

Nantwich Food Festival – Lesley Waters Recipes

DEMONSTRATION ONE

DUCK WITH WARM POMEGRANATE, PUY LENTIL AND ORANGE SALAD

I was taught many years ago how to get a really crisp skin on the duck breast without overcooking the meat. The duck is best served pink and the trick is to allow the duck to rest for at least 5 minutes before slicing and arranging.

Serves 2

2 small duck breasts, skin on
30g granulated sugar
1 tbsp white wine vinegar
150ml chicken stock
Juice of 1 orange
50g Puy or beluga lentils, cooked
1 small red onion, finely sliced
1 garlic clove, crushed
3 tbsp olive oil
1 pomegranate, seeds removed
1 large orange, segmented and any juice reserved
1 small bunch flat leaf parsley, roughly torn

1. Pre-heat the oven to 190C fan, gas mark 7. With a small knife, score the skin of the duck in a lattice fashion and rub each with a little sea salt.
2. Heat a large frying pan over a medium heat and place the breasts in skin side down for 4 minutes until really golden, then turn over and sear for a further 30 seconds. Transfer to a wire rack over a roasting tin, skin side up.
3. Roast the duck in the oven for 6 minutes. Remove from the oven and keep warm, leaving to rest for 10 minutes.
4. Meanwhile pour off the fat from the pan leaving sediment juices behind. Place the pan back on the heat, add the sugar and vinegar and boil until caramelised. Add the stock and orange juice. **Stand back as it will splutter and spit.** Reduce until syrupy and season to taste.
5. Meanwhile, mix the remaining ingredients together in a large bowl along with any reserved orange juice. Season to taste.

6. To serve, arrange the salad between 4 serving plates. Slice the duck lengthways into thin slices and arrange on top of the salad and drizzle over the hot sauce. Serve straight away.

GIN AND TONIC SALMON SERVED WITH BEETROOT HASH

Serve at a starter or great served on small croutes as a canapé

Serve with a beetroot hash, sourdough or rye bread

Serves 4 as a starter

200g smoked salmon

3-4 tablespoons Local Gin

2 tablespoons chopped dill

2 tablespoons extra virgin olive oil

juice lemon

1 piece lemon peel

1 shallot finely

freshly ground black pepper

1. Lay the salmon over a large serving platter.
2. In a kilner jar, shake together the gin, dill, olive oil, lemon juice, lemon peel, shallot and black pepper.
3. Spoon the mixture over the salmon and leave for 20 - 30 minutes
4. Serve as suggested with the beetroot hash, horseradish cream and sourdough or rye bread.

HOT BEETROOT HASH

This delicious stir fried beetroot can also be served with seared smoked salmon or pan fried mackerel fillets. A splash of balsamic can be used in place of the lemon juice. And blackberries can be added in the autumn

Serves 4

425g raw beetroot

1 red onion very finely chopped

55 g butter

salt and black pepper

1 lemon, zest and juice

175ml crème fraîche

1tablespoon horseradish sauce

1. Peel the beetroot and shred it through the food processor or hand grate it on a coarse grater.
2. In a large frying pan, melt the butter. Toss the beetroot and onion in the butter and stir fry for 2 minutes until very hot.
3. Season with salt, black pepper, lemon juice and zest.
4. In a small mixing bowl combine the crème fraiche and horseradish, season to taste.

APPLE STRUDEL

SERVES 6

For the pastry

285g (10oz) strong flour
¾ teaspoon salt
200mls (1/3 pint) lukewarm water
1 large egg, lightly beaten
¼ teaspoon white wine vinegar
25g (1oz) melted butter

For the filling

85g (3oz) melted butter
4 large cooking apples, peeled cored and sliced thinly
85g (3oz) brown sugar
2 teaspoons cinnamon
85g (3oz) sultanas soaked in Somerset brandy
grated zest 1 lemon
100g (3 1/2oz) ground pistachios or almonds

1. Place the flour and salt in a large mixing bowl. In a small bowl or jug mix together the water, egg, vinegar & butter, (all at room temperature). Pour the wet mix into the flour and salt and stir together for approx 5 minutes until the mixture becomes a firm dough.
2. Transfer the dough to a floured surface and knead for 10 minutes until smooth and elastic. Leave the dough to sit on a floured surface, covered with a warm earthenware bowl for 30 minutes.
3. Meanwhile, pre-heat the oven to gas mark 6/200C/400F. Cover the table with a large tea towel or cloth and sprinkle with flour.
4. Roll out the dough on the floured cloth until 5mm thick and brush with a little melted butter. Then using the backs of your hands, lift and stretch the pastry until it is almost paper thin, working as quickly as you can. Brush the entire dough with melted butter.

5. In a bowl, mix together the apples, brown sugar, cinnamon, sultanas and lemon zest. Scatter the almonds over the pastry, followed by the apple mixture. Using the cloth to help you, roll up the strudel in a jam roll fashion and transfer onto a non-stick baking tray, in a horse shoe shape.
6. Brush the strudel with more melted butter and bake in the oven for approx 35/40 minutes until golden brown.
7. Dust with icing sugar and serve warm with custard or thick cream or ice-cream.

Dem Two

Roasted Squash and Lentil with Polenta Thyme Crust Warm Spicy Gravy

Sweet potatoes can be used in place of butternut or as well

This is a great Autumn pie, serve warm with spicy gravy

Serves 6/8

For the pastry

110g polenta

340g plain flour

250g butter

55g extra mature cheddar finely grated

Good pinch salt

3 tablespoon chopped thyme leaves

2 eggs, beaten

Splash cold water

4 medium red onions , peeled halved and cut into wedges

2 medium butternut peeled and cut into large chunks

2 tablespoon rapeseed oil

Salt and freshly ground black pepper

500g cooked puy or beluga lentils (merchant gourmet)

2 tablespoons black garlic balsamic

Beaten egg for glazing

1. Preheat the oven to 190C fan assisted, gas mark 6. Place the onions and butternut in a roasting tin and toss through the rape seed oil and season well. Roast in the oven for approx 35/ 40 minutes until tender and golden. Allow to cool
2. Meanwhile in a food processor blitz together briefly all the pastry ingredients except the eggs and water until the mixture resembles breadcrumbs. .Add the egg and pulse briefly adding a little cold water if needed. Turn the pastry out on a lightly floured surface, and bring together gently. Wrap in cling film and allow to rest in the fridge for 20 minutes . Roll out half the pastry until large enough to line a 30cm metal flan ring .
3. In a large bowl, toss together the butternut, onions ,lentils and season with salt, ground black pepper and spoon into the lined pastry case. Spoon over the balsamic .

4. Roll out the remaining pastry until large enough to form a lid. Beat the remaining egg and brush the edges of the pie. Gently place over the pastry lid, push the edges to make a tight seal and then trim away any excess pastry. Brush all over with beaten egg. Roll out any pastry trimmings and cut out some decorative leaves shapes . Place on the pie and brush them with beaten egg.
5. Bake in the oven for 35-40 minutes until golden. This is delicious served with warm spicy gravy .

Spicy Gravy

Serve this speedy, spicy gravy with roasted salmon, pan-fried prawns or serve on the side with roast chicken as a zingy gravy alternative. Try it drizzled in a crusty baked, sweet potato topped with juicy prawns or with the pie above .

Serves 4

2 tbsp madras curry paste

1 x 400ml can coconut milk

squeeze lime juice

1. Heat a medium saucepan. Add the paste and fry for 30 seconds.
2. Add the coconut milk and simmer for 5 minutes. Finish with a squeeze of lime juice and season to taste.

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juice lemon

1 piece lemon peel

1 shallot finely

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1 lemon, zest and juice

175ml crème fraîche

1tablespoon horseradish sauce

Peel the beetroot and shred it through the food processor or hand grate it on a coarse grater.

In a large frying pan, melt the butter. Toss the beetroot and onion in the butter and stir fry for 2 minutes until very hot.

Season with salt, black pepper, lemon juice and zest.

In a small mixing bowl combine the crème fraîche and horseradish, season to taste

ROASTED SALT AND PEPPER PEARS WITH STILTON POTS AND WALNUT SCONES

Serves 6

6 ripe, William pears
2tsp cracked black pepper
6tsp caster sugar
1tsp sea salt
5tbsp cider vinegar
2 tblsp olive oil

Preheat the oven to 200C, 400F, Gas 6.

Peel, half and core the pears .

Heat a large frying pan with a little olive oil lay in the pears cut side down.

Place the pepper, sugar and salt in a small bowl and mix well together. Scatter over the pears.

Drizzle over the cider vinegar, olive oil and 2tbsp water.

Roast in the oven (or cook gently on top of the stove for 30 minutes) for 20 minutes.

Remove tray from oven and turn the pears over, drizzle over a further 3tbsp water and return to the oven for 15 minutes until pears are golden and tender.

WARM STILTON POTS

Cheddar and Parmesan may be used in place of the Stilton

Makes 6-8 main course size or 14 starter espresso cups

300ml double cream
300ml milk
150g Stilton, crumbled
4 egg yolks
pinch cayenne pepper
Salt and pepper

Preheat oven to 150c/gas mark 4

Place the cream, milk and 140g cheese into a pan. Place over a low heat and stir until cheese is melted. Set aside to cool slightly.

Preheat the oven to 150C. Lightly butter 6 tea cups or ramekin dishes and place in a roasting tin.

Place the yolks and cayenne in a bowl and whisk well. Season with a little salt and black pepper. Add the cream mixture and stir well.

Carefully pour the mixture between the cups. Scatter the remaining cheese over the custards.

Pour in enough boiling water to come half way up the sides of the cups. Carefully place in the oven and cook for 30-35 minutes or until just set.

WALNUT AND THYME SCONES

Wonderful served with anything cheese including the cheese board

Makes 16 mini scones

225g plain or granary flour

1 tablespoon baking powder

A pinch of salt

55 g butter

55g chopped walnuts or hazelnuts

2 tablespoons chopped thyme

approx 150mls butter milk

Preheat the oven to Gas Mark 7/ 220C/ 425F. Lightly flour a baking tray.

Sift the flour, baking powder and salt into a mixing bowl. Rub in the butter until the mixture resembles fine breadcrumbs. Stir in the nuts and milk and using a fork lightly combine the ingredients together to form a soft dough.

Transfer the dough to a lightly floured surface and knead very lightly. Using your hands press out to a thickness of 2.5 cm. Using a fluted 4cm cutter, cut out approx. 16 small rounds.

Place the scones on the floured baking sheet, and bake in the oven for 8 minutes or until risen and lightly browned. Transfer to a wire rack to cool.

VANILLA CREAMS WITH RHUBARB AND RASPBERRY DRESSING

These velvety smooth puddings and tart fruit make for a delicious combination with the added luxury of white chocolate. This creams can be served in shot glasses or tumblers topped with the compote if desired. (no need to turn out !!!)

Serves 4

110g/ 4oz good white chocolate, broken into small pieces

1 vanilla pod, split

300ml/ ½ pint double cream

250g thick Greek yogurt

for the rhubarb and raspberry dressing

juice 2 oranges

50g/ 1 ¾ oz caster sugar

2 medium rhubarb sticks

150g raspberries

1. Place the chocolate into a heatproof bowl and with the tip of a small knife, carefully scrape out all the vanilla seeds and add to the chocolate. Set the bowl over a pan of simmering water, until just melted.
2. Lightly whip the cream and stir in the Greek yoghurt. Gently fold in the melted chocolate and spoon into 4 dariole moulds. Place in the fridge and chill for 6 hours or overnight if possible.
3. To make the dressing, place the orange juice and sugar into a large shallow pan and place over a medium heat until the sugar has dissolved. Turn up the heat and reduce by half. Add the rhubarb and cook for 1 minute.
4. Place the raspberries in a bowl, pour over the hot rhubarb dressing and set to one side to cool.
5. Turn the moulds out onto a serving plate and spoon around some of the fruit dressing. Serve straight away.
6. If you have problems unmoulding, dip the dariole moulds into boiling water for 5 – 10 seconds – no longer or you'll spoil the shape!