

SOUS VIDE

so simple, so succulent



GREAT
BRITISH
CHEFS

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Pork secretos with artichokes and red wine tapioca

NUNO MENDES

Main

Challenging



2 hours + 12 hours sous vide,
marinating time

4

1. Leave the pork to marinate in the olive oil, thyme, smashed garlic and black and white pepper for 4 hours
2. Put the secretos in a bag, vacuum seal and cook sous vide at 65°C for 12 hours
3. Blanch the tapioca in boiling water for 1 minute. Allow to and then blanch again for 3 minutes. Soak the tapioca in the red wine
4. Julienne (slice into thin strips) the onions, then braise them in enough red wine to cover. Reduce the red wine and onion down to a paste, remove 100g of the onion paste and chop finely on a board. Add the mustard and season to taste

5. Drop the prepared artichokes into a pan with the onion, white wine, parsley, garlic, salt, olive oil and thyme to stop them going brown and cook until soft. Cut each artichoke into quarters
6. To serve, position the pork secretos on each plate. Spoon the onion and mustard mixture next to the meat, then spoon over the tapioca in the red wine, making sure to drizzle some of the jus onto the meat. Arrange four of the artichoke quarters around the meat, then place 3 cherries around the edge of the plate

INGREDIENTS

Pork secretos

- 1kg of pork secretos, cut into 4 portions
- 1 bunch of fresh thyme
- 500ml of olive oil
- 4 garlic cloves, smashed
- black pepper
- white pepper

Tapioca

- 65g of tapioca
- 250ml of red wine

Onion paste

- 2 red onions
- 500ml of red wine
- 10g of grain mustard
- salt
- pepper

Baby artichokes

- 4 baby artichokes
- 1 onion
- 500ml of white wine
- 2 tbsp of fresh parsley
- 1 garlic clove
- 1 tbsp of olive oil
- 1 bunch of fresh thyme
- salt

Garnish

- 12 kirsch-cured cherries

EQUIPMENT

- Sous Vide bags
- Water bath



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40°C salmon with potato juice, Jerusalem artichoke and sea vegetables

PAUL FOSTER

 Starter

 Challenging

 2 hours

 4

1. Skin the salmon and remove any pin bones. Mix the water with the salt and sugar in a bowl and then add the salmon. Leave in the fridge to brine for 20 minutes

2. Wash the salmon off in cold water, pat dry, place in a vacuum pack bag with the oil and seal. Cook at 40°C in a water bath for 10 minutes and chill

3. Juice the potato through a vegetable juicer, and allow to sit for 10 minutes to separate the starch. Pour the liquid off the top and bring to the boil, add the brown chicken stock and adjust acidity with the lemon juice. Season and pass through muslin

4. Bring the lemon juice to the boil with the agar. Pour into a tray and leave to set. Once set, blend until smooth and pass through a chinois

5. Wash the artichokes and slice thinly on a mandolin, cook in a deep fat fryer at 130°C until lightly golden. Drain off on kitchen towel, season with sea salt and malt powder and keep in an airtight container

6. Pick and wash the sea vegetables and blanch in boiling water for 30 seconds, plunge in ice water to refresh. Drain on kitchen towel

7. Before serving, warm the potato juice gently. Place the salmon in a bowl, cover with the sea vegetables and sliced radish

8. To plate, cut the salmon into portions and rest for 10 minutes to come up to room temperature, dot the lemon purée around the plate, pour in the potato juice, and finish with artichoke crisps

INGREDIENTS

Salmon

- 300g of salmon
- 100g of salt
- 100g of sugar
- 500ml of water, cold
- 20ml of olive oil

Potato juice

- 2 large Maris piper potatoes
- 200ml of brown chicken stock
- 1 lemon, juiced

Jerusalem artichoke

- 4 Jerusalem artichokes
- 50g of malt powder
- 500ml of vegetable oil
- sea salt

Sea vegetables

- 50g of sea purslane
- 50g of samphire
- 50g of buckshorn plantain

Lemon purée

- 300ml of lemon juice
- 6g of agar agar

Garnish

- 4 French breakfast radishes, thinly sliced

EQUIPMENT

- Vacuum bag and machine
- Water bath
- Deep fat fryer



Grouse with beetroot

ADAM STOKES



Main



Challenging



50 minutes + cooking of beetroot and grouse in water bath

4

1. Mix all ingredients from the beetroot water list together in a jug. Thoroughly wash the baby golden beetroots and put them into a vacuum packing bag with half of the beetroot water
2. Place the sealed bag into a water bath at 85°C for 3 hours. After 3 hours, remove from the bath and open the top of the bag, being careful not to discard any of the beetroot water
3. Peel and quarter the golden beetroot and return them to the bag. The bag can be refrigerated and then the contents can be warmed through in the unsealed bag when ready to serve
4. Peel the red beetroot and keep the trimmings to one side. Using a Japanese Mandolin, slice the beetroot into 1mm cross sectional slices
5. Place the remaining half of the beetroot water and the beetroot trimmings in a pan, bring to the boil and simmer until the liquor turns red
6. Remove the trimmings. Place the slices along with enough liquor to cover into a vacuum bag, seal and place in a water bath at 90°C for 40 minutes
7. Cool in the bag and reheat in the water bath when ready to plate the soused beetroot slices
8. Meanwhile, prepare the grouses and roast the neck and legs of each in a pan over a medium heat in a little oil for approximately 10 minutes or until golden brown - place these to one side for use in the grouse sauce
9. The remaining part of the grouse is referred to as the crown. Seal the crown in a vacuum packing bag with a pinch of salt, butter, thyme and garlic. Place in the water bath for one hour at 57°C
10. Remove the grouse crowns from the bag, seal the crown skin until nicely roasted and crisp
11. Thoroughly wash the young garden turnips and using a small knife, scrape the edges around the leaves to remove all soil. Once again, use a Japanese mandolin to cut each turnip vertically into three
12. Sauté the turnip slices in grapeseed oil until golden and season with salt
13. Sweat the shallots and juniper in the bottom of a big pan until golden. Deglaze the pan with red wine vinegar

INGREDIENTS

Grouse

- 4 grouse
- 1 sprig of fresh thyme
- 1 knob of butter
- 1 pinch of salt
- olive oil
- 1 garlic clove

Beetroot water

- 100ml of water
- 40g of honey
- 30ml of chardonnay vinegar
- 2 star anise
- 1 cardamom pod
- 1 pinch of salt

Beetroot and vegetables

- 1 red beetroot
- 4 golden beetroots
- 4 young garden turnips
- 20ml of grapeseed oil
- 1 pinch of salt

Grouse sauce

- 100ml of red wine
- 60ml of port
- 60ml of veal glace
- 50ml of chicken stock
- 50g of shallots, chopped
- 30ml of red wine vinegar
- 15ml of cream
- 1 punnet of blackberries
- 1 juniper berry
- 1/4 lemon, juiced
- salt

Spring onion milk froth

- 8 spring onions
- 200ml of whole milk
- 2g of lecithin
- 1 pinch of salt

Garnish

- 8 cobnuts
- 12 girolles mushrooms
- 1 knob of butter
- 1 sprig of thyme
- 1 garlic clove
- 12 brambles of wood sorrel

EQUIPMENT

- Water bath
- Blender



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Grouse with beetroot

ADAM STOKES



Main



Challenging



50 minutes + cooking of beetroot
and grouse in water bath



4

14. Add the port, veal glace, chicken stock, cream, lemon and blackberries and bring to the boil. Continue to boil the mixture until the liquid is reduced by half
15. Add the roasted grouse bones used earlier in the recipe and infuse for 20 minutes. Strain and add salt to taste
16. Wash and roughly chop the spring onions, place in a pan with the whole milk and bring to the boil
17. Simmer for 5 minutes and cool in a bowl over ice. Blitz and pass the mixture, add the lecithin and salt to taste
18. Refrigerate and when ready to serve froth with a hand processor so a foam appears on top of the milk
19. Peel the girolles and blanch in an emulsion of garlic, thyme, butter and water. Use the bottom of a heavy saucepan to crack the cobnut shell. Peel off the nut membrane and cut the nut in two
20. Warm the grouse sauce and coat each bramble in the sauce before assembling on the plate with the grouse crowns. Finish the dish with wood sorrel and the foam from the top of the spring onion milk



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Mackerel with seaweed cracker

ADAM STOKES

 Main

 Challenging

 1 hour

 4

1. Remove the mackerel head and fillet the fish. Slice along the pin bones and remove all bones in one action. Marinade the two fillets flesh side down in a marinade of salt, sugar, coriander seeds and lime zest (being careful not to get any marinade on the mackerel skin). Cover and place in the fridge
2. After one hour remove and wash the fillets. Dust lightly with transglutaminase on flesh side only and roll both fillets together, flesh sides touching, into a cylinder shape wrapping in cling film. Blanch in boiling water for 45 seconds, plunge into ice cold water and refrigerate
3. Place all the seaweed cracker ingredients into a food processor and blitz into a paste. Place the paste into a vacuum packing bag unsealed and use a rolling pin to flatten into a sheet a few millimetres thick
4. Freeze the bag after which the paste can be cut into rectangles. Place the rectangles into a dehydrator for four hours at 57°C until dry

5. For the garlic and lemon purée, put the garlic cloves and lemon juice into a vacuum packing bag and seal. Place in a water bath for one hour at 90°C. Open the bag and blitz the mixture adding salt to taste. Pass the purée and place in the fridge
6. Take the egg yolks and place into a vacuum pack bag, seal and place into the water bath for 50 minutes at 65°C. Remove from the bath and pass the mixture into a piping bag (to prevent the egg from forming a skin). Leave the bag at room temperature
7. Peel and deseed the cucumber. Cut the flesh into small cubes, sprinkle with sea salt and freeze on a cling film tray for one hour. At this point the cells of the cucumber will have broken down. Rinse under cold water and refrigerate
8. Pipe the egg yolk purée onto the plate in small rounds. Assemble the cucumber, buckler leaf sorrel and chive flowers as shown in the picture. Drizzle the olive oil between the garnishes and the mackerel

INGREDIENTS

Ballotine of mackerel

- 1 mackerel
- 30g of salt
- 30g of sugar
- 4 pinches of coriander seeds
- 2 limes, zested
- transglutaminase for dusting

Seaweed cracker

- 90g of scallops
- 58g of tapioca starch
- 30ml of water
- 1/2 sheet of nori seaweed
- 1 dash of salt

Garlic and lemon purée

- 75g of garlic cloves, peeled
- 75ml of lemon juice

Egg yolk purée

- 120g of egg yolk
- 1 pinch of salt

To plate

- 1/4 cucumber
- extra virgin olive oil
- buckler sorrel
- 1 handful of chive flower
- 1 pinch of sea salt

EQUIPMENT

- Dehydrator
- Piping bag with a small plain nozzle
- Water bath



Duck with tamarind and cauliflower

STEVE DRAKE



Main



Challenging



3 hours 30 minutes + curing
and 12 hour sous vide



4

1. For the brine, bring a pot of water to the boil. Once boiling add the salt and stir to dissolve
2. In dry pan, toast the cinnamon, pepper, coriander and star anise. As soon as the spices begin to release a strong aroma, remove them from pan and add to the brine. Transfer the brine to a suitable container and set aside in the fridge
3. To separate the duck thighs from the leg, pull back the skin to expose the line of fat that lines the joint. Slice through the line of fat and into the cartilage, ensuring you leave as much skin intact as possible. Set aside the duck legs
4. Remove the bones from the thighs by running a small knife down alongside the thigh bone and gently underneath to release the whole bone. Stretch the skin around the thigh to cover all the flesh and tie with a needle and thread ensuring that all the flesh is covered
5. Submerge the thighs in the brine for 12 hours. Remove the thighs from the curing brine and wash thoroughly with cold water. Dab dry, vacuum seal and cook in a water bath at 62°C for 12 hours. Allow to cool in the water, remove and refrigerate until required

6. Pour enough rapeseed oil to cover the base of a large pan and place on a high heat. Place the duck legs in the pan and brown evenly all over. Place into a large, high-sided baking tray
7. Combine the wine, stock, garlic, bay, thyme, onion, carrot, and celery in a pot and bring to the boil. Once boiling, remove from the heat and pour the liquid over the duck legs, being sure that the legs are standing on their end and half of each leg is exposed
8. Heat the oven to 180°C/gas mark 4. Place the legs and bones in the oven for 2 hours
9. After 1 hour of cooking, remove the duck bones and set aside. Leave the duck legs in to continue braising
10. For the duck sauce, pour enough rapeseed oil to cover the base of a large saucepan and place on a high heat. As soon as the pan begins to smoke, add the shallots, carrot, celery, garlic and thyme and cook until the ingredients are a dark golden brown colour

INGREDIENTS

Duck thigh

- 6 duck legs, including thigh
- 25g of pink salt
- 25g of salt
- 1/4 cinnamon stick
- 5 black peppercorns
- 5 coriander seeds
- 1 star anise
- 500ml of water

Duck leg braise

- 325ml of red wine
- 325ml of brown chicken stock
- 3 garlic cloves, bruised
- 1 bay leaf
- 1 sprig of fresh thyme
- 1/2 large onion, large dice
- 1/2 carrot, large dice
- 1/2 celery stick, large dice

Duck sauce

- 1kg of duck bones
- 125g of shallots, medium dice
- 125g of carrots, medium dice
- 50g of celery, medium dice
- 1/2 head of garlic, bruised
- 1 sprig of fresh thyme
- 100ml of white wine
- 1l of brown chicken stock
- 5 black peppercorns
- 5 coriander seeds

Tamarind glaze

- 230g of tamarind paste
- 105g of brown sugar
- 105ml of red wine vinegar
- 105ml of white chicken stock

Garnish

- 500g of spinach, picked and washed
- 2 cauliflowers
- rapeseed oil
- butter
- 1 handful of lemon cress

EQUIPMENT

- Water bath
- Sous vide bags
- Mandolin



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Duck with tamarind and cauliflower

STEVE DRAKE



Main



Challenging



3 hours 30 minutes + curing
and 12 hour sous vide



4

11. Turn down to a medium heat, add the wine and reduce until almost dry. Once dry, add the browned bones, brown chicken stock, peppercorns and coriander seeds and reduce to 250ml. Pour through a fine strainer and season to taste with salt

12. For the tamarind glaze, whisk together the paste, brown sugar, vinegar and white chicken stock. Place into a small saucepan, bring to a simmer and reduce to 200ml. Set aside until required

13. For the cauliflower, remove the stalks and cut into medium sized florets. Reserve 3 florets of cauliflower for the raw garnish. Drop into salted boiling water for 1 minute, strain and refresh in ice cold water

14. Place a pan on a medium-high heat and add enough rapeseed oil to cover the base of the pan. As soon as the pan begins to smoke, add the drained florets and cook until a dark golden colour. Remove from the pan, season with salt and set aside until required

15. Now, remove the thighs from the sous vide bags and the legs from the braising liquid. Toss gently in the tamarind glaze and place into the oven at 180°C/gas mark 4 for the last 25 minutes of brasing time. After 15 minutes add the cauliflower into the oven

16. Meanwhile, place a large knob of butter in a medium sized pan on a medium heat. As soon as the butter begins to foam add the spinach and a pinch of salt. Cook until all the spinach has wilted and leave in the pan

17. Heat the duck sauce to a simmer, remove the duck and cauliflower from the oven and cut away the string from the thigh

18. To plate, place a bed of spinach into the middle of each plate, slice the thigh in half and place the leg on the spinach, supported by the thigh. Arrange the cauliflower around the duck and thinly shave the raw cauliflower to add to the duck. Spoon over the sauce, add a couple of sprigs of lemon cress and serve immediately



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Roasted Scotch langoustines, oyster purée, celery, and horseradish

ADAM SIMMONDS



Starter



Challenging



1 hour 15 minutes + cooling



4

1. To prepare the celery, peel and wash the celery making sure that you remove all the strings. Cut into thin slices. Place into a vac-pac bag, add the celery essence and seal
2. For the horseradish foam, bring the cream and milk up to boil, remove from the stove, add the grated horseradish and allow to cool
3. Then pass through a sieve, taste and season. Place into $\frac{1}{2}$ litre siphon, turn upside down and charge once
4. Bring a pan of water to the boil, then blanch the langoustines for five seconds. Refresh in iced water. Drain and remove the shells by pinching them from top to bottom then peel the shell away from the flesh. Place a frying pan onto the stove, add the oil and fry the langoustines without colour. Season and drain

5. For the oyster purée, place the oysters and parsley into a blender and whizz. Add the oil slowly to emulsify as for mayonnaise. If too thick add some oyster juice. Taste and season with lemon juice. Place into a piping bag
6. To serve, dot the oyster purée and celery purée on the plate. Add the slices of oyster and the langoustines. Slices of celery are then placed on and around the langoustine. Emit the foam from the siphon in neat droplets onto the plate. Garnish with micro celery leaves

INGREDIENTS

Langoustines

- 20 langoustines, head, tail and etralia pipe removed
- 5ml of olive oil

Oyster purée

- 100g of oysters, opened and rinsed
- 18g of flat-leaf parsley, rinsed and roughly chopped
- 100ml of grapeseed oil
- 1 lemon, juiced

Oysters

- 2 oysters

Celery gel

- 180g of celery stick
- 8g of Ultratex
- salt

Celery slice

- 20g of celery, sliced
- 15ml of celery essence

Horseradish foam

- 200ml of whipping cream
- 100ml of milk
- 11g of horseradish, grated
- salt

To plate

- 1 handful of micro celery leaves

EQUIPMENT

- Siphon bottle or cream whipper
- Juicer and blender
- Piping bag 1-2cm nozzle
- Charges
- vac-pac bags



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Monkfish wrapped in Parma ham, with red wine jus, lemon sabayon and cockles

CHRIS HORRIDGE

 Main

 Medium

 1 hour 30 minutes

 4

1. Begin this monkfish recipe by starting with the red wine jus. Boil the red wine to 200ml to reduce. Lightly colour the sliced shallots in 25g of butter, then add 175g of sliced mushrooms and continue to colour until golden. Do not over caramelise. Heat both the stocks to boiling in a separate pan. Boil the vinegar for 5 minutes in another pan

2. Add the boiled vinegar to the cooked mushrooms and add another 75g of sliced mushrooms and the reduced red wine. Bring to the boil, skimming off any scum, and cook for 20 minutes. Pass through a chinois back into a pan

3. Bring to the red wine jus to the boil and reduce quickly to a thin sauce consistency. Then add the remaining mushrooms and cream

4. Add the seasoning, tarragon and sugar and red wine essence. Pass through the fine chinois

5. Tidy up the monkfish tail by using a very sharp filleting knife to slice off the discoloured outer part of the fillets. Pat the fillets dry

6. Lay out the Parma ham overlapping the slices. Place the monkfish tail on the centre and roll the Parma ham around it. Tightly wrap in clingfilm to make a cylinder

7. Put the monkfish tail into a vac-pac bag, and cook sous vide in a water bath, set to 45°C, for 15 minutes. After 15 minutes, remove the fish from the bath and cut away the bag. Pat the fish dry with a cloth

8. For the sabayon, combine the egg yolks and water in bowl. Whisk with a balloon whisk over a bain-marie set to 90°C or a pan of simmering water

9. Take off the heat, then continue whisking until it reaches 70°C, it should be light and fluffy. Whisk in the butter gradually to stop it splitting. Season first with salt then lemon juice

INGREDIENTS

Monkfish wrapped in Parma ham

- 1 monkfish tail, skinned and filleted
- 200g of Parma ham
- 10g of butter

Lemon sabayon

- 3 egg yolks
- 50ml of water
- 70g of butter, melted
- 1 pinch of salt
- 1 lemon, juiced

Cockles

- 80g of cockles, cleaned
- 1 garlic clove, finely sliced
- 20ml of white wine
- 5g of shallots, finely sliced
- 5ml of oil
- 1 pinch of salt
- 10g of crème fraîche

Red wine jus

- 750ml of Cabernet Sauvignon red wine
- 125g of shallots, finely sliced
- 50g of butter
- 325g of button mushrooms, finely sliced
- 250ml of brown chicken stock, boiled
- 250ml of white chicken stock, boiled
- 20ml of whipping cream
- 1 pinch of black pepper
- 1.5g of tarragon
- 1 pinch of sugar
- 10ml of red wine essence

EQUIPMENT

- Sugar thermometer
- Water bath

Monkfish wrapped in Parma ham, with red wine jus, lemon sabayon and cockles

CHRIS HORRIDGE

 Main

 Medium

 1 hour 30 minutes

 4

10. Place a knob of butter into a frying pan and quickly colour the outside of the Parma ham. Remove from the pan and place on a plate with all the pan juices

11. Place sliced garlic, chopped shallot, oil, and salt in a pan and sweat gently until softened but not coloured. Add the cockles, crème fraîche and wine. Cook for exactly 1 minute on a high heat with a lid on

12. To plate, cut the monkfish wrapped in Parma ham into portions and place a piece in the centre of each plate. Spoon around some of the red wine sauce. Place some of the cockles around and then spoon over the lemon sabayon



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Fillet of Scottish beef with slow-cooked shoulder and marrow dumplings

PHIL CARNEGIE

Main

Medium

1 hour 30 minutes + marinating & water bath

4

1. Marinade the feather blade in the red wine, port, vegetables, bay leaves and peppercorns for 5 days
2. After 5 days take out the feather blade and dry. Season the feather blade with salt and pepper and quickly brown all over in a frying pan
3. Drain the marinade through a sieve and pour the liquid into a saucepan. Add the vinegar and bring to the boil. Place the feather blade with some of the marinade into a vac pack and place into a water bath for 60 hours at 60°C
4. Boil the rest of the marinade until reduced by half then add the veal stock and reduce by a third
5. To make the bone marrow dumplings, melt the bone marrow in a pan, then cool. Whisk in the egg yolks and parsley. Season with salt, pepper and nutmeg then add the breadcrumbs
6. Bring the chicken stock up to the boil, then reduce to a simmer. Roll the bone marrow mixture into balls and poach in the chicken stock for 5 minutes
7. Heat a frying pan and add a little oil. Season the tournedos and seal in the hot oil then add the 150g of butter and fry until cooked to your liking
8. For the watercress purée, bring a saucepan of salted water up to a boil, then add the watercress and cover the pan with a lid. When the watercress is cooked, drain it well, then refresh under cold water.
9. Blend the watercress in a food processor with two tablespoons of water. Scrape a spatula down the insides of the food processor then blend again until the mixture forms a smooth purée. Season, to taste, with salt and freshly ground black pepper
10. To make the red wine jus, heat a saucepan over a low heat. Squash the garlic cloves and drop them into the pan along with the wine and the rosemary. Allow to simmer over a medium heat until the liquid has reduced by half.

INGREDIENTS

Feather blade

- 4 90g tournedos of Aberdeen Angus beef
- oil
- 150g of butter
- 1600g feather blade of beef
- 1l of red wine
- 200ml of port
- 2 bay leaves
- 10 peppercorns
- 200g of shallots
- 100g of mushrooms, halved
- 50g of celery, chopped
- 50g of carrots, peeled and chopped
- 2 tbsp of red wine vinegar
- 800ml of veal stock

Marrow dumplings

- 50g of bone marrow
- 2 egg yolks
- 10g of parsley, chopped
- 50g of breadcrumbs
- 1l of chicken stock
- salt
- pepper
- nutmeg

Watercress purée

- 140g of watercress
- 2 tbsp of water
- salt
- black pepper

Beef and red wine jus

- 250ml of red wine
- 125ml of beef stock
- 125ml of chicken stock
- 2 garlic cloves
- 1 sprig of rosemary

To plate

- 1 handful of baby onions
- 1 handful of watercress
- 1 handful of carrots

EQUIPMENT

- Water bath
- Vac pac machine

Fillet of Scottish beef with slow-cooked shoulder and marrow dumplings

PHIL CARNEGIE



Main



Medium



1 hour 30 minutes +
marinating & water bath



4

11. Give it a swirl around the pan every 10 minutes to combine. Once reduced, pour in the beef and chicken stocks. Reduce by half again. Strain through a fine sieve

12. Gently blanch the onions and carrots in boiling salted water until tender, then transfer to a pan of foaming hot butter. Toss for a few minutes and set aside until needed

13. To plate, spoon a generous helping of watercress purée onto the plate, and position the meat on top. Stack the carrots on top of one piece of meat, and position the onions and dumplings to the side. Spoon over a generous helping of the jus and serve



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Oven roasted squab pigeon with braised crispy leg and foie gras hollandaise

ROBERT THOMPSON

 Main

 Challenging



1 hour 40 minutes + cooking of the legs in waterbath

 4

1. First prepare the pigeon. Remove the entire bone from one leg and just the thighbone from the other. Repeat with all four birds
2. Sweat the shallot and dried thyme in a little oil and butter until soft. In a bowl combine the chopped hearts and livers with the meat from the completely boned legs, also chopped
3. Add the sweated shallots and Dijon mustard to the meat mixture. Place the mixture in a piping bag and then lay out the 4 remaining leg pieces
4. Pipe a line of the mixture down the centre of each leg and then roll up in cling film to form a long sausage with the leg bone at one end. Place each sausage in a vac pac and place in a water bath for 4 hours at 82°C. Remove from the water bath and allow to cool
5. When firm, remove from the cling film and roll in flour, beaten egg and Panko breadcrumbs
6. For the hollandaise, dice the terrine foie gras and sauté in a hot pan, add the diced butter and heat until melted. Place the pan somewhere where it will stay hot until all of the foie gras fat has dissolved into the butter
7. Strain the fat and allow to settle before separating slowly. Reserve the clarified fat

8. Whisk the egg yolks, sherry vinegar and 1 tablespoon of hot water in a heatproof bowl over a pan of simmering water
9. Once the yolks have thickened, slowly add the foie gras fat. Continue whisking until all the fat has been added. Season
10. Preheat the oven to 190°C/Gas mark 5. Season the pigeon and then colour lightly in a pan with a little oil and butter on all sides. Cook the bird in the oven for 8-12 minutes
11. Slice each piece of the high grade foie gras into 3 pieces using a hot knife. Season lightly and then sauté in a hot pan until softened
12. Shallow fry the breadcrumbed legs until golden and crispy and then carve the breasts off the carcass
13. Serve the pigeon with the foie gras hollandaise, wilted rainbow chard leaves as well as small shallots and grapes, which can be cooked in red wine if desired

INGREDIENTS

Squab pigeon

- 4 squab pigeons, head and feet removed, legs removed for boning, heart and liver removed and chopped
- 1 banana shallot, peeled and finely chopped
- 1 tsp of thyme, finely chopped
- oil
- 1 tsp of Dijon mustard
- 4 slices of foie gras
- plain flour
- 2 eggs, beaten
- 80g of Panko breadcrumbs
- 1 knob of butter
- salt
- black pepper

Foie gras hollandaise

- 150g of terrine grade foie gras

- 150g of unsalted butter
- 3 egg yolks
- 1 tbsp of sherry vinegar
- 1 pinch of cayenne pepper

To plate

- 1 handful of rainbow chard, wilted
- 1 shallot
- 1 handful of grapes, cooked in red wine

EQUIPMENT

- Piping bag with medium nozzle
- Water bath



Bishopstoke Farm lamb, escabeche of vegetables and cheese on toast

LUKE HOLDER



Main



Medium



25 hours



4

1. For the lamb belly, salt the lamb belly in a mix of thyme and rock salt for 4 hours
2. Heat the oven to 160°C/Gas mark 3
3. Wash the lamb then put in an ovenproof dish and cover with duck fat. Cook for 2 hours 30 minutes
4. Cool until you can handle the meat. Roll up tightly then wrap in cling film while warm and put in the fridge to chill and set
5. For the lamb shoulder, heat the oven to 140°C/Gas mark 1
6. Season the lamb shoulder well and colour all over in a hot pan
7. Sweat off the vegetables in a little oil in the same pan and deglaze with a little white wine
8. Place the sealed lamb and vegetables into an oven proof dish and cover with chicken stock
9. Braise for 2 hours 30 minutes
10. Allow to cool at room temperature then roll the shoulder in cling film and chill

11. For the courgettes, blanch the courgette for 5 minutes in salted boiling water
12. Remove and blend in a blender for 5 minutes then pass through a fine sieve and chill
13. For the beetroot, peel and vac-pac the beetroot with a little olive oil and thyme, and steam for 18 minutes. Allow to cool at room temperature
14. Put the vinegar and sugar in a pan, heat until the sugar dissolves then reduce to half its original volume. Pickle the beetroot in the Cabernet Sauvignon vinegar and sugar for 24 hours
15. For the artichokes, peel the outside leaves off the artichoke hearts and hold the artichokes with the head pointing out, use a sharp knife to “turn down” and remove the green skin on the outside of the artichoke then place in water with lemon
16. Once all the “turning” is complete chop the tops off the artichokes to just above the hard area. Using a melon baller cut out the “choke”

INGREDIENTS

Short saddle of lamb

- 1 short saddle of lamb, boned out and trimmed with fat left on the top side
- 1 tbsp of oil

Confit lamb belly

- 1kg of lamb belly
- 80g of rock salt
- 1 bunch of thyme
- 2kg of duck fat

Braised lamb shoulder

- 500g of bone and rolled lamb shoulder
- 3 carrots, diced
- 1 leek, diced
- 2 onions, diced
- 1 head of celery, diced
- 1 bulb of garlic, halved
- 1 bay leaf
- 1 bunch of thyme
- 500ml of chicken stock
- 1 dash of white wine

Courgette purée

- 500g of courgette, deseeded

Beetroot

- 500g of beetroot
- 2 sprigs of fresh thyme
- olive oil
- 200g of caster sugar
- 200ml of Cabernet Sauvignon vinegar

Artichoke barigoule

- 1kg of artichoke
- 60ml of white wine vinegar
- 2 bay leaves
- 3 carrots, sliced
- 2 celery sticks, sliced
- 2 shallots, sliced
- 300ml of chicken stock
- 100ml of olive oil
- 3g of rock salt
- 15g of thyme
- 40g of garlic

Saffron pickle

- 3g of saffron
- 300g of baby carrots
- 400ml of white wine vinegar
- 100ml of water
- 2 green cardamom pods
- 2 star anise
- 2 bay leaves
- 1 pinch of fennel seeds
- 2 pink peppercorns
- 2 cloves
- 100g of caster sugar
- 2 sprigs of thyme

Continued on next page...

Bishopstoke Farm lamb, escabeche of vegetables and cheese on toast

LUKE HOLDER



Main



Medium



25 hours



4

17. Put the artichoke in a vac pac bag with all the other ingredients. Give it a full vacuum and steam for 23 minutes. Chill as quickly as you can
18. To make the saffron pickle, put all the ingredients in a pan, heat gently then boil and reduce by half
19. Wash the carrots and blanch in seasoned boiling water for 2.5 minutes. Whilst hot, vac-pac with the hot saffron pickle
20. For the saddle, vac-pac the now trimmed saddles with a little olive oil and thyme and cook in a water bath set at 53°C for 15 minutes
21. Remove from the bag, pat dry and, fat side down, crisp up the fat then quickly seal the other side in hot butter. Leave to rest for 10 minutes then serve
22. Heat the oven to 220°C/Gas mark 7
23. Rub the saddle all over with a little oil and season. Roast for 15 minutes then turn the oven down to 160°C/Gas mark 3 and cook for another 20 minutes. Rest for 10 minutes
24. For the cheese on toast, blend all the ingredients together and place in a piping bag
25. Slice the bread. Spread the cheese mix onto the bread and grill
26. Arrange the elements in the middle of a serving plate and top with the cheese on toast

INGREDIENTS CONTINUED

Cheese on toast

- 50g of Nanny Bloo cheese
- 50g of Rosary Farm goats cheese
- 50g of Pyramid Ash goat's cheese
- 10g of garlic
- 1 lemon, zested
- 3g of thyme
- 2g of rosemary
- 1 loaf of crusty bread

EQUIPMENT

- Steam oven
- Fine sieve
- Blender
- Butcher's string
- Vac pac maker
- Water bath



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Trotter Cromesquis

ADAM STOKES



Starter



Challenging



25 minutes + 16 hour
sous-vide, chilling time



4

1. Take the whole trotters and seal in a vacuum packing bag with beef stock, lemon grass, garlic and thyme. Cook in a water bath at 71.5°C for 16 hours
2. Open the bag and take the trotter out of the bag being careful to reserve the liquor. Remove the trotter skin and slice into Julienne strips
3. Finely dice the carrot and celery, add to the trotter slices in a bowl. Add 150ml of the reserved cooking liquor and season with lemon and salt. Store in a half gallon tub in the fridge- the natural gelatine in the meat will set the mixture

4. Turn the mixture out onto a board and cut into cubes, roll in flour, dip in egg wash, then into breadcrumbs. Repeat the flour, egg, crumb cycle then refrigerate uncovered overnight
5. Remove the cubes from the fridge and deep-fry at 180°C for 3 minutes or until golden brown. Serve with crusty bread and black pudding

INGREDIENTS

- 4 pig's trotters
- 100ml of beef stock
- 4 lemon grass sticks
- 8 garlic cloves
- 4 sprigs of thyme
- 2 carrots
- 2 celery sticks
- lemon juice
- salt
- 2 egg yolks
- flour
- 50g of breadcrumbs
- vegetable oil, for deep frying

EQUIPMENT

- Sous vide bags
- Deep fat fryer
- Water bath



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Roast chicken breast with sage and onion pudding

SEAN HOPE

 Main

 Challenging

 2 hours

 4

1. For the sage and onion stuffing, place a large frying pan over a medium heat. Add a small drizzle of rapeseed oil and knob of butter to the pan and gently fry the onion and garlic until soft
2. Continue to cook until golden brown, then deglaze with the sherry vinegar and reduce until almost dry. Add the honey and fresh chopped sage, season to taste. Remove from the heat and allow to cool
3. For the suet dough, place the flour, suet, salt and pepper into a large bowl and gradually add the water and mix into a dough until it comes together. Place in the fridge to rest for 10 minutes
4. Roll out the dough on a lightly floured surface to a thickness of 2mm. Line 4 greased (180ml capacity) dariole moulds. Line each mould with the pastry, leaving enough dough to allow for the filling
5. Once the filling is cool enough, pack the lined moulds with the sage and onion mix, seal the pudding with a rolled out piece of suet pastry

6. Use 4 square pieces of foil to encase the pudding in the moulds. Steam for 35 minutes. Remove the puddings from the steamer and allow to stand for 10 minutes before turning out and serving
7. For the Madeira gravy, heat a little rapeseed oil in a small saucepan over a medium heat. Gently cook the shallot and garlic until soft and lightly golden
8. Add the thyme, brown chicken stock and beef jus and bring to the boil. Turn down to a simmer and reduce by half. Add the Madeira, remove from the heat, strain and set aside until required
9. For the confit shallots, combine all the ingredients in a vacuum bag and cook at 91°C for 35 minutes. Allow to cool in iced water before removing from the pouch. Cut in half length ways and sear in a hot frying pan, flat side down, until golden brown
10. For the confit chorizo, cut the chorizos in half and place into a saucepan with the cider, rapeseed oil and bay leaf. Bring up to the boil, reduce to a simmer and cook slowly for 20 minutes

INGREDIENTS

Roast chicken breast

- 4 chicken breasts, boneless skin on
- 1 sprig of fresh thyme
- 1 garlic clove, crushed
- 1 knob of butter
- salt

Suet dough

- 225g of plain flour
- 100g of suet
- ice cold water
- salt
- pepper

Sage and onion filling

- 2 onions, finely diced
- 1 garlic clove, finely diced
- 1 tbsp of sage, finely chopped
- 2 tbsp of sherry vinegar
- 1 tsp of clear honey

Madeira gravy

- 1 banana shallot, finely diced
- 1 garlic clove, finely diced
- 1 knob of butter
- 1 sprig of fresh thyme
- 300ml of brown chicken stock
- 100ml of beef jus
- 150ml of Madeira

Confit shallots

- 2 banana shallots, peeled
- 1 sprig of fresh thyme
- 1 tsp of clear honey
- 1 tbsp of sherry vinegar
- 4 tbsp of rapeseed oil

Confit chorizo

- 8 uncooked chorizo, small sausages
- 250ml of cider
- 250ml of rapeseed oil
- 1 bay leaf

Chestnut mushrooms

- 12 chestnut mushrooms, trimmed
- 40g of butter
- 1 tsp of chopped thyme
- 1 garlic clove, crushed
- 1 dash of Worcestershire sauce

Broccoli

- 8 purple sprouting broccoli or long stem

EQUIPMENT

- Vac pac maker
- Water bath
- Dariole moulds
- Sous vide bags
- Fine strainer

Roast chicken breast with sage and onion pudding

SEAN HOPE



Main



Challenging



2 hours



4

11. Bring a large pot of salted water to the boil. Preheat the oven to 190°C/gas mark 5. Heat a large frying pan over a medium-high heat and add a drizzle of rapeseed oil
12. Add the butter and when it starts to foam - add the garlic and thyme to infuse. Place the chicken breasts into the pan, skin-side down, and seal until golden brown. Season with salt and pepper and turn. Cook until you achieve the same colour on the other side
13. Place the chicken into the oven for 6 minutes. Remove and allow to rest for a further 6 minutes before slicing and serving

14. Meanwhile, cut the chestnut mushrooms in half and roast in foaming butter with thyme and a crushed garlic clove. Once soft and golden brown, strain off the excess fat from the pan and deglaze with a splash of Worcestershire sauce
15. Bring a large pot of water to the boil. Cook the broccoli in the boiling water for 2 1/2 minutes. Reheat all the other elements of the dish and dish up onto plates. Serve with the gravy on the side



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Beef fillet, watercress and nasturtium purée, bone marrow and red wine

ADAM SIMMONDS

 Main

 Challenging

 2 hours

 4

1. For the watercress and nasturtium purée, place a suitable sized pan on the stove and allow to get hot. Pick the watercress from the stalks, put into a bowl and add the nasturtiums
2. Add the diced butter and water to the watercress, then pour into the hot pan, add a pinch of salt, and cook for around 2 minutes. When cooked, add 400g of ice
3. Drain and place in a blender, and blend until smooth. Check the seasoning. Place in an ice cream maker and freeze. Churn once. Re-freeze then churn again
4. Trim the beef fillet so that it is the same thickness all along. Cut it in half lengthways, wrap in clingfilm and allow to set in the fridge, then portion evenly
5. Place into vacpac bags with the seasoned chicken stock, then seal and cook in a water bath at 62°C until the core temperature reaches 52°C, which should take about 20 minutes depending on the beef
6. Allow to rest, then seal the beef all over in foaming butter. Rest and slice into four

7. For the bone marrow, push the bone marrow out of the bone, then place into a container with some seasoned water. Cover and keep in the water for 20 minutes
8. Remove from the water and slice into $\frac{1}{2}\text{cm}$ slices. Add the 2% salt and smoke powder to some water. Warm the smoked water to 70°C. Place the sliced bone marrow into the water and cook. Remove, drain and season with Fleur de Sel
9. To make the red wine jus, pour the wine into a pan and reduce until it is 185ml. Place a pan onto the stove and allow to get hot, then add the butter and shallots and cook until they start to caramelise
10. When they turn a light golden brown, add the 125g of button mushrooms and continue to cook until they go crispy. Drain in a colander
11. In a clean pan, add the chicken stocks, cream and reduced red wine. Place onto the stove and bring to the boil and add the mushroom mixture. Cook for twenty minutes, then pass through a fine sieve and place into a clean pan

INGREDIENTS

Beef fillet

- 1.2kg beef fillet, hung for 28 days and sinew removed
- 200ml of chicken stock, seasoned
- 75g of butter

Watercress and nasturtium purée

- 300g of watercress
- 200ml of water
- 70g of butter, diced
- 15g of nasturtium leaves
- 3g of salt
- 400g of ice

Red wine jus

- 20 pieces of bone marrow
- 125ml of water
- 1 pinch of 2% salt
- 1 pinch of 15% smoke powder
- 1 pinch of sea salt
- 525ml of red wine
- 50g of butter
- 62g of shallots
- 125g of button mushrooms, finely sliced
- 160ml of brown chicken stock
- 87ml of white chicken stock
- 50ml of whipping cream, whipped
- 37g of button mushrooms
- black pepper, finely crushed
- 1 bunch of tarragon
- sugar
- salt

Roasted ceps

- 6 cep mushrooms, sliced into 20 pieces
- 20g of unsalted butter
- salt
- 1/2 lemon, squeezed

Roasted onions

- 10 grelot onions, outer leaves removed and cut in two lengthways
- 8ml of grapeseed oil
- 20g of butter
- salt
- pepper

Beef fillet, watercress and nasturtium purée, bone marrow and red wine

ADAM SIMMONDS



Main



Challenging



2 hours



4

12. Bring to the boil, add the 37g of mushrooms and reduce a little further until the right consistency. Remove from the heat, add the tarragon, black pepper and sugar, taste and adjust if necessary

13. For the roasted ceps, place a pan on the stove and when hot, add the butter. When it is foaming, add the ceps and allow to colour. Then turn, and colour on the reverse, season and add squeeze of lemon juice. Drain

14. For the roasted onions, place the grape-seed oil in a suitable sized pan and place on the stove. Add the onions and allow to colour, then add the butter a little at a time

15. When the colour has been achieved, turn over and continue to cook on the other side. Season. Remove and drain

16. To make the quinoa, toast the quinoa in a frying pan until golden brown. Put the quinoa in a chinois and rinse under cold water. Put the water into a suitable sized pan and add the salt, place onto the stove and bring to the boil

17. Rinse in the quinoa and bring back to the boil. Reduce the heat to a simmer. Continue to cook until it becomes tender and the water has been absorbed - about 15 minutes. Once cooked, cover the clingfilm and allow to cool

18. When you are ready to use, reheat in a pan. Chop the truffle finely, add the truffle oil and stir into the quinoa

19. To serve, create an oval with the watercress purée, and scatter the toasted quinoa over it. Lay the sliced beef fillet to the right then arrange the remaining garnish over and around the dish

20. Finish with sliced truffle and 5 micro nasturtium leaves per plate

INGREDIENTS CONTINUED

Toasted quinoa

- 47g of quinoa
- 110ml of water
- 0.5g of salt
- 6 truffles
- 1ml of truffle oil

To serve

- 20 macro nasturtium leaves

EQUIPMENT

- Water bath
- Blender
- Ice cream maker
- Fine sieve



Poached loin of veal, Brussels sprout choucroute, silver skins, sea purslane, sage velouté and jerez jus

MICHAEL WIGNALL

 Main

 Medium

 5 hours overnight chilling

 4

1. For the veal, trim the loin of fat and sinew, reserving the trimmings for the veal jus. Portion into 8 x 100g pieces
2. For the chicken jus, in a large heavy-based stock pan, colour the chicken necks and wings in the olive oil to golden brown
3. Cover with cold water and bring to the boil. Skim off impurities. Add the vegetables, aromatics and alcohol
4. Simmer on a medium heat for 1 hour, skimming every 10 minutes. Pass the stock through muslin cloth and reduce for another 30 minutes until the liquid lightly coats the back of a spoon
5. Transfer into a large container and refrigerate overnight. The stock will set. Reserve 400ml of chicken jus for the jerez jus
6. For the veal jus, brown the veal trimmings in a medium heavy-based pan until golden in colour
7. Drain off the fat and wipe out the pan. Scrape any fat from the surface of the set chicken jus and melt the stock in the clean pan

8. Add the browned veal trimmings and reduce until the sauce is thick and easily coats the back of a spoon
9. Pass through a fine sieve and then a muslin cloth. Keep refrigerated until serving
10. For the veal, put each portion in a separate vac pac bag and vacuum to 60 melabites, with a tablespoon of veal jus in each bag. Poach at 58°C for 32 minutes
11. For the silverskins, peel the onions and cook in boiling salted water for 3 1/2 minutes. Refresh in ice water
12. Cut in half and trim off the root to make petals of onion. Keep refrigerated until serving
13. For the Brussels sprouts reduction, combine the wine, vinegar and aromatics in a medium heavy-based pan and reduce to a syrup. Reserve until ready to serve

INGREDIENTS

Veal

- 1 900g veal fillet

Brussels sprouts

- 300ml of Alsace wine

- 300ml of chardonnay vinegar

- 1 bay leaf

- 2 sprigs of fresh thyme

- 1 bong pepper

Choucroute

- 1 tbsp of duck fat

- 200g of Alsace bacon, brunoise

- 2 carrots, peeled and brunoise

- 1/2 celeriac, peeled and brunoise

- 16 Brussels sprouts, chiffonade

Silver skins

- 8 silver skin onions

- 100g of unsalted butter

Sage velouté

- 10ml of olive oil

- 1 shallot, sliced

- 1 sprig fresh rosemary, roughly chopped

- 5 sprigs of sage, roughly chopped

- 10g of unsalted butter

- 500ml of chicken stock

- 100ml of whipping cream

- 1 tsp of soya lecithin

- 1/2 lemon, juiced

- 1 pinch of salt

Silver skins

- 8 silver skin onions

- 100g of unsalted butter

Girolles and sea purslane

- 400g of sea purslane

- 100g of girolles mushrooms

- 20g of unsalted butter

- 1 pinch of salt

Poached loin of veal, Brussels sprout choucroute, silver skins, sea purslane, sage velouté and jerez jus

MICHAEL WIGNALL



Main



Medium



5 hours overnight chilling



4

14. For the choucroute, in a large heavy-based pan, heat the duck fat. Fry the diced bacon until crisp. Then sweat the brunoised root vegetables until soft but with no colour
15. Add and sweat the sprouts. Season and keep refrigerated until serving
16. For the purslane and girolles, pick the purslane from its stalks and keep refrigerated and covered with damp paper until serving
17. Using a damp j-cloth, wipe any dirt from the girolles. With a small sharp knife, scrape the outer layer from the stalk and trim. Keep in a dry container in the fridge until serving
18. For the jerez juice, in a medium heavy-based pan, reduce the alcohol, herbs and shallot to 100ml. Add the chicken jus and reduce to 250ml. Pass through a muslin cloth. Keep refrigerated until serving
19. For the sage velouté, sweat the shallot in olive oil for 1 minute. Add the sage. Add the chicken stock, and simmer for 4 minutes. Add the cream, and simmer for 1 minute. Add the salt and lemon
20. Pass through strainer into a liquidizer. Blend with the lecithin for 1 minute. Check the seasoning. Keep refrigerated until serving
21. To assemble the dish, lay out 8 plates. Gently heat the choucroute in a medium pan. Add the reduction, and cook for 1 minute
22. Adjust the seasoning if necessary then drain onto a cloth. Divide the mixture into 8 and spoon onto the centre of each plate
23. Remove the cooked veal from the bag. Slice each portion into two rounds. Glaze with the reserved, warm veal jus and place on the Brussels sprout choucroute
24. Lay the onion shells cut-side down in a warm non-stick pan. Bring to a warm temperature and cook until golden. Baste with foaming butter, season and drain on a cloth
25. Place 4-5 shells, coloured-side up around the veal
26. Melt the butter in a hot pan until foaming. Add the girolles and sea purslane and toss for 20 seconds. Season then drain onto a cloth. Sprinkle around the plate
27. Gently heat the jerez jus and sauce
28. Finally heat the velouté in a small pan to 62°C. Blitz with a hand blender. Take a spoonful of bubbles from the top and place over the dish. Serve immediately

INGREDIENTS CONTINUED

Jerez jus

- 100ml of red wine
- 100ml of ruby port
- 90ml of Jerez vinegar
- 100ml of Cabernet Sauvignon vinegar
- 1 bunch of sage, blanched and chopped
- 1 shallot, blanched and chopped

Chicken jus

- 2.5kg of chicken neck
- 2.5kg of chicken wings
- 1 tbsp of olive oil
- 2 onions, roughly chopped
- 2 carrots, roughly chopped
- 1 leek, washed and roughly chopped
- 2 celery sticks, washed and roughly chopped
- 8 garlic cloves, roughly chopped
- 20 white peppercorns
- 2 sprigs of fresh thyme
- 2 bay leaves
- 200ml of brandy
- 200ml of white wine

EQUIPMENT

- Water bath
- Sugar thermometer
- Muslin cloth
- Liquidiser
- Vac pac maker
- 8 medium Vac pac bags



Ham hock, pea and mint salad

COLIN MCGURRAN

 Main

 Challenging

 3 hours 40 minutes plus soaking time

 8

1. Start by preparing the hock. Soak the ham in cold water for 8 hours
2. Place the ham hock, thyme and star-anise in a vac pac and cook in a water bath for 8 hours at 85°C
3. Once cooked, remove from the bag, taking care not to spill the liquid and set aside. Once cooled take the meat off the bone (saving the skin for the crackling) and mix with 8 teaspoons of the cooking stock left in the vac pac bags. Reserve 100ml of the cooking liquid for the ham jelly and 50ml for the ham espuma
4. Roll out a large piece of cling film on a work surface. Lay the mixture out in a line on top of the cling film and tightly roll to create a ballotine, twisting the ends when firmly wrapped. Leave to set in the fridge overnight
5. To pickle the shallots, bring all ingredients apart from the shallots to the boil in a pan, remove from the heat and allow to cool. Slice shallots into thin rings and separate into individual rings. Soak the shallots for 24 hours in the solution and refrigerate
6. For the jelly, pass the 100ml of reserved ham hock cooking juices through a muslin cloth into a tray and keep in the fridge until set. The natural proteins from the hock will set the jelly without any additional setting agents
7. Once set, carefully dice into perfect squares and keep in containers until needed
8. For the crackling, removed as much fat from the reserved ham hock skin as possible and dehydrate the skin in a 65°C oven for 2 hours or more if necessary. Set aside until ready to fry
9. For the black pudding cream, sauté all ingredients apart from the blood together in a pan over a medium heat for 5 minutes
10. Combine and mix with the blood and blend on a medium-high speed until it starts to thicken. Leave the machine running for 1 minute then empty into piping bag. Reserve in the fridge to cool
11. To start the ham espuma, thinly slice the bacon and caramelise the fat under the grill

INGREDIENTS

Ham hock

- 2 ham hocks
- 20g of thyme
- 4 star anise

Pickled shallots

- 100g of sugar
- 100ml of white wine vinegar
- 1 sprig of fresh thyme
- 1 sprig of rosemary
- 1 bay leaf
- 100g of banana shallot, peeled

Black pudding cream

- 130g of white onion
- 2g of madras curry powder
- 2g of turmeric
- 2g of ground ginger
- 1g of ground cumin
- 1g of ground nutmeg
- 2g of ground cinnamon
- 14g of garlic, blanched
- 10g of sea salt
- 3g of freshly ground black pepper
- 100g of unsalted butter
- 30g of Demerara sugar
- 100g of Granny Smith apple, diced

- 100ml of double cream
- 60g of sultanas, softened in water for 5 min
- 150g of pig's head, cooked
- 500ml of fresh pig blood

Ham espuma

- 200g of ham hock skin, cooked
- 200ml of milk
- 100ml of double cream
- 100g of smoked bacon

Pea purée

- 400g of frozen peas
- salt

Minted peas

- 250g of fresh peas in the pod

To serve

- 10g of pea shoots
- 10g of pea flowers
- 10g of fresh mint leaves
- 50g of green pea powder
- vegetable oil, for frying

Ham hock, pea and mint salad

COLIN MCGURRAN

EQUIPMENT

- Espuma gun
- Sous vide equipment
- Vitamix



Main



Challenging



3 hours 40 minutes plus
soaking time



8

12. Add the milk to a pan with the cooked ham skin, grilled bacon. Bring to the boil then simmer gently for 10 minutes, before leaving to infuse for a further 20 minutes
13. Pass the milk through a chinois and mix with the cream, then blitz in vitamix until smooth. Transfer to an espuma bottle and add 2 chargers
14. To mint the peas, shell the peas then combine with the mint and a small handful of the pickled shallots in a bowl. Set aside until ready to serve
15. For the purée, put the frozen peas through a vegetable juicer once, then repeat. Pass through a chinois and season with salt
16. When ready, cut 8 x 8cm portions of the ham hock and roll in the green pea powder. Slice each portion in half on the diagonal and set aside
17. Heat a deep fryer to 180°C and fry the dehydrated ham skin until golden and bubbly. Remove from the oil and drain on kitchen paper
18. Add a small mound of the minted peas to the middle of each serving plate. Follow with the crackling and slices of ham hock. Dot the pea purée around the plate and garnish with the shoots, flowers and mint leaves
18. Finish with the ham espuma a little extra pea powder and serve immediately



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Lamb sweetbreads with shiitake and peas

STEVE DRAKE



Starter



Challenging



2 hours plus 24 hours for soaking the sweetbreads



4

1. Submerge the sweetbreads in milk, cover and store in the refrigerator for 24 hours. This will help remove any excess blood and brighten the flesh
2. Remove the sweetbreads from the milk and rinse under cold water. Dab dry with kitchen towel, vacuum seal and poach in a water bath at 64°C for 30 minutes. Remove from the water bath and place directly into ice water for at least 15 minutes
3. Remove the sweetbreads from the bags and peel off the thin membrane, as this is chewy and undesirable. Place the sweetbreads on a tray lined with baking paper, cover with another piece of baking paper of similar size, place another tray on top and press in the refrigerator with a 4-5kg weight for 12 hours
4. For the pea square, boil the white stock with a pinch of sugar and salt. Add the peas, bring back to the boil and remove from the heat. Place in a blender and blitz until smooth, pass through a fine strainer
5. Pour the pea mix into a thermomix, add the agar and softened gelatine and bring up to 90°C at speed 3 and then adjust to maximum speed for 30 seconds. Pour and spread the mix evenly onto a flat tray lined with cling film. Place in the refrigerator until set and cut into 9 x 9cm squares. Set aside in the refrigerator until required
6. For the first element of the garnish, preheat the oven to 110°C/gas mark 1. Place the shitake mushrooms into the oven and cook until dried out, or alternatively purchase pre-dried shitake mushrooms. Once dry, place into a blender or spice grinder and blitz to a fine powder
7. Next, place the slices of Iberico ham into a dehydrator at 45°C for 30 minutes. Once crispy, cut with the grain into thin strips. Set aside, along with the shitake dust until required
8. Bring a medium size pan of water to the boil, add a small dash of white wine vinegar. Break each quail egg into a small dish and add a dash of vinegar. Reduce the boiling water to a simmer, swirl with a spoon to create a whirlpool effect and drop in each egg, one at a time

INGREDIENTS

Lamb sweetbreads

- 700g of lamb sweetbreads
- 1l of full-fat milk
- 1 knob of clarified butter, for frying
- salt

Lamb sweetbreads garnish

- 2 shiitake mushrooms
- 8 quail eggs
- 2 slices of jamon Iberico de Belotta
- white wine vinegar
- 1 large onion, finely diced
- 100g of broad beans
- 1 pink grapefruit
- 1 knob of butter
- 1 handful of pea shoots

Pea square

- 400ml of white chicken stock
- 250g of frozen peas
- 1 gelatine leaf, softened in cold water
- 5g of agar agar
- salt
- sugar

EQUIPMENT

- Sous vide bags
- Fine sieve
- Thermomix TM31
- Water bath
- Blender



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Lamb sweetbreads with shiitake and peas

STEVE DRAKE



Starter



Challenging



2 hours plus 24 hours for
soaking the sweetbreads



4

9. Allow to simmer for 1 minute, remove the eggs with a slotted spoon and refresh in ice water for 5 minutes. Remove from the water and using a pair of scissors, remove any loose strands of egg white from around the yolk, set aside until needed
10. For the grapefruit segments, remove the top and bottom of the fruit and stand upright on a chopping board. Using the tip of the knife, follow the shape of the fruit and slice away the skin and the pith, turning the grapefruit as you slice
11. Using a paring knife, slice down alongside the natural segment towards the centre of the fruit, be careful not to cut into the core itself. Make another incision alongside the next natural segment and gently remove the wedge of grapefruit
12. Repeat the process for the whole fruit. Take the finished grapefruit segments and cut each into 3 small chunks. Place the chunks into a small container, pour over any excess juice to help preserve the fruit. Set aside in the refrigerator until required
13. Preheat the oven to 180°C/gas mark 4. Add a small knob of butter to a frying pan and place over a medium heat. As soon as the butter begins to foam, add the diced onion and sweat for 5 minutes. Reduce the heat and cook for up to 45 minutes, or until the onions are very tender
14. Meanwhile, bring a pot of lightly salted water to the boil and prepare a bowl of iced water. As soon as the water is boiling drop in the broad beans for 1 minute, remove with a slotted spoon and refresh in the iced water
15. Once the onions are nearly cooked, add enough clarified butter to generously coat the base of a large frying pan and place on a medium to high heat. Meanwhile, place a small pot of water on to boil to reheat the quail eggs
16. Remove the lamb sweetbreads from the refrigerator and trim and slice into 4 neat, even portions. Season with salt and place into the hot pan, searing evenly on both sides for a golden brown finish. Place into the oven for 2 minutes to warm through
17. Place the quail eggs into the boiling water for 1 minute
18. Place a spoon of the warm sweet onions in the middle of each plate. Arrange the grapefruit segments and broad beans around the onions
19. Remove the sweetbreads from the oven and place on top of the onions. Using a slotted spoon, remove the eggs from the water and place on top on the sweetbreads. Top with a pea square, a few pieces of dried iberico ham and pea shoots. Dust the whole dish with shitake powder and serve



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Pan-fried halibut, compressed cucumber, crab and lemon grass consommé

KEVIN MANGEOLLES

 Main

 Easy



3 hours 45 minutes plus
setting and 2 hours cooling

 6

1. To make the consommé, place all of the ingredients into a pan and bring to the boil. Then simmer for 1 hour. Allow to cool and then pass through a muslin cloth
2. For the jelly, season the sliced lemon with salt and sugar. Place in a vacuum bag, add all of the rapeseed oil, seal the bag and cook at 85°C in a water bath for 2 hours
3. Take the lemon out of the bag, add 200ml of water, liquidise and pass through a fine sieve. Add 1 teaspoon of agar agar, simmer for 5 minutes and put into a container. Put in the fridge until set, then cut into small cubes
4. To make the compressed cucumber, dry the skin of the cucumber in a cool oven and grind to a powder. Mix the mustard, salt, honey and oil together. Cut the cucumber into long strips and put in a vacuum bag with the dressing and seal
5. Leave in the fridge for 2 hours, then take the cucumber out of the bag, cut into squares, then roll in the cucumber powder
6. For the halibut, boil the potatoes in salted water until tender and drain. Heat a little oil in a pan until hot. Fry the halibut until the skin starts to crisp and add the potatoes
7. Place 3 of the cucumber cubes on one side of the plate and the avocado on the other side with the lemon jelly in between the avocado. Put the crab on top of the avocado and the sea Purslane on the crab
8. Then place the fried potato in the centre of the plate and the halibut on top. Pour the consommé over the fish

INGREDIENTS

Halibut

- 6 200g halibut fillets
- 1 avocado, skin and stone removed then cubed
- 200g of white crab meat
- 350g of pink fir apple potatoes

Compressed cucumber

- 1 cucumber, peeled and deseeded with the skin reserved
- 1 tbsp of grain mustard
- 1/2 tsp of salt
- 1 tbsp of honey
- 3 tbsp of rapeseed oil

Lemon grass consommé

- 500ml of chicken stock
- 3 lemon grass stalks, finely chopped
- 2 tomatoes, roughly chopped
- 50g of ginger, chopped
- 1 garlic clove, chopped

Lemon jelly

- 1 lemon, sliced
- 200ml of rapeseed oil
- 200ml of water
- 1 tsp of agar agar flakes
- salt
- sugar

EQUIPMENT

- Liquidiser
- Water bath
- Fine sieve
- Sous vide bags



Pigeon with textures of beetroot

COLIN MCGURRAN



Starter



Challenging



3 hours plus overnight
dehydrating time



4

1. To make the onion oil for this recipe, simply place 100ml of rapeseed or vegetable oil in a pot with 1/4 of a chopped onion
2. Place on a medium heat for 5 minutes, remove and allow to infuse for 1-2 hours. Strain and set aside
3. Preheat the oven to 100°C set to steam
4. For the beetroot powder, vac pac the beetroot and cook in the steam oven for 30 minutes
5. Remove from the oven, slice thinly and dry in a dehydrator overnight until very crispy
6. Blitz for 3 minutes in a blender on a high speed and then store until ready to serve
7. Preheat the oven to 100°C/gas mark 1/4
8. For the smoked beetroot, wash the beetroot before sealing in a large vac pac bag. Place in the oven and cook for 90 minutes
9. Remove from the oven and allow to cool before cutting into 3mm slices. Using a 4cm pastry cutter, cut the discs down further into a uniform size
10. Use a smoker with the chips to smoke the beetroot for 2 hours and set aside. The beetroot will need to be smoked again 30 minutes before serving
11. For the purée, wash and peel the beetroot before chopping into small cubes. Place in a vacuum bag with sugar and salt, seal and cook in the oven at 100°C for 80 minutes
12. Remove from the bag and blitz in a blender before passing through a chinoise. Store in a vacuum pac bag and keep warm until needed, or simply re-heat in a pan before serving
13. For the relish, heat the oil in a pan over a medium heat and add the shallots. Fry until golden brown
14. Add the grated beetroot, vinegar, salt and pepper to the pan. Allow to cool a little then seal in a vac pac bag until ready to use
15. Prepare the pigeon by first removing the skin, then the breasts

INGREDIENTS

Pigeon

- 1 pigeon
- 100ml of rapeseed oil
- 2 sprigs of fresh thyme
- salt
- pepper
- 1/4 medium onion, finely chopped

Beetroot purée

- 2 large beetroots
- 10g of salt
- 20g of sugar

Smoked beetroot

- 1kg of large beetroot
- 50g of wood chip

Beetroot powder

- 1kg of beetroot, cooked

Beetroot relish

- 600g of cooked beetroot, grated
- 100g of shallots, finely chopped
- 40ml of sherry vinegar
- salt
- pepper
- 50ml of oil

Pickled beetroot leaves

- Beetroot leaves
- 40ml of sherry vinegar

Pear

- 1 pear, fresh and ripe

EQUIPMENT

- Blender
- Pastry cutter
- Fine chinoise
- Sous vide equipment
- Pastry comb



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Pigeon with textures of beetroot

COLIN MCGURRAN



Starter



Challenging



3 hours plus overnight
dehydrating time



4

16. Place each breast into its own vac pac bag with 5ml of onion oil, some thyme, salt and pepper in each. Seal and cook in water bath for 15 minutes at 58°C
17. Remove the breasts from the bag and keep warm until needed
18. To make the pickled beetroot leaves, first wash and prep the leaves- if you are using large leaves cut out discs, or just use baby leaves
19. Whilst preparing the other elements for plating, place the beetroot leaves into the sherry vinegar to lightly pickle
20. To serve, peel the pear and cut it into quarters. Using a small sieve, cover the pear with beetroot powder and slice just before serving
21. Place a spoonful of the warm beetroot puree on the plate and use a pastry comb to create a streaky effect across the base of the plate
22. Place the warm sliced pigeon breast at either end of the streak and place the pear in the middle. Follow with the discs of smoked beetroot, a few extra dollops of puree and the pickled beetroot leaves



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