

## White Stock

(Makes approx. 2 litres)

600g bones, chicken

2000g water

1 leek, white part only

1 onion, peeled, halved

Bouquet garni

2 carrots, halved

6 white peppercorns

### Method

1. Remove any excess fat from the bones and discard, then place in a saucepan with remaining ingredients.
2. Add enough cold water to cover.
3. Bring to the boil then skim and discard any impurities that appear.
4. Turn down the heat and simmer gently for 1½ - 3 hours, continue to skim any impurities throughout.
5. Strain into another pan and use as required.

## Equipment List

Large *stock pot*

Ladle

Small bowl

Colander.

## Pancetta & Leek Chowder

(Serves 4)

50g pancetta, lardons

25g butter

1 small onion, finely chopped

1 clove garlic, crushed

150g leek, diced and washed

15g flour

50g white wine

125g double cream

1 medium potato, peeled and diced

Thyme, sprig

Salt and white pepper

\*Cold water

Lemon juice, to taste

### Method

1. Place a saucepan on the heat and gently fry the pancetta to render the fat. Cook until the bacon turns golden brown and crisp, stirring occasionally. This can take approximately 10 minutes.
2. Add the butter or oil to the pan then add the onion and cook until soft and translucent.
3. Add the garlic and cook for a further minute.
4. Add the diced leek and allow 'to sweat' until slightly wilted (remove and reserve some of the vegetables for garnish).
5. Now add the flour and stir this through the vegetable mixture.
6. Pour in the white wine and bring to the boil, stirring all the time.
7. Add the cream and bring to the boil.
8. Tip in the potatoes with the thyme and seasoning. Add enough water to cover the potatoes\*.
9. Continue to simmer, cook gently for approximately 25 minutes or until potatoes are just tender.
10. To finish; add a little lemon juice and heat through. Taste and adjust the seasoning.

## Equipment List

2 litre saucepan

Digital scales

Cook's knife

Chopping board

Heat proof spoonular

Micro grater – fine

Colander

Citrus juicer.

## Choux Pastry

(Makes approx. 12)

113g cold water

56g unsalted butter, diced and at room temp

65g flour, sifted 3 times

113g eggs

Pinch of salt

### Method

Preheat oven to 190°C.

1. Place salt, water and butter in a saucepan and heat over medium heat, stirring occasionally.
2. When the water is just starting to boil (butter should be melted at this point), add the flour in one go, (do this with the saucepan away from the stove / heat) and vigorously mix the flour in so that it absorbs all of the water (use a wooden spoon to do this).
3. When the flour has absorbed the water and it's forming a dough, return the pan to the stove to a medium heat. Cook the dough for 3-5 minutes while you move it around in the pan until you get a dough that pulls away from the sides of the pan, forms oil droplets on the surface and when you stick a spoon in the dough, it stays upright.
4. Take off the heat. Mix the dough while adding the eggs one at a time, mixing well after each addition.
5. Make sure the eggs are lightly beaten so that you can stop adding eggs immediately, when you reach the right consistency - a dough with a glossy sheen and pipeable consistency.
6. Prepare a baking tray with parchment paper and pipe the desired shape on to the baking sheet by using a piping bag fitted with a piping nozzle. Then with a damp finger, flatten the apex and any points.
5. Bake in preheated oven for 10-20 minutes in the centre of the oven, or until the choux pastry shells puff up and are golden brown on top. Importantly, baking time depends on the size of your pastry shell.
6. Remove from the oven.

## Equipment List

1.5 litre saucepan

Sieve

Wooden spoon

2x small bowl (eggs/beaten egg)

Sauce whisk

2x baking sheets

Parchment paper

Measuring jug

Pastry brush

## Watercress & Blue Cheese Buns

(Serves 5)

170g crumbled blue cheese

115g cream cheese

Salt and freshly ground black pepper to taste

Whipping cream to loosen

Chopped walnuts

Fresh herbs

### Method

1. Puree blue cheese and cream cheese together in a food processor until completely smooth.
2. Transfer to a bowl and season with salt and black pepper.
3. In a separate bowl, beat the cream until soft peaks form.
4. Fold whipped cream into the blue cheese mixture, stirring until the mixture is creamy with no lumps.
5. Transfer mixture to a piping bag with a plain nozzle and fill your savoury buns.
6. Finish with chopped walnuts and delicate herbs.

## Equipment List

Food processor – small goblet

1 litre mixing bowl

2 litre mixing bowl

Spoonular

Piping bag

Plain nozzle.