

Recipe, Method and Notes on Three Course Meal
Demonstrated at Wisley 'Taste of Autumn Show'

Serves Four.

Tbs = Table Spoon

Smoked Haddock Kedgeriee with a Poached Egg

Ingredients

Olive Oil

3 Large Shallots - sliced or ½ an onion

350 grams Natural Smoked Haddock

3 TBS Spice Sauce for medium heat

(I used 'Sharwoods Madras') or

1 TBS Turmeric

1 TBS Ground Coriander

½ TBS Paprika

2 TBS Cumin

3 Cardamom Pods

Good Pinch Cayenne Pepper

1 TBS Ground Ginger

1 TSP Garlic Puree

1 TBS Sugar

4 TBS Coconut Cream

1 Medium Red Chilli

1 Shallot

½ Glass White Wine

250ml Double or Whipping Cream

400grams Cooked Basmati Rice

4 Eggs

4 TBS White wine Vinegar

Salt and Pepper

Chopped Parsley

} Blitz together to make Paste
and use as above, this will
make more than you need for 4

Method

- 1.) Pan on to boil for poached eggs. Enough water to fit 4 eggs, add Vinegar, Bring to gentle boil. DO NOT ADD EGGS YET!!!
- 2.) Olive oil into new pan, gentle heat, cook shallots without 'frying' them (1 or 2 Mins-ish)
- 3.) Add Haddock, cook for 2 mins, stir constantly
- 4.) Add Spice, use sparingly – easier to add more than take away, cook 2 mins, stir
- 5.) Add Wine and Bring to Boil
- 6.) Add Cream and Bring to Boil
- 7.) Break Eggs Carefully into boiling water/Vinegar Pan cook for 3 Mins
- 8.) Add cooked rice, Bring to Boil for a couple of mins looking to 'reduce' sauce until it Binds Rice and Haddock, Taste and add Salt if needed. Remember Kedgeree is not 'Wet' - Looking for more of a risotto like Finish – Check your eggs! Runny yolk is essential!
- 9.) Serve in a bowl, use a ring or large pastry cutter to help keep a tidy pile, egg on top, twist of black pepper and a pinch of chopped Parsley. Done.

Game Casserole

Ingredients

1Kg (at Least) Game Meat cut into rough Cubes
Ideal candidates are Venison haunch or shoulder, Partridge,
Pheasant, Rabbit (on the bone) or Hare
Plain Flour for Dusting (optional)
1 Litre of Stock
Olive oil and Butter for cooking

Red Wine

4 Bay Leaves

1 sprig Thyme

1 Sprig Rosemary } Marinade ingredients

1 Orange

2 TBS Redcurrant Jelly

1 TBS Garlic Puree

1 TBS Chopped Juniper Berries

2 Carrots Roughly diced

2 Onions Roughly diced

4 Sticks Celery Roughly diced

Method

1.) Put meat into container, mix together marinade bits, pour over meat, Mix thoroughly, cover with liquid. Leave 3 hours or pref over night.

2.) In casserole dish, cook carrots, onion and Celery in olive oil over a moderate heat without 'frying' them, will probably take about 2 or 3 mins, Remove from casserole and reserve

- 3.) strain off meat from juice in colander, save juice (at this stage the meat can be rolled in seasoned flour, this will help the 'browning off' process and help to make a thicker gravy, up to you)
- 4.) Get your Casserole dish hot, olive oil and butter melted, quickly fry meat, nice golden brown surface on meat, small batches rather than overfilling the pan, reserve each batch on a plate
- 5.) Add Veg and meat back into Casserole
- 6.) Add Juices from marinade
- 7.) Boil
- 8.) Add Beef/Game/Chicken Stock, Cover Meat, add more stock/water or wine if needed. Need Plenty of Gravy, Bring to Boil, Season, Taste, Season again, Lid on (or Foil)
- 9.) into oven, 2 Hours, 140 Celsius, Check for melt in the mouth tenderness- could take up to another hour, don't rush it, don't over do it, as long as lids on and you check after 2 hours or so cant go wrong. Check seasoning again when it's ready, can boil it to thicken the gravy if necessary but don't boil away too much. Done.
- 10.) Worth mentioning that casserole can be allowed to cool (refrigerate if not needed within the hour) and reheated when required – ensure the casserole is boiling hot throughout before serving

Serving Suggestion: Mash- with herbs or Grain mustard?
Roasted Squash, Braised Red Cabbage, Savoy Cabbage and
Bacon, Spinach, Crusty Bread

Crème Brulee

Ingredients

5 Egg yolks
50grams Castor Sugar
500ml Double or whipping Cream
½ Vanilla pod
Castor Sugar for Glazing

Method

- 1.) Cream into Pan
- 2.) Open up Vanilla pod, Tip of Sharp Knife, Slice from top to bottom, don't cut all the way through. Open up, Scrape knife down inside of pod removing all sticky little seeds
- 3.) Add Vanilla Seeds to Cream in pan, Chuck in empty pod for extra Flavour, Heat up. Infuse. Do Not Boil. Do not turn back at critical moment or Cream Will Boil Over
- 4.) When you've cleaned up the mess from cream boiling over, whisk together egg yolks and Sugar thoroughly. Add cooled but not cold vanilla cream and whisk together
- 5.) Pour into 4 Ramekins or desired 'dish' DO NOT FILL TO TOP!
- 6.) Place filled Ramekin or dishes into a Tray with Sides

- 7.) Fill tray with water to half way up the dishes
- 8.) Into oven 40 mins 140 Celsius
- 9.) Check for Blancmange like wobble, Very Slight Firmness around edges, maybe slight colouring on top.
- 10.) Cool and Refrigerate at least 3 hours pref overnight
- 11.) 1 Tsp ish sugar on top, give it a little swizzle to get even distribution of sugar over surface, may need more, use blow torch or hot grill to get even heat over sugar, looking for golden brown not black, mind your fingers. Don't take eyes off for a minute. Not too long under grill, must not heat up the brulee itself just the sugar. Done.

Serving Suggestion: A shortbread Biscuit is nice with this, but any biscuit just adds a little bit extra to this already great dessert. You can play around with recipe, add flavours, fruits or fruit compotes. Careful that you don't add too much extra moisture to it though as this will affect the setting of the brulee.

Cheers and Happy Cooking – let me know how you get on!
Lee and all the Team at the Inn