

## Insalate Rustica

### Method

- ❖ Wash rocket & radicchio with cold water
- ❖ Slice radicchio (make sure you leave out the stems/ white centre)
- ❖ Cut pomegranate in half and remove the seeds from inside and place seeds in a bowl.
- ❖ Place pine nuts in a bowl as well.
- ❖ Slice your gorgonzola into cubes.
- ❖ Place all your ingredients into a bowl and mix.
- ❖ Add balsamic & truffle oil and then season with salt & pepper to your desired taste.



## Insalate Rustica

### Ingredients (for 2 people)

- ❖ 500g Rocket
- ❖ 1 Radicchio Head
- ❖ 10g of Pine Kernels
- ❖ 20g Pomegranate seeds
- ❖ Dash of Truffle Oil
- ❖ Dash of Balsamic
- ❖ 100g Gorgonzola



## Seabass

### Method:

- ❖ Fillet the seabass and tidy the fish, then portion accordingly.
- ❖ Wash your mussels and clams.
- ❖ Trim your broccoli from the bottom of the stem.
- ❖ Add your mussels and clams to a pot followed by diced veg of your choice.
- ❖ Add cream and broccoli to the clams and mussel ragu and reduce.
- ❖ Cook the fish skin down until ready.
- ❖ Finish fish with butter, salt, pepper & lemon juice
- ❖ Plate accordingly
- ❖ Finish with lemon foam



## Seabass

### Ingredients for 2 people

- ❖ 400g Seabass
- ❖ 200g Clams
- ❖ 200g Mussel Meat
- ❖ 250ml Cream
- ❖ Bunch of Tender stem Broccoli
- ❖ 1 Lemon
- ❖ Butter



## Pasta

### Method

- ❖ Dice desired vegetables into small cubes
- ❖ Make a simple pasta recipe and roll until very thin.
- ❖ Make a seafood mix using crab, lobster, salt, pepper and dill.
- ❖ Once pasta has been rolled out, place the filling in a small circle and lay another sheet of rolled out pasta over the top. Press down around the filling.
- ❖ Make a bisque by boiling water with different types of fish and then sieve.
- ❖ Add lobster to a large pan and boil using your fish stock.
- ❖ Reduce and sieve.
- ❖ Add tomato until thick and then add your cream.
- ❖ Once happy, blend your bisque and reduce to taste.
- ❖ Cook pasta in fresh boiling water for 1-4 minutes depending on thickness of pasta.
- ❖ Add chopped veg to pan and cook and then add the bisque
- ❖ Slice cucumber to thin lines like linguini
- ❖ Slice radish thin and add to a pickle (leave for 30mins- 1hour)
- ❖ Add bisque & veg into bottom of bowl and then add ravioli on top.
- ❖ Position accordingly
- ❖ Add pickled radish & cucumber to garnish



## Pasta

### Ingredients for 2 people

- ❖ 200g Flour
- ❖ 4 Eggs
- ❖ 100ml Water
- ❖ 100g Crab
- ❖ 100g Lobster Meat
- ❖ Seafood mix for stock (include lobster shells)
- ❖ 100g Tomatoes
- ❖ 50g Tomato Paste
- ❖ 200ml Cream
- ❖ 200g Diced Vegetables



## Meat

## Method

*Fillet of beef, courgettes, pate, madeira jus, mashed wild garlic potato*

- ❖ Steam off baby potatoes – once soft, add to a mixing bowl
- ❖ Sauté off wild garlic and cook until brown. Then add to a mixing bowl with baby potatoes.
- ❖ Add butter, seasoning, lemon juice and fresh herbs.
- ❖ Use ring mould to plate.
- ❖ Make a basic jus. Once you have this, add madeira wine, veal bones and boil in a pot.
- ❖ Sieve mixture until left with only liquid.
- ❖ Reduce liquid and season to taste and thickness.
- ❖ Cook fillet to desired temperature and let it rest.
- ❖ Once happy, add pate to top of fillet and grill.
- ❖ Sauté the courgette off until happy with softness.
- ❖ Add potato to plate followed by fillet and courgette.



## Meat

### Ingredients for 2 people.

#### Fillet Rossini

- ❖ 2 fillets
- ❖ 100g Baby Potatoes
- ❖ 100g Pate
- ❖ 2 Courgettes
- ❖ 100ml Madeira
- ❖ 25g Butter
- ❖ 1 Lemon
- ❖ Salt & Pepper
- ❖ 100ml Red Wine

