



Northumbria Larder

'The prime source of regional food and drink in North East England'

Cookery Demonstrations Wear Valley Food Festival 12th April 2008

Chef - Mike Aldridge

Demonstration 1

Stuffed chicken breast and dolcaletta sauce 2 covers

2 chicken breasts trimmed

For the stuffing

100g Minced chicken

1/4pkt spinach blanched

1 red pepper finely chopped

1tbsp chopped tarragon

Chicken stock or water for poaching

For the sauce

1 shallot finely chopped

60ml white wine

50g dolcelatte cheese

100ml chicken stock

250ml double cream

For the garnish

Chard asparagus

Herb crushed potatoes

Method

Split the chicken breast and stuff with the finished mousse and wrap in oiled foil for poaching

For the sauce

Place the shallots, spinach and wine and stock in a saucepan and reduce by half, add the cream and repeat, correct the seasoning and blend till smooth add the cheese

When chicken is cooked stand for 3mins then slice and arrange on the plate garnish with asparagus and crushed potato and drizzle the sauce.



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Demonstration 2

Cod loin with squid, garlic sauté potatoes, lemon and coriander cous-cous, cumin flavoured tomato concasse. 2 covers

2 x 150g cod loin

2 medium squid prepared

Lemon juice, olive oil and seasoning to marinate the fish

150g new potatoes par boiled

2 cloves of garlic smashed

3 sprigs of thyme

Oil for frying the potatoes

For the cous-cous

75g cous-cous

Grated rind and juice of 1 lemon

3 sprigs of coriander chopped

200ml chicken stock

Seasoning

25g butter

For the tomato

2 tomatoes blanched skinned, seeded and chopped

Pinch of cumin powder

1tsp olive oil

Seasoning

Pinch of sugar

Method

Too make the cous-cous place dry ingredients in a bowl and top with boiling stock, cover with cling film and leave to absorb

Just before service season and mix in the butter.

Too make the potatoes, slice them in half lengthways, heat the oil and fry the garlic and thyme for 2mins then add the potatoes and fry to a golden brown, season and remove when done and keep hot

Too make the concasse Heat the oil and gently fry the tomato, add the cumin, seasoning and sugar and cook for 2mins (a soft paste), keep hot Heat the frying pan and cook the cod skin side up for 4mins then add the marinade and 25g butter and cook under the grill basting the fish, pan fry the squid serve garnished



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