

RECIPES FROM WINNERS & FINALISTS

KENT YOUNG CHEF AWARD 2009

All recipes serve 2 people

Romney Marsh Lamb with Chocolate Peppermint Sauce

By Alice Browning, winner of Kent Young Chef Award (YG 7-8)

INGREDIENTS:

2 Romney Marsh lamb chops
2 large potatoes
Olive oil, to drizzle
4 small carrots, slice lengthways
2 parsley sprigs, to garnish

For the marinade:

2 cloves of garlic, crushed to a paste with a pinch of salt
Juice of half a small lemon
1tbsp red wine vinegar
2tbsp fresh thyme leaves
½ small red onion
2tsp olive oil
Sea salt and black pepper

For the chocolate peppermint sauce:

4tbsp extra-virgin olive oil
2 garlic cloves, finely chopped
35 chocolate peppermint leaves, finely chopped
2tbsp red wine vinegar
½tsp caster sugar
Sea salt and black pepper

METHOD:

To make the marinade: Grate the red onion into a bowl. Add the garlic, lemon juice, red wine vinegar and thyme then rub it all over the meat. Drizzle on the olive oil and season with salt and pepper. Leave it in the fridge for at least 1 hour.

Pre-heat the oven to 200°C. Thinly slice the potatoes (no thicker than a pound coin). Spread out over a baking tray so that they overlap. Drizzle with olive oil and season with salt. Place in the oven for one hour.

While the potatoes are in the oven make the chocolate peppermint sauce:

Heat the olive oil in a small saucepan on a medium heat. When hot add the garlic and fry until golden. Add half the chopped mint and fry for another minute. Add the red wine vinegar then take the pan off the heat. Stir in the rest of the mint, season with salt and pepper then add sugar to taste.

When the potatoes have 16 minutes left put the lamb chops on the oven shelf directly above the potatoes (to let the juice drip onto the potatoes).

Turn the lamb over after 8 minutes. Then boil the carrots in salted water for about 10 minutes.

To serve: Put the potatoes in the middle of a dinner plate. Then put the lamb chop on top followed by a layer of carrots. Drizzle the mint sauce around the plate. Garnish the carrots with parsley.

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Herb Crusted Rack of Lamb with 'Bubble and Squash' served with a Kentish 'Double Vision' Cider and Redcurrant Jus

By James Dye, winner of Kent Young Chef Award (YG 9-11)

INGREDIENTS:

1 x single 'French Trimmed' rack of English lamb
3 x large shallots
4 x cloves garlic
½ x small squash (e.g. Acorn squash)
50ml olive oil
½ x head of greens
250ml 'Double Vision' cider
2 x large potatoes (Maris Piper or similar old potato)
3 x 50g white breadcrumbs
500ml lamb stock
2 x teaspoon redcurrant jelly
100g butter
2 x sprigs fresh redcurrants (garnish)
4-5 sprigs fresh thyme
Sea salt and freshly ground black pepper (season to taste)

METHOD:

Cut the lamb into two portions, retain the trimmings (Depending on size of rack portions, maybe two or three boned). Peel the shallots, finely dice two and roughly dice one. Peel the garlic cloves, finely chop two and leave two whole.

Place lamb trimmings, roughly diced shallot and whole garlic cloves in an oven proof pan. Place in pre-heated oven (200°C) for 10 minutes then stir ingredients to ensure the fat from the lamb coats other ingredients. Cook for a further 20 minutes or until the lamb, onion and garlic are browned. Remove from oven and allow to cool slightly.

De-seed squash, season, sprinkle with olive oil and bake in same oven/temperature for 25-30 minutes or until tender. Remove from oven and allow to cool. Peel potatoes, dice into 1.5cm cubes, and place in pan, cover in cold water. Bring to boil and simmer until tender. Drain and allow to cool.

Trim and wash greens (removing any large stalks) then shred. Place pan on stove with cold water, bring to boil and add greens. Return to boil, drain immediately in colander and allow to cool. Place pan on stove (containing lamb trimmings, shallots and garlic) add the cider and stock then simmer until the liquid reduces to approx 200ml. Add redcurrant jelly then gently simmer until dissolved. Remove from heat.

Remove squash from skin, dice to similar size as potato. Add potatoes, seasoning, and a dessert spoon of olive oil. Add to a small greased roasting dish. Place in pre-heated oven 200°C for 20 minutes. Remove tray from oven add greens, stir well, drizzle with olive oil and return to the oven for a further 15-20 minutes or until golden brown.

Place breadcrumbs, finely diced shallot and diced garlic into mixing bowl. Add fresh thyme leaves and seasoning. Melt 50g butter add to mixture and combine all ingredients. Heat a little olive oil in an ovenproof frying pan, brown lamb rack portions on all sides, season and cook for 15mins in a pre-heated oven 200°C.

Strain stock and cider reduction through a conical strainer into a small saucepan, allow to settle and skim off any fat/oil. Heat gently and reduce until correct consistency is reached (coats back of spoon), then season. Remove lamb from oven, allow to cool slightly. Carve each portion into two or three cutlets (dependant on size). Place cutlets on oven proof tray, coat one side of the cutlet with the crumb mixture. Gently brown the cutlets under a grill. Remove and keep warm.

Warm two large white plates, then spoon on two-three heaped dessert spoons of the bubble and squash. Place two to three cutlets on each plate crust side up, spoon on jus (approximately two to three dessert spoonfuls). Garnish with fresh redcurrants and thyme.

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Rack of Lamb with Roast Seasonal Vegetables and Herby Potato Cakes

By Ellie Garety-Jones, finalist of Kent Young Chef Award (YG 7-8)

INGREDIENTS:

1 x medium size beetroot
4 x Chantenay carrots
1 x large parsnip
½ butternut squash
500g floury potatoes
2 x 4 cutlets 700g (French trimmed)
10 ml olive oil
5g teaspoons of each chopped chives, mint and rosemary
50g of butter
10ml milk
250ml water
5g teaspoon of corn flour
1 Oxo cube
Salt and pepper for seasoning
Rosemary sprigs for garnish

METHOD:

Trim ends of beetroot and place in a pan of cold water, bring to the boil and continue to cook for a further 20 minutes. Meanwhile peel and chop very coarsely the parsnip and the squash (removing seeds as you do so), then peel the carrots.

Par boil first the parsnip (10 mins) then add the carrots for a further 5 minutes. Drain, rinse and put to one side. Preheat the oven to 200°C.

Peel and chop the potatoes, place in pan of cold water, bring to the boil and continue to cook until slightly soft.

Heat a little oil in a frying pan and cook for two minutes on all sides of the lamb to seal.

Peel and chop into cubes all of the beetroot and place in a roasting dish, season and drizzle with a little oil. Put all the other vegetables together into another roasting dish, season and drizzle with a little oil. Put the lamb in a roasting dish, season and drizzle with a little of the oil.

Next place the lamb and both vegetable dishes in the hot oven and roast for 20-25 minutes, turning the vegetables half way through cooking. Whilst the above are roasting, drain and rinse the potatoes, add half of the butter, a little milk, the chives and the rosemary and season to taste. Mash all the ingredients together until smooth.

Gently heat a little oil in a non stick pan, spoon in the potato mixture and flatten and shape into cakes. Fry for 2-3 minutes on both sides until browned.

Turn the oven off and remove the lamb, place the lamb on a plate and return to the oven to keep warm.

With the meat juices in the roasting dish add the water and crumble in the Oxo cube, mix together a knob of butter and corn flour to a paste and gently add to the roasting pan. Stir in the mint and gently cook until the gravy thickens. Reduce heat when thickened.

Arrange the Lamb, vegetables and potato cakes onto warm plates pour on the gravy and garnish with the rosemary sprigs.

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Pheasant Bacon and Apple Casserole Served with Dauphinoise Potatoes and Shredded Savoy Cabbage

By Georgina Bishop, finalist of Kent Young Chef Award (YG 7-8)

INGREDIENTS:

1 hen pheasant (jointed)
8 shallots (peeled and whole)
½ finely sliced onion
4 slices of streaky bacon (chopped)
1 eating apple
Crab apple jelly
1 glass of red wine
½ pint of chicken or vegetable stock
1 sprig of thyme & bay Leaf
Salt and pepper to season
Butter
Vegetable oil

Flour

For the Dauphinoise Potatoes:

2/3 large potatoes (thinly sliced)
450ml double cream
½ finely sliced onion
Salt and pepper

For the Cabbage:

½ Savoy cabbage (thinly sliced)
Salt

METHOD:

For the Pheasant

Fry the bacon and onion in oil in a heavy casserole dish until they start to brown. Flour the pheasant, add to the casserole and briefly fry until sealed. Add the red wine and bring to the boil to allow the alcohol to evaporate. Finally add stock, a sprig of thyme, a bay leaf and season to taste. Put casserole lid on and place in a preheated oven at 180°C for 50 minutes.

15 minutes before the taking the casserole out of the oven, de-core the apples and cut into slices (leaving the skin on). Gently fry the apples and shallots in butter in a frying pan for 7-10 minutes.

Remove the casserole from the oven and place on the hob and turn on to a simmering heat and add 2 tablespoons of crab apple jelly. Once dissolved the dish is ready. Finally, add the apples and shallots to the casserole and serve.

For the Dauphinoise Potatoes

Grease an ovenproof dish of approx 3 cm depth. Place a layer of potatoes in the bottom and follow with a sprinkling of onions and season with salt and pepper. Continue this process with more layers and end with a final layer of just potatoes. Pour the cream all over the top layer and add salt and pepper. Place in a preheated oven with the pheasant for 1 hour 10 minutes. Remove from the oven and serve.

For the Savoy Cabbage

Bring a pan of salted water to a fast boil, add the shredded cabbage and cover. After 5 minutes drain and add a knob of butter, then serve.



Kentish Lamb and Barley Stew

By Lana Foyle, finalist of Kent Young Chef Award (YG 7-8)

INGREDIENTS:

454g Romney Marsh boned leg or shoulder of lamb, trimmed of fat and cubed
15 ml (1 tbsp) plain wholemeal flour
1 streaky bacon rasher, rindless and chopped
25 g butter
1 medium onion, skinned and chopped
1 medium carrot, sliced
¼ swede, peeled and diced
1 celery stick, diced
15 ml (1 tbsp) pearl barley

5 ml (1 tsp) mixed chopped fresh herbs
300 ml lamb stock
Salt and pepper
Fresh herbs, to garnish

METHOD:

Toss the lamb in the flour, seasoned with salt and pepper. Dry fry the bacon in a large flameproof casserole. Add the butter and the lamb and fry until browned all over, stirring. Remove the lamb and the bacon from the casserole with a slotted spoon and set aside.

Add the onions, carrots, swede and celery to the casserole and fry for 5-10 minutes, until beginning to brown. Return the lamb to the casserole, add the pearl barley and herbs and pour in the stock. Bring to the boil, then cover and simmer for 2 hours, stirring occasionally to prevent sticking, until the lamb is tender.

Serve hot, sprinkled with chopped parsley. Serve with potatoes and vegetables.

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Creamed Pheasant, Carrot and Leek Lasagne with Green Crunchy Winter Salad

By Adam Porter, finalist of Kent Young Chef Award (YG 9-11)

INGREDIENTS:

2 x pheasant breasts (from local Kent Shoot)
Stock: 1 x Onion, 2 sticks celery, 1 x carrot, bay leaf, salt and pepper
2 x carrots
2 x leeks
Oil for frying
1 x onion
50g flour
220ml crème fraiche (from Hinxhill Dairy, Kent)
2 x tablespoons mango chutney (from wooden spoon, Wye Kent)
2 x tablespoon Worchester sauce
1 x tablespoon mushroom ketchup (from Aylesford, Kent)
1 x tablespoon fresh chopped parsley
Lasagne sheets
Green salad leaves

METHOD:

Slice the pheasant breasts, heat oil in frying pan and fry sliced pheasant until lightly browned. Add stock ingredients onion, celery carrot bay leaf salt and pepper and cover with water and bring to the boil and simmer for 20 minutes. Strain the stock.

Chop onion, heat oil in pan and fry onions until soft but not browned. Add the flour and stir in the stock, bring to the boil stirring to thicken. Remove from heat and add the crème fraiche, mango chutney, Worcester sauce and mushroom ketchup. Stir in the cooked pheasant meat.

Slice and sauté the carrots and leeks in a little oil until soft. Layer the meat mixture, lasagne and carrot and leeks in the oven proof dish, sprinkle top with fresh chopped parsley and cook in the oven for 30 mins.

Serve with green salad leaves.

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Pan Roasted Cheese Crusted Romney Marsh Lamb Chump with a Caper-Barley Broth

By Andrew Moores, finalist of Kent Young Chef Award (YG 9-11)

INGREDIENTS:

250g New Romney Marsh lamb chump
50g Kentish produced organic goat cheese
50g pigs caul
100g spinach puree
1 sprig of rosemary
50g diced potato
50g diced carrot
50g diced celery
25g diced celeriac
1 clove crushed garlic
½ litre of fresh lamb stock
25g pearl barley
25g homemade organic berry jam
White wine
10g capers
Seasoning

METHOD:

Mix the spinach puree, rosemary and goats cheese together and chill.

Heat a frying pan with a little olive oil and sear the lightly seasoned lamb until golden brown. Remove from the pan and let chill. Deglaze the pan with white wine and add the stock. Add the chopped vegetables and barley and gently simmer until tender.

Neatly lay the pig's caul into a three cm square and add the goat's cheese into the middle. Take the lamb and place it onto the goat's cheese with the spinach mousse. Wrap the caul tightly and neatly around the lamb and glaze with butter. Place the lamb in the oven on gas 6 for 20 minutes.

Take the broth and mix with the berry jam and finish with a few capers. Spoon the broth on to the plate and put the sliced warm lamb neatly on the top and serve.

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Roasted Belly of Pork with Shredded Brussel Sprout Mash, Honeyed Carrots, and Sausage Meat, Sage and Apple Stuffing with Gravy

By Megan Cooper finalist of Kent Young Chef Award (YG 9-11)

INGREDIENTS:

750 g piece of Kentish belly pork (with rind)
1 medium sized Brussel sprout tree
500g of Desiree potatoes
3 large carrots
50g of honey
6 sage leaves
1 large Bramley apple
2 medium sized stale bread rolls
1 free range egg
Sea salt & freshly ground black pepper
50g butter
50ml milk
4 sausages (made with pork and minimum spices)
Lard
½ tsp corn flour
3 tbsp milk

METHOD:

For the roast pork

Preheat oven to 190 °C. Wash the pork and dry with kitchen paper. Rub some sea salt onto the skin of meat. Place in the oven for 80 minutes. Check that juices run clear before removing from the oven. Remove from oven, cover with foil and rest for 10 minutes before carving (retain the melted meat fat for the carrots – see below). Carve and serve.

For the shredded Brussel sprout mash

Peel potatoes and chop into cubes and cover with water. Trim Brussel sprouts from tree, peel and shred and place in bowl.

Place the potatoes in warm water and onto a hob on a high heat. Bring to the boil and simmer for 10-14 minutes. Whilst boiling potatoes, place the Brussel sprouts in a frying pan with a small knob of butter on a medium heat until cooked. When potatoes are cooked, drain and mash with remaining butter, splash of milk and pepper. Stir in Brussel sprouts and serve.

For the sausage meat, sage and apple stuffing

Blend the bread rolls until they become breadcrumbs. Remove the sausage skins, add them to the breadcrumbs with the sage then blend again.

Peel and dice the apple. Remove mix from blender and mix with apple. Mould into balls and place in the roasting dish with some melted lard. Cook for 30 minutes.

Caramelised carrots

Peel carrots and chop. Part boil for 5 minutes (retain water for gravy – see below). Roast in a small amount of fat from the meat for 15 minutes on a baking tray. For the final 15 minutes cover in honey and place back in the oven.

Gravy

Place roasting tray on hob on a high heat. Add carrot water and deglaze. Add ½ tsp of corn flour mixed with 2 tbsp of milk and whisk. Let it reduce and then serve.

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