



FOOD
SERVICE

CHELSEA SUGAR FOODSERVICE *Masterclass*

2013
Recipe
Collection



Blueberry Compôte

500g frozen blueberries
125g **Chelsea Icing Sugar**

- Put blueberries and icing sugar into a saucepan.
- Bring to a simmer and cook until slightly softened.
- Allow to cool before use.

Crêpes

2 size 6 eggs
200ml milk
100ml water
125g flour
45g melted butter

- Combine all ingredients, whisk until smooth.
- Heat a small non-stick pan over medium heat.
- Wipe a little butter over pan using a paper towel.
- Pour in small amount of crêpe batter and swirl around to cover base of pan.
- Cook for 30 seconds until bubbles appear on the uncooked surface, then turn over with a spatula.
- Cook for another few seconds, then transfer to a plate.
- Repeat until all batter is used up.



Grilled Greek Lamb Loin with Tzatziki, Rocket and Flatbread

20g **Chelsea Golden Syrup**
15ml **Simply Rice Bran oil**
1 tsp. chopped fresh thyme
1 lamb loin fillet
20ml red wine vinegar
5g pine nuts
wild rocket to serve
flatbreads (pitae) to serve

- In a small pan, heat the golden syrup, 1 tbsp. of the oil and the picked thyme until warmed through and runny.
- Heat a ridged grill pan until smoking hot.
- Liberally brush the fillets with the golden syrup mixture and season well with salt and pepper.
- Place lamb on grill pan - do not touch for at least 2 minutes to allow a crust to build up. Cook 2-3 minutes each side to keep medium-rare.
- Transfer to a plate to rest for a few minutes.
- Combine vinegar, 1 tbsp water, remaining oil and remaining golden syrup mixture and mix well.
- Toast pine nuts in warm sauté pan until golden.
- Warm flatbread on grill pan.
- Add toasted pine nuts to the dressing.
- Slice lamb across the grain into 2mm slices.
- Place flatbread on plate, top with rocket, and lamb, a spoonful of tzatziki then trickle with dressing.



Tzatziki

100g strained yoghurt
1 clove garlic (or more to taste)
squeeze lemon juice
salt and black pepper
handful of chopped fresh mint

- Crush garlic on a board with the salt.
- Mix all together.

Bang Bang Chicken Noodle Salad

Dressing

15ml rice wine vinegar
15ml lime juice
5ml sesame oil
40g crunchy peanut butter
50ml homemade sweet chilli sauce
25ml soy sauce

Salad

100g cooked, shredded chicken
100g fine egg noodles, cooked
60g carrot
20g cucumber
20g celery
10g bean sprouts
10g coriander leaves
10g spring onion, finely shredded

To serve

30g Cos leaves
white sesame seeds

- Whisk all dressing ingredients together - should be thick, but still runny.
- Peel carrot and cut into very thin slices. Cut again into fine strips (julienne).
- Deseed and julienne cucumber.
- Julienne celery.
- Mix all salad ingredients together, including chicken and dress with enough dressing to coat.
- Place lettuce leaf into serving boat and pile salad on top.
- Trickle with a little more sweet chilli sauce then sprinkle with sesame seeds.



Sweet Chilli Sauce

200ml white wine vinegar
200g **Chelsea Caster Sugar**
2 red chillies (or more to taste)
4 thick slices ginger
2 stalks lemon grass
2 lime leaves
handful coriander stalks

- Heat vinegar and sugar. Stir until sugar dissolved.
- Add remaining ingredients and bring to a simmer.
- Continue to simmer very gently until sauce is syrupy (about 40 minutes) - test by dropping a small spoonful onto a cold surface - sauce should be runny but slightly thickened.
- Leave to cool (leave aromatics infusing in the syrup).
- When cool (room temperature), strain through a fine sieve into a jar or other air-tight container.

Makes approx. 200g.



Lemon Curd

5 size 6 eggs
grated zest 5 lemons
150g **Chelsea Caster Sugar**
200ml freshly-squeezed lemon juice
15g butter

- Put a medium-sized pan $\frac{1}{3}$ filled with water on to heat - bring to a simmer.
- Place all ingredients into a stainless steel mixing bowl large enough to sit over the pan without touching the water.
- Whisk over heat until lemon curd has thickened.
- Transfer to a container and refrigerate to cool.



Almond Praline

125g **Chelsea Caster Sugar**
50g slivered almonds, toasted
squeeze lemon juice

- Toast almonds in a sauté pan for about 6 minutes, until lightly golden, set aside.
- Melt sugar over low heat in a wide pan.
- Once melted, cook slowly until it is a golden caramel colour.
- Tip in toasted almonds and a squeeze of lemon juice.
- Mix then spread onto a baking sheet lined with baking paper.
- Allow to cool.
- Once cold, break into irregular pieces.

Profiteroles with Chocolate Crème Patissière

Chocolate Crème Patissière

500ml milk
1 tsp vanilla extract
6 size 6 eggs, separated
75g **Chelsea Caster Sugar**
20g plain flour
15g cornflour
10g cocoa powder
100g dark chocolate, roughly chopped

- Put milk and vanilla extract in heavy-based pan and bring to the boil. Remove from heat, add chopped chocolate and cool for 30 seconds.
- Meanwhile whisk yolks and sugar until pale and thickened.
- Whisk in the flour, cornflour and cocoa.
- Pour over the hot milk, whisking continuously then transfer back to the saucepan.
- Still whisking, bring back to the boil over medium heat and cook for a minute or two.
- Add broken up chocolate and melt in.

Chocolate Sauce

50ml water
40g **Chelsea Caster Sugar**
100g 70% dark chocolate

- Place water and sugar into a small saucepan and bring to the boil to make a syrup.
- Reduce heat to a simmer. Put chocolate into a stainless steel bowl and set over the pan of simmering syrup to melt.
- Once melted, take pan off heat and pour the syrup into the melted chocolate. Stir until smooth and well combined.
- Poke a small hole in the base of each profiterole.
- Put the cooled chocolate crème patissière into a clean piping bag.
- Gently fill each profiterole with the chocolate crème patissière and drizzle with the chocolate sauce.



Choux Pastry

130ml cold water	pinch salt
1 tsp Chelsea Caster Sugar	100g plain flour
55g unsalted butter	4 size 6 eggs

- Preheat oven to 200°C
- Put water, sugar, butter and salt into a small pan and bring to the boil over a high heat.
- Remove from heat and immediately tip all the flour into the water in one go. Stir with a wooden spoon until completely smooth.
- Return to medium heat and continue to cook for a minute or two, until the mixture comes away from the sides of the pan.
- Remove from heat and gradually whisk in the eggs one by one until you have a smooth, dropping consistency.
- Spoon mixture into a piping bag. Leave to cool and stiffen slightly for about 5 minutes to make easier to pipe.
- Line a baking tray with greaseproof paper and pipe into small balls, leaving plenty of space in between.
- Gently rub top of each piped profiterole with a wet finger to help make a crispy top.
- Place baking sheet in oven.
- Sprinkle a little water onto oven floor to create steam. Close oven door and bake 20-25 mins until golden brown. Do not open oven door during cooking time.
- When cooked, transfer to wire rack to cool.