bowl
2. Whisk together to form a loose vinaigrette
3. Set aside

Dressing for Mackerel:

4. Place cultured cream, creamed horseradish, lemon juice and salt in large bowl
5. Whisk together to form a thick mixture
6. Set aside

FINISHING:

7. Place baby leaves into dressing for salad
8. Coat leaves evenly
9. Flake Mackerel in large bowl with dressing
10. Coat pieces evenly

SERVING:

11. Place baby leaves on plate
12. Top with smoked mackerel
13. Dress with baby red watercress

Recipe 2: Sauted Foie Gras with Vanilla Scented Cherries and Macadamia

INGREDIENTS (serves 8)

Fig Chutney:

- 3 Tablespoons Coconut Blossom Sugar
- 8 figs quartered

Foie Gras:

- 600g Foie Gras
- Handful of Lightly toasted, sliced macadamia nuts

METHOD

PRE-PREP:

Fig Chutney:

1. Place medium size sauce pan over heat
2. Add the sugar and allow to caramalise
3. Stir through and remove from heat
4. Add Figs
5. Place back on the hob and allow to simmer until soft and juicy

Foie Gras:

6. Remove Foie gras from fridge
7. Slice with hot knife into small even portions
8. Return back to fridge to cool

FINISHING:

9. Set a large pan over a high heat
10. Remove foie gras from fridge

11. Grind with pink salt
12. Place foie gras in pan and sear for 30 seconds each side
13. Set on paper towel to drain
14. Place fig chutney on hob over medium heat
15. Allow to warm through before serving

SERVING:

16. Place fresh figs on plate
17. Add macadamia nuts
18. Spoon fig chutney on plate
19. Top with cooked foie gras

Recipe 3: Venison Wellington with Home-Grown Vegetables

INGREDIENTS (serves 8)

Vegetables:

- 10 baby beetroots
- 10 sprigs thyme
- Olive Oil
- Salt
- Pepper
- 5 cloves peeled whole garlic
- 15 baby carrots

Venison Fillets:

- 4 Whole Venison fillets (500 each)
- Generous pinch of salt
- 1 Whole head garlic (pulled apart)
- Splash Olive Oil
- 8 Springs of fresh rosemary

- Baby watercress (garnish)

METHOD

PREPPING:

Beetroot:

1. Place large pot with water over high heat
2. Bring to the boil then add the beetroot
3. Season with fresh thyme
4. Cook until a knife can poke or slide through without resistance
5. Remove beetroots from water
6. Rub with fingers to remove skin
7. Set aside
8. Add carrots to the beetroot liquid
9. Cook until tender
10. Drain and remove from heat
11. Oil and season all the vegetables whilst still warm

12. Add 4-5 cloves of garlic and mix together
13. Set aside till needed

Venison:

14. Place venison in tray
15. Season with salt
16. Set two large trays over hob on medium heat
17. Add oil to pan to warm up
18. Place venison into hot pan to sear
19. Add garlic cloves and fresh rosemary to the pan
20. Turn the venison once caramelised
21. Add butter to the pan and baste
22. Remove from heat
23. Allow to rest

FINISHING :

24. Pour out the resting liquid from venison into a small pot
25. Place on the hob over low heat
26. Allow to reduce
27. Place venison into oven to warm through
28. Remove from oven once warm

SERVING:

29. Set the vegetables on plate
30. Add baby watercress to the plate
31. Slice venison and dress the plate
32. Drizzle with the hot reduced liquid

Recipe 4: Mango and Banana Sorbet

INGREDIENTS (serves 8)

- 1 Small watermelon diced and seeds removed
- Squeeze of Lime
- Drizzle of Agave Nectar
- Splash of Whisky
- 6 Ripe Sliced Mangoes – frozen

METHOD

PRE-PREP

1. Watermelon:
2. Place Watermelon, Lime, Agave and Whisky in vacuum pack bag
3. Lay flat in vacuum pack machine
4. Seal with machine
5. Set aside until needed

FINISHING:

6. Place frozen mango through juicer (Oscar Juicer) to form sorbet

7. Remove watermelon from vacuum pack bag
8. Place in large bowl with liquid

SERVING:

9. Place 4 cubes watermelon in bowl
10. Add spoonful of sobet
11. Finish with watermelon sauce

Recipe 5: Cheeseboard

INGREDIENTS (serves 8)

- 1 Block of Cheddar Cheese
- 1 Wedge of Edam Cheese
- 1 Wheel of Goats Cheese
- tub of Cream Cheese
- Packets of Crackers
- Fresh Figs (garnish)

METHOD

1. Arrange all ingredients on board
2. Serve and enjoy

END