Celebrating 15 Years PICHIET



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Welcome to Pichet

Pichet, a beloved modern Irish restaurant with a French flair nestled in the heart of Dublin's City Centre on Trinity Street.

Chef Patron Stephen Gibson and his team have been awarded the Bib Gourmand by the esteemed Michelin Guide for fifteen years running since it's inception in 2009 with Head Chef Harry Quinn retaining this prestigious status to present day.

This recipe book will ensure you can bring your memorable and exquisite Pichet dining experience home to your kitchen to cook up some of Pichet's most iconic dishes from the last fifteen years.



Pichet's Famous Crispy Hen's Egg

Pancetta, Boudin noir, green pea dressing



Method

Poach the eggs in a large pot of simmering water with good splash of vinegar in the water for 3 minutes then refresh in ice cold water.

Dry and wrap the eggs in the thin slices of pancetta, to pane the eggs, roll eggs in the flour to coat all over, then dip in the egg wash and then roll in the panko breadcrumbs. Keep the eggs at room temperature before frying.

For the pea puree, sweat the diced shallot with thyme in a little oil, add white wine and reduce. Then add frozen peas with cream and bring to boil and blitz in food processor with seasoning.

For the pea dressing, remove the peas from pods, reserve some of the pods for garnish. Blanch peas and pods in salted water, add vinegar, oil and peas together. Cook the pudding in oven and deep fry eggs at 180°C until crispy.

Ingredients

- 4 medium free range eggs
- 4 thinly sliced strips of pancetta
- 4 x 50g pieces of Boudin noir or good quality Irish pudding
- 100g flour
- 50ml egg wash
- 100g panko bread crumbs
- 200g frozen peas
- 1 diced shallot
- Sprig thyme
- 20ml white wine
- 200g fresh peas in there pod
- 20ml chardonnay vinegar
- 60ml olive oil
- Pea shoots

Citrus-Cured Salmon



Method

Mix the sugar, salt, dill, zest of 1 lemon, lime and orange and cover the salmon fillet, marinate for 24 hours.

Remove and wash under cold running water, dry and wrap in clingfilm, place in the fridge.

Purée the avocados in a food processor, add lime and season.

For the sauce, blitz the spring onion, garlic, ginger, rice wine vinegar, Shaoxing wine, soy sauce, vegetable oil, sugar and salt until smooth.

To make the pickled cucumber, combine the water, rice wine vinegar, sugar and slice of ginger and bring to boil. Cut cucumber into 1 cm slices and add to the warm pickle sauce and refrigerate.

To make the wasabi mayo, whisk all ingredients together except the oil and then gradually pour in oil whisking continuously until you have a nice mayonnaise.

Combine the soy and mirin to make the dressing.

To serve, thinly slice the salmon, dress and serve on the plate with the garnish.

Ingredients

500g piece of salmon fillet

Marinade

- 40g sugar
- 60g salt
- Hand full of chopped dill
- Zest of 1 lemon, lime and orange

Purée

- 4 avocados
- 2 limes

Sauce

- 100g green spring onion
- 5g garlic
- 5g ginger
- 3 tbsp rice wine vinegar
- 1 tbsp Shaoxing wine
- 1 tsp soy sauce
- 250ml veg oil
- Sugar/salt to taste

Pickled Cucumber

- ½ cucumber
- Pickle
- 100ml water
- 50ml rice wine vinegar
- 3 tsp sugar
- Slice of ginger

Wasabi Mayo

- 4 egg yolks
- 180g wasabi
- 700ml oil
- 12 tsp honey
- 4 limes

Dressing

- 20ml soy
- 20ml mirin

Harry's Beef Tartare

Truffle Emulsion, Pickled Shallot Rings, Potato Crisps



Ingredients

- 500g good quality beef striploin steak finely diced
- 1 bag chives chopped finely
- 3 Rooster potatoes

Truffle emulsion

- Egg yolk 50g
- Chardonnay vinegar 5g
- Dijon mustard 10g
- Truffle paste or sauce 50g
- Veg oil 350g
- Truffle oil white 5g
- Salt to taste
- Splash warm water if mayo is too thick

Beef tartare dressing

- Tomato ketchup 250g
- Dijon mustard 15g

- Tabasco 1 tsp
- Finely diced shallot 50g
- Chopped capers 50g
- Chopped gherkins 50g
- Chopped anchovies 15g
- Chopped parsley 20g
- Smoked paprika 4g
- Salt 4g

Pickled shallot rings

- 4 good sized firm banana shallots
- White wine vinegar 100ml
- White wine 100ml
- Water 100ml
- Sugar 100g

Method

Take your piece of striploin steak, remove any fat and chop it into a nice small dice.

To make the truffle emulsion, blend the egg yolk, vinegar, mustard, and truffle paste in a food processor. Trickle in the oil slowly until you have a nice mayonnaise consistency. Add the truffle oil and then season with salt. Mix all the ingredients in a bowl until well combined.

Potato Crisps

Peel 3 rooster potatoes and slice wafer-thin slices using a mandolin. Make sure all slices are even. Wash the potato slices well in cold running water to remove some of the starch content. Heat a deep fat fryer or a pot of veg oil to 130°C. Place the potato slices in the fryer and fry for a few minutes until a nice light golden colour. Turn every minute using a slotted spoon so they cook evenly. Remove the crisps onto a tray lined with paper towel to soak up the excess oil. Season lightly with table salt.

Peel the shallots and slice into nice even rings horizontally across the whole peeled shallot. Separate the rings from the slices and discard the small centre pieces (use for stocks or sauces).

Bring the vinegar, wine, water, and sugar to the boil and remove from the heat. Drop the shallot rings into the pickle and leave in the fridge for a few hours.

To assemble the dish, take a small bowl, and add your diced beef and a few spoons of the tartare dressing and mix well. Use a metal ring and spoon the tartare mix into the ring and smooth the top until you have a nice cylinder of tartare. If you don't have a metal ring, a nice big, neat spoon of the mix is just as good.

Spoon or pipe dots of truffle mayo on top of the tartare and place a few dots on the plate also. Cover with a neat sprinkling of chopped chives. Place 5 or 6 pickled shallot rings on top of the chives. Next place a generous handful of crisps overlapping in a row around the side of the tartare. Serve sharing style in the centre of the table of individual starters.







Pichet 15th Cocktail

Ingredients

- 35ml Redbreast 15
- Vanilla extract or vanilla
 Homemade pear and beetroot soda
- Grilled pears
- Baby beetroot yellow and red
- Star anise
- Cloves
- Still water
- Xante liquor 10 ml
- Pinch of salt.
- Dehydrated pear

Method

Infuse the Redbreast 15 with vanilla extract or vanilla pods by steeping the whiskey in the original bottle or clean mason jars. Store in a cool, shady spot for at least 1 week.

To make the homemade soda, mix the grilled pears, baby beetroot, star anise, cloves, still water, Xante liquor and a pinch of salt.

To dehydrate the pear, cut the pear in slices, toss in oil and arrange flat on a tray. Place in oven at 100°C for two hours to dehydrate.

Serve in a Collins glass with ice garnished with a dehydrated pear.



Peanut Parfait

Snickers peanut butter parfait, honeycomb, chocolate sorbet

Ingredients

Parfait

- 225g peanut butter
- 750ml cream
- 180g sugar
- 200g egg yolk

Honeycomb

- 200g caster sugar
- 5 tbsp golden syrup
- 2 tsp bicarbonate of soda

Caramel sauce

- 250g sugar
- 140ml cream
- 45g butter



Method

Place the sugar in a pan with a dash of water boil to 121°C. Whisk eggs in a separate bowl and gradually add the sugar syrup. Semi-whip the cream. Slightly warm the peanut butter in a microwave, add to the egg mix and fold in the cream. Line a long thin container with clingfilm, pour mix in and freeze for 12 hours

Place sugar in a pan, add a dash of water and bring the sugar to dark caramel colour, add the cream and whisk in the butter. Toss the popcorn in the warm caramel and place onto a tray, dry in the oven 100°C for 3 hours. To serve, slice from frozen and leave for 5 minutes before serving.

To make the honeycomb, first butter a square tin. Put the caster sugar and golden syrup in a saucepan over a gentle heat until the sugar has melted. Try not to let the mixture bubble until the sugar has completely melted.

Once fully melted, turn up the heat a little and simmer until you have a caramel colour then turn off the heat, add the bicarbonate of soda and beat until the mixture is foaming. Pour into the tin and leave until cooled and hard. If you don't have time to make the honeycomb at home, simply just use a Crunchie bar!









Sweetcorn Soup



Ingredients

- Frozen sweetcorn defrosted 500g (for soup)
- Fresh corn, 2 cobs (for Ragu)
- 'Nduja 50g
- Garlic clove 3 minced
- Chorizo diced 50g
- Spring onions 1 bunch cleaned and sliced
- Unsalted butter 100g
- Milk 1L
- A few sprigs of thyme and bay leaves
- Sour cream 1 Tbsp
- Fresh coriander 1 small bunch

Method

Simmer the fresh corn in a pot of water for 20-30 minutes until cooked. Alternatively, you can steam it. When cooked, let it dry and char the corn with a cook's blowtorch. If you don't have a torch then just colour the corn in a frying pan in a little oil. Take a knife and slice down each side of the corn to remove from the core or husk.

Pour your milk into a pan and bring to a simmer with the corn husk inside and the thyme and bay leaves. Let the flavours infuse for about half an hour. To make the soup, melt 50g of butter in a large pot. Add the corn and season with salt and cook on a medium heat for 10 minutes, stirring until the corn starts to soften. Strain the infused milk over the corn and simmer for a further 30 minutes. Blend the soup in a high-speed blender until smooth.

For the ragu take a smaller pan and sweat the 'nduja, garlic, and chorizo in a little olive oil until the 'nduja is broken down and the oils have been released from the meats. Add the butter and a splash of water and stir the pan until you have a nice emulsion. Finally add the spring onions and a squeeze of lemon juice.

Take a bowl and spoon some of the ragu into the bottom of the bowl. Pour over the hot soup. Spoon a few nice swirls of sour cream around the top of the soup and decorate with a few fresh leaves of coriander.

We have used this combination for a few different dishes in the restaurant. This soup was extremely popular but it was also used as a garnish for our Iberico Pork Main Course and our Roasted Scallop Starter.



Ingredients

- 1 suckling pig belly (1 kg)
- 250g soaked dates
- 5 granny smith apples
- 200g brown sugar
- 225 cabernet sav vinegar
- Tsp Chinese five spice
- 4 large rooster potatoes
- 100ml clarified butter
- 200g cooked cabbage leaves
- 20g capers
- 10 g diced shallot
- 1 clove garlic
- 10g chopped parsley
- Lemon juice
- Olive oil
- 12 green seedless grapes
- Teaspoon olive oil
- Sea salt

Suckling Pig

Potato hash, cabbage salsa, brown sauce, salted grapes

Method

Marinate the suckling pig with thyme, sage and rock salt for 12 hours then wash and dry. Cover in duck fat and slow cook at 120°C for 6 hours, remove from the hot oil and lightly press between two trays.

Once cold, cut into 4 even pieces. For the brown sauce, add all the ingredients into a pot and cook to a jam consistency then blitz till smooth.

Peel and grate the rooster potatoes and heat the clarified butter. Warm the grated potato in hot water to remove the starch, squeeze dry and place into the butter, cook until potatoes are half-cooked, remove and place in a sieve, squeeze out butter. Place into a terrine mold and leave to set. Once set remove and cut into fingers.

For the salsa, finely chop the blanched cabbage and all the rest of the ingredients. Season and keep at room temperature.

Cut grapes in half, toss in oil and arrange flat on a tray. Place in oven at 100°C for two hours to dehydrate. Remove and sprinkle with sea salt.

Place the pig on a medium heat pan, skin side down. Heat until the skin goes crispy

Deep fry the potato hash at 180°C until golden brown. Place pig skin-side up on plate, spoon cabbage salsa on the side, and add potato hash.

Pichet Lobster Roll



Ingredients

- 500g lobster
- 4 brioche rolls
- Garlic butter
- 150ml mayo
- 1 lemon juiced / zest
- Chives
- Dill
- Dash of hot sauce

Method

Cook the lobster in boiling salted water for 6 minutes. Remove and place into iced water.

Remove meat from the tail and claws. Chop the lobster meat into bite size pieces.

Add the chopped chives, dill, lemon juice and zest and mayo. Mix and season with salt and white pepper and a dash of hot sauce.

Trim the edges off the rolls. Brush with butter and toast on a warm frying pan. Make a cut down the middle and fill with lobster mayo.

Warm in a hot oven to soften the bread. Serve with a dish of melted garlic butter and lemon wedge.



Salad Of Irish Whipped Goat's Cheese Mousse

Ingredients

- 500g Bluebell Falls Goat's Cheese (any alternative should be fine)
- Cream 200g
- Squeeze of honey
- Pickled Walnuts 1 Jar
- Dijon Mustard 1 Tsp
- Olive Oil 200ml
- Pickled walnut juice 100ml
- Jerusalem artichokes 12
- Unsalted Butter 250g
- Thyme and rosemary, a few sprigs
- Roscoff Onion 3 (or banana shallots or white onions)
- William pears 2



Method

Whisk the cream until semi-stiff. In a separate bowl whisk the goat's cheese until smooth and softened. Season the cheese with salt, black pepper, and a little honey. Gently fold the whipped cream into the goat's cheese and reserve in the fridge. Wash the Jerusalem artichokes well with a sponge. In a wide-based pan add

the butter, herbs, and artichokes. Season with salt and cook the artichokes in the butter on a medium heat. The butter should be foaming nicely and keep swirling the pan every few minutes. The artichokes are cooked when a knife will go into them easily. Alternatively, you can start them in a pan and when the butter begins to foam finish cooking the pan in the oven at 180°C for about 20 minutes. When the artichokes have cooled, slice in half.

Slice the onions in half, lengthways with the skin on. Roast the onions in a pan of hot oil flat side down. When the onions are nicely charred place the pan in the oven and cook for a further 10 minutes again until a knife will go into the onion easily. Let them cool then remove the skin and cut into nice segments or separate into nice onion petals.

Take the pickled walnuts and slice into nice rounds. Place the olive oil, mustard, honey, and walnut pickle in a bowl and whisk together for the dressing. Slice the pears in half and remove the cores, slice into lovely thin slices.

To plate, spoon a nice quenelle of goat's cheese mousse on each plate. (Leave your spoon in boiling hot water for a second to get a nicer quenelle shape). Place 4-5 artichoke halves on each plate. Follow this with 4-5 pieces of roasted onion. Decorate with nice slices of the pear and rounds of pickled walnut. Finally finish with the pickled walnut dressing drizzled generously around the salad. Feel free to garnish with some nice salad leaves or any fresh herbs or watercress leaves to make it look a little prettier. This is a lovely autumn dish and can again be served as a sharing salad in the centre of the table or as a lovely starter as we serve in the restaurant.



Chimichurri

Chimichurri is a sauce of fresh herbs, garlic, olive oil, and vinegar that originated in Argentina

Ingredients

Shallots: 5 sliced

Garlic cloves: 4

- Jalapeño: 5 (can substitute with red chilis and remove seeds if you don't want it too spicy)
- Oregano: 100g (1tsp dried if you cannot get fresh)

• Coriander: 200g

Parsley: 200g

Extra virgin olive oil: 100ml

• Veg oil: 100ml

• Dijon: 1tsp

Good quality vinegar: 10ml

Lime juice: 1

Togarashi spice mix: 1tsp

Method

Finely slice the shallots and put in a pan with the garlic cloves and chilis. Season the pan with some sea salt. Cover with the oils and add the togarashi spice. Season with salt and cook on a low heat until soft. Cool.

Finely chop all the herbs. Put all the ingredients together in a large bowl and mix well. Blend. Check salt and acidity levels.

We usually serve the chimichurri with steak in Pichet however it has made its way onto a few different meat and fish dishes on the menu. It goes exceptionally well with barbecued proteins or again, vegetables.







Pichet Roasted Cauliflower

Cauliflower Puree, Miso Butter, Toasted Hazelnuts

Ingredients

- 3 Head Cauliflower
- 500g Unsalted Butter
- 1 Tbsp Red Miso Paste
- 200ml Milk
- 200ml Cream
- 100g Peeled Hazelnuts
- Salt

Method

Roast the cauliflower. Preheat the oven to 180°C. Slice the whole cauliflower in half and remove the outer leaves and the stem. You should have two neat halves. Heat a pan on the stove until hot and pour a little veg oil into the pan. Season the cauliflower with salt. Place the cauliflower halves flat side down into the pan and colour until nice and golden. Keeping the cauliflower flat side down drizzle a little good olive oil over the cauliflower and place the pan in the oven for 15-20 minutes until the cauliflower is cooked. When cooled slightly, cut into neat quarters.

To make the cauliflower puree, clean 1 cauliflower and remove the leaves and stem. Chop the cauliflower into nice, even, small pieces. Place a pan on the stove and add 100g butter. When melted, add the cauliflower and season with a little salt. Cover with the milk and cream and cook on a medium heat until the cauliflower is very soft and breaks easily. Pour the mix into a high-speed blender and blend until smooth and silky.

Next make your miso butter, melt 500g unsalted butter in a pot on a medium heat until it starts to foam and turn into what is known as beurre noisette. Whisk every 5 minutes to avoid milk solids setting at the bottom of the pan. When you are at this stage turn off the heat and whisk in the miso paste. Be careful as the butter may rise up the pot and overflow if very hot. Reserve the butter. (This butter is great drizzled over meat, fish or other vegetables)

Place the hazelnuts in a flat, even layer in any oven proof dish and bake at 180°C for 12 minutes until golden. Let cool and then chop with a knife roughly or pulse quickly in a blender. (They should be a nice mix of finely chopped pieces and bigger crunchy pieces.

To assemble the dish, place a nice generous spoon of cauliflower puree on the bottom of the plate. Drizzle some miso butter on the cauliflower quarters and place back in a hot oven for a few minutes until hot. Place the cauliflower pieces on top of the puree. Cover the cauliflower pieces with a good amount of toasted hazelnuts and then finish the dish with more of the miso butter. We serve this as a side dish in the restaurant but it would make a great sharing plate in the middle of the table with. The combination of the puree, cauliflower, nuts, and miso butter gives a rich salty crunchy umami profile and is so delicious.



Île Flottante

Crème Anglaise, Poached Rhubarb, Rhubarb Sorbet, Ginger Crumble



Ingredients

Meringue

- 4g Gelatine Leaves
- 200g Caster Sugar
- 4g Egg White Powder
- 360ml Egg Whites
- 1 Vanilla Pod Split lengthways and seeds scraped

Crème Anglaise

- 125ml Milk
- 125ml Double Cream
- 25g Caster Sugar
- 50ml Egg Yolk
- Vanilla Pod 1

Rhubarb Sorbet

- Red Rhubarb Puree 1kg
- Caster Sugar 500g
- Water 500g
- Lemon Juice 20g
- Gelatine 3 Leaves

Poached rhubarb

- 4 Stick Rhubarb
- 1L Water
- 800g Sugar

- 50ml Chardonnay Vinegar
- 2 Star Anise

Ginger Biscuit Crumb

- 80g Plain Flour
- 80g Ground Almonds
- 80g Demerara Sugar
- 80g Caster Sugar
- 1 Tsp Ginger Powder
- Pinch Salt
- 80g Chilled Unsalted Butter Diced

Method

To make the meringue, heat the oven to 80°C steam. Line a tray with non-stick baking paper and grease ring moulds with a little oil. Soften the gelatine in cold water for 10 mins. Whisk together half the sugar and egg white powder. Now on a medium speed, pour in the whites and as they begin to foam add the sugar a little at a time. Squeeze the gelatine and place in microwave for a few seconds to melt with the vanilla.



Alternatively if you don't have a steam oven, bring a pot of milk to a simmer with some vanilla and spoon dollops of the meringue mixture into the milk. Poach for 2 minutes turning each minute until cooked.

Then when the meringue has risen and is quite thick, with the machine running add the gelatine. Whisk for a further minute until smooth. Put the meringue mix in a piping bag and pipe into the rings smoothing the top with a palette knife. Steam for 6 minutes then cool keeping in the rings. These can be kept in fridge until needed.

To make the crème anglaise, heat the milk and cream in a pot to a simmer with the scraped vanilla seeds and the pod. Whisk the egg yolks and sugar in a separate bowl until smooth. Pour half the milk cream mixture onto the yolk mix, whisking constantly so it

doesn't scramble, then return everything to the pot and whisk on a low heat until the temperature reads 82°C on a thermometer. Pour the custard mix into a bowl with another bowl of ice underneath so as to cool it quickly. Strain through a sieve and reserve.

For the Rhubarb Sorbet, bring all the ingredients except the gelatine to a simmer in a pot. Soak the gelatine in cold water for 10 minutes. Add the gelatine and blitz the mix until smooth. Pass and chill the mixture. Pour into an ice cream machine and follow the machines instructions.

To make the poached rhubarb, wash and trim the rhubarb into nice long pieces. You can peel it if you want it to be extra refined but it's not essential. Place them into a heatproof dish. Bring the rest of the ingredients to the boil in a pot to make your stock syrup. When it boils, pour the syrup over the rhubarb and place a piece of parchment paper over the dish to keep the rhubarb under the syrup. Place a light weight on it if necessary. The rhubarb should poach from the residual heat of the syrup. Once cool, slice the rhubarb at an angle into nice, neat pieces. Reserve the syrup to use again or use in a cocktail.

To make the Ginger Biscuit Crumb, place all the dry ingredients into an electric mixer fixed with the paddle attachment. Mix at a medium speed until combined and then add the butter until you have a crumbly dough. Crumble this mix onto a tray lined with baking paper and bake in a 170°C oven for about 20 minutes until golden. Remove from the oven and let cool. Break the crumble up further by bashing it a bit with a rolling pin.

To assemble the dish, take some bowls and release the floating meringue islands into the centre of the bowls. Pour the cold custard around the meringues until you have a nice even layer. Spoon a nice amount of crumble on top of the meringue and follow this with a scoop of rhubarb sorbet. Place some of the rhubarb pieces around the sorbet and serve.

Loin of Wicklow Fallow Venison

Boudin Noir, Celeriac and Honey Puree, Blackberry, Hen Of the Woods Mushroom, Thyme, Red Chicory



Ingredients

- 120g portions of Fallow Venison
- Good quality black pudding 1 roll
- Celeriac 2 heads
- 500ml Cream
- 500ml Milk
- 200g Butter
- 50g Honey
- Maitake or Hen of the Woods Mushrooms (If you can't get these any nice wild mushrooms will do)
- Red endive or chicory, 1 head
- 1l of good-quality beef stock
- Blackberries, 1 punnet or if you enjoy foraging some freshly picked are beautiful!

Method

First salt bake one celeriac by placing two layers of tin foil on your worktop and place your washed celeriac on the foil. Season with a little Maldon sea salt and olive oil and a few sprigs of thyme. Wrap tightly in the foil until completely covered. There should be no holes at all, so it steams as it bakes. Cook in the oven, at 170°C, for 1 hour and 30 mins until a skewer goes in easily. Remove from the oven and let cool. Cut the skin off and cut into nice segments.

To make the celeriac honey puree, peel and slice the second celeriac into small pieces. Heat the butter in a pot and add the celeriac and season with salt. Cook for a few minutes until it starts to soften. Cover with the milk and cream and cook on a low heat with a lid for about 45 mins stirring occasionally. Remove from the head and blend in a high speed blender with the honey until silky smooth.



Pour the beef stock in a pot and reduce down on the heat until you have a glossy gravy or jus as we call it. When reduced down to required consistency, whisk in a knob of butter, a small piece of dark chocolate and a small splash of any good quality vinegar you have. Next drop in a few sprigs of thyme and leave to infuse for 10 minutes then strain.

Cut the mushrooms into nice even pieces and fry in a pan in some oil, butter, salt and thyme.

Cut the black pudding into nice rounds and fry or grill until cooked. (In the restaurant we use a good quality Boudin Noir and fold a chicken mousse through it, so it is light and airy but a good quality Irish black pudding will work just as well). Cut the blackberries in half.

Cut the root off the chicory and split the leaves in nice halves or small pieces. Season the leaves with some olive oil and balsamic vinegar. (Or a nice vinaigrette) Heat a frying pan and add some oil. Season the venison loins well with salt and pepper. When the oil begins to smoke add the venison loins and get a lovely sear all around the meat. Add a few knobs of butter and a bit of fresh thyme and baste the meat with the foaming butter, turning every minute. The meat should cook in about 5 minutes. Remove from the pan and let the meat rest covered in the meat juices for another 7-8 minutes.

To serve, place a nice generous spoon of the celeriac honey puree in the centre of the plate. Slice the Venison into two nice pieces and place nicely on the plate. Next, spoon on the pudding and celeriac segment and scatter the mushroom pieces where you wish. Finally, add 5 or 6 blackberry halves and pour over some of the beautiful sauce. Place 3 nice halves of chicory leaves on the plate and serve.



Ingredients

- 1kg caster sugar
- 500ml still water
- 250g fresh strawberries
- 1 lemon (optional)

Method

Roughly chop the strawberries into small pieces. Mix the measured sugar and water in a pan or pot on the stove.

Add the chopped fruit into the water straight away and leave on a medium heat 100°C

for 10 - 15 mins and allow it bubble over, the liquid should be 'red velvet' in colour when ready.

If you prefer a citrus flavour in your syrup, you can add some cut lemon wedges. After peeling the rind off of the lemon for your garnish, you can cut up and use the segments and add to your pan or pot to use every part of the fruit and reduce any food waste. Adding lemon will also give the syrup a longer life with natural preservatives.

When 'red velvet' in colour, take it off the heat and allow to cool. Strain the pulp through a strainer into a large pitcher, jar or jug.

Once cooled down completely, re-strain the pulp through a strainer into a into a pitcher. Funnel into a bottle or jar and label with the date made. The syrup should last for about a month.

Use in the cocktail or drink of your choice such as Ice lemonade, Strawberry Clover Club or our famous: Marian's Strawberry Fields: one part gin, one part strawberry syrup, two part sparkling wine and a splash of soda water.









Roasted Hake

Coco de Paimpol, Courgette and Basil Puree, Morteau Sausage, Pickled Lemon

Ingredients

- Coco de Paimpol (Fresh coco beans) 1kg (any dried beans will do as a substitute)
- Fresh Hake Fillets (160g)
- 6 Courgettes
- 1 Bunch Basil
- 200g Spinach
- 1 Morteau Sausage
- 1 Lemon
- 1 Bunch Chives
- White Wine Vinegar 100ml
- White Wine 100ml
- Water 100ml
- Sugar 100ml

Method

If using dry beans soak them in water overnight. The next day take your beans and put in a pot just covered with cold water. Season with a little salt and olive oil. Bring to the boil and cook at a medium-low heat for about 30 minutes until the beans are soft. Let cool in the water. This water will turn into a nice bean stock.

To make the puree, slice 4 of the courgettes into 4 quarters and remove the middle white core. Chop the courgettes into nice small pieces. Heat a pan with some olive oil and add the courgettes and season with salt. Cook on a high heat for 10-15 minutes stirring every few minutes so as they don't colour or burn. When the courgettes are soft add the spinach and basil and cook for a further minute until it is wilted. Pour the courgette mixture into a colander with a bowl underneath and squeeze out any excess water. Blend the mix in a high-speed blender until smooth.

Place your Morteau sausage in a pot and just cover with water. Bring to the boil and turn down to a simmer. Cook for 30 minutes and take off the heat. Peel the skin off the sausage and cool. When the sausage is cold dice it into evenly-sized cubes.

Keep the liquid as it is a good stock. Take 1 courgette and quarter it and again remove the middle white core. Dice the courgette into a similar size to the sausage. Take the last courgette and slice nice thin ribbons using a mandolin. Keep in ice water to keep fresh.

For the pickled lemon you will need a meat slicer. Boil the vinegar, wine, water, and sugar in a pan to make the pickle. You can add any spices to this if you wish. Semi-freeze the lemon and slice on the meat slicer into wafer thin slices horizontally. Remove any seeds you see. Place in a container and pour over the pickle until covered. Leave for a few hours or a day ideally for the lemon to absorb the pickle. Alternatively you could cut the skin off the lemon and cut into nice segments then pour the pickle over. This gives an option without the meat slicer.

To cook the fish, sear in a pan of hot oil until it is nice and golden. Add a knob of butter and baste the fish in the butter. You can finish the fish in a hot oven for 2 minutes or cook it the whole way in the pan. Give the pan a squeeze of lemon at the end.

To assemble the dish put the beans, sausage, and raw courgette dice into a pot. Add a small ladle of the bean stock and the sausage stock and a few knobs of butter to the pot. When the pot is simmering again add some chopped chives and check the seasoning. Heat the courgette puree in small pan and place a nice spoon in each bowl. Ladle the bean sausage cassoulet into each bowl. Top with a piece of fish and decorate with the courgette ribbons and pickled lemon. Drizzle some good olive oil around each bowl and some Maldon Sea Salt on the fish.



