



James Martin
Friday 10th April

Recipes

JAMES MARTIN COOKING DEMONSTRATION
BINGLEY TOWN SQUARE
FRIDAY, 10TH APRIL 2009

Sea Bass with Cauliflower risotto and chorizo

Approx 4 Persons

Ingredients:

150g	Diced chorizo
1/2	head picked cauliflower florets
8 oz	Arborio Rice
500 ml	Fresh Chicken stock
100 ml	Muscat White wine
3 tbs	Mascarpone
5 g	Chopped Flat Parsley)
2	Shallots
2	Garlic Cloves
4 oz	Fresh Parmesan Reggiano
1 oz	Butter
	Olive oil
	Seasoning

Sea bass fillets

Basil oil

METHOD:

1. Peel and finely chop the garlic and shallot and place into a warm pan with the butter. Sweat for about a minute. Add the rice and then the wine. Add the chicken stock and chorizo and bring to the boil. Simmer for about 12 minutes, stirring some of the time.
2. Once the rice is nearly cooked add the cauliflower and when that is cooked add the mascarpone and all the chopped parsley. Grate half of the Parmesan and add to the rice and season well. Place in the centre of the plates and top with the pan fried sea bass fillets on top and basil oil around



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Bread and herb-crusted rack of Lamb with Courgettes, broad beans, pancetta & mint

2	Racks of lamb, 8 bones in each)
	Vegetable oil for frying
2 tsp	Dijon mustard
50 g	Pancetta strips
2	Artichokes, cut into wedges
125 g	Courgettes, cubed and sautéed
50 g	Broad beans, peeled, blanched for 1 minute, then plunged into cold water
4	Mint leaves
	1 bunch asparagus
200 ml	beef stock, boiled to reduce by half
	Sea salt and freshly ground black pepper

For the herb crust:

200 g	Loaf of Warburton's bread
40 g	Lemon rind, grated
40 g	Capers, rinsed
40 g	Anchovies
40 g	Onions, roughly chopped
40 g	Black olives, pitted and roughly chopped
1	Bunch parsley
1	Bunch basil

METHOD:

1. Firstly, make the herb crust. Pre-heat the oven to 120C. Lay the bread, lemon rind, capers, anchovies, onions and olives on a baking sheet. Place them in the oven to dry out for 2 hours.
2. Transfer the mixture to the bowl of a food processor fitted with the metal blade and whiz until fine breadcrumbs form, about 2 minutes.
3. Pre-heat the oven to 180C. Season the lamb and then warm a large heavy-based frying pan. Add enough oil to cover the base and seal the lamb on the side with the fat, about 2 minutes.
4. Brush the lamb with mustard so that it is completely covered and then roll it in the herb crust. Place the meat in a shallow baking dish and bake in the oven until medium rare, about 12 minutes, turning halfway through.
5. Remove from the oven and leave to rest.
6. While the lamb is cooking, warm a frying pan and add the pancetta and then the artichoke wedges. Season well.
7. Stir in the courgettes, fava beans and mint leaves and add a little warmed veal stock to bring the mixture together. Keep warm.
8. To serve, cut the lamb racks into cutlets. On each plate arrange a few cutlets on a bed of vegetable mixture. Drizzle veal stock around the outside of each plate.



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Ginger and Vanilla cheesecake with balsamic Strawberries

For the cheesecake;

50g readymade gingerbread sliced
450g cream cheese
250g caster sugar
250g crème fraiche
475ml double cream
2 vanilla pods scraped

place the sliced ginger bread on a tray and leave out to dry overnight. When dry put in a food processor and pulse until fine crumbs are formed then set aside.

Place all the other ingredients into a bowl and whisk to a smooth cream. Place the cream mix into 2 inch rings smooth over the top with a palate knife and set in fridge for 2 hours then remove sprinkle the crumbs over the top and bottom then remove the ring place on the plate and serve with the strawberries

For the strawberries

200g strawberries
2tsp caster sugar
2 tsp balsamic vinegar



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Thai Chicken Cakes with Sweet Chilli Sauce

Serves 4

Ingredients:

- 2 Chicken breasts, cubed
- 1 garlic clove, roughly chopped
- 1 cm knob fresh root ginger, roughly chopped
- 1 small onion, roughly chopped
- 2 tbsp coriander, chopped
- 1 green chilli, roughly chopped
- salt & freshly ground black pepper
- 2 tbsp olive oil

Chilli jam

- 2 Red Chillies
- 1 Tomato
- 4 Kaffir Lime Leaves
- 2 Pieces of Lemon Grass (finely chopped)
- 1oz Fresh Ginger (peeled)
- 2 Cloves Garlic
- 1 Shallots (peeled)
- 2 tbsp Fish Sauce
- 25ml Sesame Sauce
- 50ml Dark Soy Sauce
- 2 tbsp Clear Honey
- 2 oz Castor Sugar
- 2 Limes, juice and zest

To serve:

METHOD:

1. To make the sauce place the sugar in a pan on a medium heat and bring to a caramel and puree all the rest of the ingredients in a blender. Once the sugar is to a rich caramel colour, but not burnt, pour in the puree and stir well. Bring to the boil and cook for about 5 mins, simmering gently. Allow to cool, season and chill in the fridge.
2. Place the chicken, garlic, ginger, onion, coriander and chilli in a food processor and season to taste with salt and pepper. Blitz for 15 – 20 seconds.
3. Shape the chicken mixture into small cakes.
4. Heat the olive oil in a frying pan over a moderate heat and fry the chicken cakes until golden.
5. Serve immediately, with sweet chilli sauce and a finely sliced spring onion.



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Panfried scallops with black pudding and apple puree

Serves 2

6 scallops out of shell roe removed
6 slices of black pudding
2 cooking apples peeled and cored and diced
juice of ½ lemon
splash of water
olive oil
25g butter
salt and pepper
pea shoots
green pea oil

1. In a thick based saucepan place the apples and lemon juice with the splash of water and gently bring to the boil with the lid on cook until tender then remove and puree then set to one side.
2. place a non stick pan on the heat when its hot place the black pudding rings in and allow to cook for a couple of minutes before turning over and cooking for a further 2-3 minutes , then remove from the heat and set to one side.
3. then in the same pan add a little oil and place the scallops in flat side down allow to cook for 2-3 minutes or until the edges of the fish starts to turn golden brown then turn over add the butter allow this to melt then remove from the heat continue basting the scallops with the butter and season
4. Place 3 dollops of apple puree on each plate then on top put 3 black pudding slices and on top of that place a scallop on each one drizzle a little olive oil around and serve topped with the shoots and oil.



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**Baked Chocolate and Anise Mousse
(makes approx 8 portions)**

Ingredients:

300g	Dark bitter chocolate (min 60% cocoa fat)
150g	Unsalted butter
6	Eggs
1½ tsp	Freshly ground star anise, sieved
50 g	Caster sugar

METHOD:

1. Line the base and sides of a 20 cm spring-bottomed cake tin with greaseproof paper and set the oven to 180°C. Melt the chocolate and butter in a metal bowl over a pan of simmering water.
2. Separate the eggs and whisk the yolks with the star anise and 2 tablespoons of the sugar for half a minute. Stir in the melted chocolate and mix well. Beat the egg whites with the remaining sugar until very stiff, quickly fold one-third of the whites into the chocolate mix, then gently fold in the remainder and pour the mix into the cake tin.
3. Place on the middle shelf of the oven and bake for 20 minutes. Remove from the oven and cover the tin with foil, sealing well to keep the heat in so that the steam can soften the crust. Once its cold put in the fridge and leave for at least 4 hours before giving in to temptation.

Passion Fruit Mousse:

250g	Mascarpone
50 ml	Double cream
3tblsp	Icing sugar
3	Passion fruit (pulp)

To make the mousse put everything into a bowl and beat until firm.

To garnish:

Sprigs of mint
Icing sugar
Cocoa powder
Sugar twists made with caramelised caster sugar



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Mackerel with caramelised radishes

- 2 mackerel gutted and washed
- 12 radishes
- 1 tbsp clear honey
 - Pinch of cumin seeds
- 14 baby white onions peeled
- 1 banana shallot
 - Bunch of coriander
 - Bunch of chives
 - Small bunch of thyme
- 1 lemon sliced
- Olive oil
- 100ml water
- 1 tbsp water

Method

1. Pre heat to about 180C.
2. In a non-stick pan place the 100ml water and the onions. Allow to cook until tender.
3. Add the radishes and cook for about 2-3 minutes.
4. Add the honey and cumin seeds and cook for a further 5-6 minutes. The colour of the radishes will gradually start to run and form a glaze. When nearly all the liquor has evaporated, remove from the pan from the heat.

For the mackerel

1. Place two sheets of silver foil about the size of a broad sheet newspaper on the work surface.
2. Divide the shallots, lemon and herbs between the 2 pieces of foil.
3. Finally, place the mackerel over the top and score the fillets with a sharp knife.
4. Drizzle the tablespoon of water over the top and fold over the foil to form little parcels.
5. Place the parcels into the oven and cook for about 8-10 minutes.
6. Remove from the oven and open up the parcels
7. Divide the onion and radish mix between the two fishes and serve.



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Lemon sole goujons with rape seed oil tartare sauce

Ingredients:

Sole

- 800g lemon sole fillets
- 6 tbsp plain flour
- 2 medium eggs beaten
- 100g Japanese panko breadcrumbs
- veg oil for frying
- 4 limes

Tartare

- 2 free range egg yolks
- 1tsp Dijon mustard
- 2tsp white wine vinegar
- 300ml rape seed oil
- 12 small cornichons
- 2 tbsp chopped capers
- 1 shallot peeled and chopped
- 2 tbsp chopped parsley
- 1 lemon juice
- salt and black pepper

Method:

First to make the tartare sauce, place the egg yolks, mustard and vinegar into a small blender and blend until smooth. Then with the motor running pour in the rape seal oil very slowly at first then get quicker as it starts to thicken. Once all the oil is added remove from the blender and add the diced cornichons, capers, shallots, parsley, lemon juice and seasoning and leave to one side. For the goujons first check to see if all the fillets have been de boned, cut them into 2cm thick strips. Place the flour onto a plate and the beaten eggs into another. Then season the fish and roll first into the flour, dust of the excess then into the egg. Once coated in the egg roll into the bread crumbs and place in a tray. These will now keep in the fridge if you need over night. Preheat the veg oil in a fryer to 190c and quickly fry the fish for 2 to 3 minutes until golden brown, remove onto kitchen paper and season with salt. Serve in a pile with a bowl of the tartare sauce and lime wedges.



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**Wafer thin Membrillo and Apple Tart
with a Honey and Walnut cream**

Ingredients:

1lb Puff pastry
6 Golden Delicious apples
4 oz Membrillo
2 oz melted butter
1 oz castor sugar flour

Cream:

3 tbsp clear honey
1 oz diced walnuts
150 ml double cream

Fresh mint

Method:

1. Roll out the puff pastry thinly and dock the surface with a fork. Cut out four 8-9 inch discs. Place in the fridge to rest.
2. Peel and core the apples and cut in half. Cut the apples nice and thin with a sharp knife. Remove the tarts from the fridge and place on a non stick buttered baking tray. Lightly brush the edges of the tarts with melted butter and spread the quince jelly on the middle. Drizzle the top with the melted butter and sugar and bake in a pre-heated oven (200°C) for about 5-6 minutes, until golden brown.
3. While they are cooking, whip the double cream until thick, then fold in the walnuts and honey, and place in the fridge. Remove the tarts from the oven and glaze with a little of the remaining butter. Place on the plates and serve with a spoonful of the double cream mixture.

It may be good to serve this with a simple caramel sauce around the edge as well.



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