



Jun Tanaka
Saturday 11th
April

Recipes

JUN TANAKA - COOKING DEMONSTRATION
BINGLEY TOWN SQUARE
SATURDAY 11TH APRIL 2009

Fennel, Blood Orange and Pomegranate Salad

This is a simple refreshing salad of contrasting tastes and textures. The sweet softness of the blood oranges, the crunchiness of the fennel and the bitterness of the chicory. I think that's why it works so well.

Serves 4

2 Fennel
4 Blood oranges or pink grapefruit
2 Pomegranate
2 Red chicory
1 Lemon
50ml Olive oil

1. Top and tail the oranges and, using a small sharp knife, cut off the skin and pith. Segment the oranges into a bowl and squeeze in the juice.
2. Cut the fennel into quarter lengthways, trim off the root and peel the outer layer (can be quite tough). Cut into fine strips and add to the orange. Keep the herby tops.
3. To remove the seeds from the pomegranate, cut the fruit in half, hold the pomegranate cut face down over a bowl and, holding a rolling pin with the other hand, gently tap the pomegranate to remove the seeds. Remove any pith that falls into the bowl.
4. Cut off the root of the chicory and separate into leaves. Cut the leaves in half lengthways and add to the salad.
5. Squeeze in the lemon juice, add the olive oil and season to taste. Serve immediately and garnish with the herby fennel tops.



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Herb crusted lamb with peas, broad beans and morels

Serves 1

Herbs crumbs

½ bunch parsley
2 slices bread dried in a low oven until very crisp but kept whole
1 clove garlic
sprig rosemary

Mint dressing

½ bunch mint
1 tbsp caster sugar
1 tbsp white wine vinegar
2 tbsp olive oil

150g lamb fillet
1 egg white
20g butter
50g morels
30g peas
30g broad beans

1. Place all the ingredients for the herb breadcrumbs in a blender and mix for 1 min. Season.
2. Season the lamb, dip in the egg white and coat in the breadcrumbs.
3. In a pan heat a little olive oil with a knob of butter. Place the lamb in the pan cook for 1min, flip over and place in the oven at 180°C for 5min. Take out and rest on a tray.
4. To make the mint dressing place the mint leaves with the sugar in a pestle and mortar and grind to a paste, add the vinegar and olive oil.
5. In a separate pan add a knob of butter and fry the morels for 1min, add the peas, broad beans and a touch of water and cook for a further 2min.
6. To serve spoon the peas onto a plate, slice the lamb on top and finish with a drizzle or mint dressing.



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Simple lamb casserole with Jersey Royals

Casseroles always taste better the day after they're cooked. It gives the ingredients time to fully release and combine all the flavours, but this casserole is still delicious made on the day.

Serves 4

50ml vegetable oil
800g lamb neck fillets cut into 4cm pieces
12 button onions peeled
4 medium carrots peeled and thickly sliced
1 tbsp tomato puree
300ml white wine
300ml Madeira
4 cloves garlic
Sprig thyme/rosemary
800ml lamb stock
½ bunch mint
12 Jersey Royals
3 plum tomatoes, roughly chopped

1. Pour half the vegetable oil into a frying pan, season the lamb pieces and fry for 5 minutes until caramelised all over.
2. While the lamb is cooking, in a separate oven-proof casserole, add the remaining oil and fry the button onions and carrots for 3-4 minutes until browned. Add the tomato puree and cook for a further 2 minutes.
3. Drain the lamb in a colander. Pour the white wine and Madeira into the frying pan, bring to the boil, scrape off the sediment from the bottom of the pan, add to the vegetables.
4. Add the lamb, potatoes, garlic, tomatoes, herbs and stock to the casserole. The liquid should just cover the meat (add extra stock if it doesn't). Bring to the boil and place a circular piece of baking parchment over the lamb and vegetables. Cover with a lid and cook at 180°C for 1½-2 hours or until lamb is tender. Season to taste.
5. To serve, spoon onto large bowls and scatter over the chopped mint leaves.

Tip

When choosing cuts of meat for a casserole, buy something with fat on as this will prevent the meat from becoming too dry.



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Mackerel Salad with Fennel, Blood Orange and Pomegranate Vinaigrette

Mackerel has to be one of my favourite fish. It's great value, hassle-free to cook and prepare (no scales) and also has a fantastic flavour. What more could you ask for?!

Serves 4

1 x fennel and blood orange salad recipe
4 fillets of mackerel
4 pomegranates
50 ml olive oil
Juice of half a lemon

1. Make the salad as in the previous recipe
2. Remove the seeds from the 4 pomegranates, place in a blender and whiz for 30 seconds. Strain through a sieve and pour into a pan. Place on the gas and reduce by half, which should take about 10 minutes. Add the lemon juice and olive oil.
3. Cut the mackerel fillets in half lengthways, removing the bones running down the middle of the fillets. Lightly season and oil. Place on a hot griddle skin side down for 2 minutes, flip over and cook for a further minute.
4. To serve, spoon the salad into the centre of a plate, drizzle the pomegranate vinaigrette around the salad into the centre of a plate, criss-cross the mackerel fillets on top and finally garnish with the fennel tops.

TIP

The pomegranate vinaigrette is delicious on salad and makes a tasty marinade for steaks. Instead of using mackerel, you could also try salmon or seabass.



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Saffron poached pears with chocolate mousse

Serves 4

4 ripe pears peeled and seeds taken out with a parisien
750ml white wine
200g caster sugar
½ lemon
pinch saffron
1 vanilla pod
sprig mint

chocolate mousse

200g dark chocolate
80ml milk
1 yolk
4 egg whites
20g caster sugar

1. Add all the ingredients for the pears into a pan, bring to the boil, add the pears and take off the heat. Leave to cool down. This is best done a few hours in advance.
2. Place the chocolate in a metal bowl and place on a pan of simmering water until melted.
3. Boil the milk and add to the chocolate. Whisk in the egg yolk.
4. Whisk the egg white and sugar until soft peaks. Add a third of the whites to the chocolate and whisk in. Fold in the rest. Pour into a container and set in the fridge for 20min.
5. To serve dip a spoon into melted chocolate and flick onto a plate to obtain a streak. Place a pear in the centre and spoon on the chocolate mousse. Finish with a sprig of mint.



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Rich lamb casserole with baby vegetables

Casseroles are normally associated with autumn and winter but this is a spring dish – my version of the French 'Navarin d'agneau'. It features regularly on my lunch menu in the restaurant.

Serves 4

1 x simple Lamb casserole recipe
12 baby leeks
120g peas
120g broad beans shelled
12 baby carrots scraped clean
35g unsalted butter
1 punnet pea shoots

1. Prepare and cook the lamb casserole as in the previous recipe.
2. Bring a pan of water to the boil, season with salt and cook the peas and broad beans for 1 minutes, remove with a slotted spoon and plunge into iced water. Cook the baby leeks for 3-4 minutes, then the baby carrots for 5 minutes and place in the iced water. When cold, drain the vegetables in a colander.
3. Once the lamb casserole is cooked, take out of the oven and leave to cool for one hour. Carefully transfer the lamb pieces into an oven-proof large frying pan, making sure they are not piled on top of each other. Strain the cooking liquid through a fine sieve placed over a saucepan, discard the vegetables. Ladle some of the liquid over the meat, bring to the boil and place in the oven at 200°C for 10-15 minutes, occasionally spooning the juices over the meat. As the liquid reduces it will become rich and sticky, intensifying the flavours and coating the pieces of lamb. Heat the remaining sauce and reduce by a third.
4. To serve, place the potatoes and vegetables into a pan, add 100ml of water, the butter, season and warm through. Once the pieces of lamb are shiny and glazed, place 4 or 5 pieces onto a bowl, spoon some of the vegetables on top, pour over the reduced sauce and finish with the pea shoots.

Tip

Reducing the cooking liquid with the cooked pieces of meat adds moisture and intensifies their flavour. You can do this with all braised meats and you'll see what a difference it'll make.



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