



Gold Medal Eating! Gourmet Club Menu September 2012

Appetizers

Mincemeat Parcels with Bourbon Butter - *Nigella Express*, Nigella Lawson

- One 17.2 oz. package (two 9 ½ x 9 ½ inch sheets) rolled puff pastry, thawed if frozen
- ⅓ cup superior mincemeat
- 1 egg

Preheat the oven to 425 degrees. Carefully unfurl the pastry sheets and lay them out flat. Using a 1 ½ inch square cutter (perhaps a fluted one), outline lightly (don't cut through) one of the sheets with squares covering the pastry and lining them up neatly in a grid with no gaps.

Put scant ½ teaspoons of mincemeat into the middle of each square.

Beat the egg and then with your finger, outline the edges of the squares with an egg line.

Cover the sheet of pastry with the other sheet, placing it directly on top. Press down at the edges, and then run down the sides of each square with your fingers to form a rough outline of bumpy filled squares.

Using the cutter again, this time cut right through the pastry to make ravioli-type parcels.

Make sure they are sealed at the edges before placing the parcels on a baking sheet spaced slightly apart.

Bake for 15 minutes. They are likely to open like accordions, but don't panic. Once out of the oven you can squeeze them gingerly back together with the golden lids on top.

Let them cool on a rack to a bearable warm before serving with the bourbon butter.

Bourbon Butter (per Nigella, this is not an optional extra - it is a reason for living in and of itself)

- 1 stick of butter
- 1 cup packed soft light brown sugar
- 2-3 tablespoons of Bourbon

Cream butter and sugar with a stand or hand mixer. Gradually beat in 2-3 tablespoons of bourbon, to taste.

Samosas

<http://www.samosa-recipe.com/>

http://www.samosa-recipe.com/Vegetable_Samosa.html

http://www.samosa-recipe.com/Chicken_Samosa.html

Vegetable Samosa Filling

- 1 Potato finely diced (5 to 10 mill cubes)
- 1 carrot finely diced - as above
- 2 cloves of crushed garlic.
- 1 Onion finely chopped
- 1 Cup of frozen peas
- 1 tblspn vegetable oil
- 2 tspn curry powder or your own spices according to taste
- Salt, Pepper to taste.
- 100ml of vegetable stock.

Heat the oil in a frying pan, add the onion and garlic, mix in the spices and fry until soft. Add the vegetables, seasoning and stir well until coated. Add the stock, cover and simmer for 30 minutes until cooked. Now move on to the Samosa Pastry step.

Chicken Samosa Filling

- 500g minced Chicken
- 1 onion
- 2 cloves of garlic crushed
- 1 teaspoon curry powder
- ½ teaspoon chilli powder
- 1 teaspoon ground tumeric
- ½ teaspoon ground roasted cumin seeds
- 1 fresh chilli finely diced
- 1 teaspoon chopped mint or corriander
- ½ teaspoon fresh grated ginger
- salt and ground pepper to taste
- juice of half a lemon

Heat the oil in a frying pan, add the onion and garlic mix in the spices and seasoning and fry until soft. Add the mince, stirring until cooked. Remove from heat and stir in the mint and lemon juice. Now move on to the Samosa Pastry step.

Making the Samosa Pastry

You don't have to make your own pastry. You can simply buy some ready-made pastry from the shop. For samosas you want to fry, use Filo Pastry and for samosas you want to [cook in the oven](#) use Puff Pastry. This recipe will make enough pastry for 24 samosas and you will need:

- 225gm. plain flour
- 2 tspn. salt
- 2tblspb. vegetable oil
- 80 ml warm water.

Mix flour and salt into a bowl. Make a well into the centre and add the oil and enough water to make a firm dough. Knead the dough on a floured surface until smooth and roll into a

ball. Cover in plastic wrap and set aside at room temperature for 30 minutes.

Divide the pastry into 12 equal pieces. Roll each piece into a ball and roll out into a circle of 15 cm. Divide this circle into two equal pieces with a knife.

Brush each edge with a little water and form a cone shape around your fingers, sealing the dampened edge.

Fill the cases with a tablespoon of your chosen mixture and press the two dampened edges together to seal the top of the cone.

Deep fry the samosas in hot oil until crisp and brown take out and drain on a paper towel.

Entrees

Bangers & Mash

<http://www.serious-eats.com/recipes/2010/03/bangers-and-mash-with-onion-gravy-recipe.html>

- 2 pork sausages (preferably British bangers, though a good pork sausage will do)
- 2 tablespoons canola oil
- 1 large onion, sliced in half and thinly sliced
- 1/2 tablespoon flour
- 3/4 cup chicken or beef stock
- splash of red wine
- salt and pepper
- 2 large russet potatoes, peeled and chopped.
- 3/4 cup milk, warmed
- 5 tablespoons butter

Pour a tablespoon of oil into a skillet and add a tablespoon of butter. Turn the heat to medium and add the onions. Cook those, stirring often, for 20 to 25 minutes, or until caramelized and golden brown. Meanwhile, bring one pot of water to about 149°F, using a meat thermometer to check. Gently drop the sausages in and cook for 20 minutes, checking the temperature often to make sure it cooks properly. Also at the beginning, bring second pot of water to a boil and add the potatoes. Cook those for 20 minutes as well.

After the onions are well caramelized, sprinkle the flour on top and cook for another minute. Then add a splash of red wine. When that has evaporated, add the chicken or beef stock. Reduce heat to a simmer, and cook for 10 to 15 minutes. Season with salt and pepper to taste.

When the sausages are done, remove them from the water and dry with some paper towels. Pour about 1 tablespoon of canola oil into a large skillet and cook them over medium heat until they are browned all over.

When the potatoes are done, drain in a colander. Pass the potatoes through a potato ricer into the empty pot, or mash them with a potato masher. Add the rest of the butter and warmed milk. Stir well and season with salt and pepper.

Add some potatoes to a plate, top with some sausage and the onion gravy. Serve.

Welsh rarebit with attitude - *Jamie at Home*, Jamie Oliver

- 2 large free range or organic egg yolks
- 10 tablespoons creme fraiche
- 1 level teaspoon English mustard powder
- 4 ounces freshly grated Cheddar cheese
- Salt and freshly ground black pepper
- 4 tablespoons spicy bell pepper jelly
- 4 ¾ inch thick slices of good quality sourdough bread
- Worcestershire sauce

Preheat the broiler. Whisk the egg yolks with the creme fraiche and mustard powder. Stir in the cheese and season with salt and pepper.

Lightly toast slices of bread on both sides. Smear a good tablespoon of the pepper jelly on each slice, right to the edge, followed by a quarter of your rarebit mixture. By spreading it right to the edge, the crust won't burn. Grill until melted and bubbling. Divide onto plates. With a knife, crisscross the topping and drizzle with Worcestershire sauce. Recipe

Bubble & Squeak with Sausages and Onion Gravy

Bubble and squeak is a classic British dish of smashed-up winter vegetables, traditionally made from the Sunday roast leftovers. Use about 60 percent potato to get the right consistency, then whatever vegetables you like - carrots, Brussels sprouts, rutabagas, turnips, onions, leeks or savoy cabbage.

<http://www.foodnetwork.com/recipes/jamie-at-home/bubble-and-squeak-with-sausages-and-onion-gravy-recipe/index.html>

- 1 1/2 pounds all-purpose potatoes, peeled and cut into chunks
- 1 1/4 pounds mixed winter vegetables such as [carrots](#), [Brussels sprouts](#), [rutabagas](#), [turnips](#), onions, leeks or [savoy cabbage](#), peeled or trimmed and chopped into equal-sized chunks
- Olive oil
- 2 knobs butter, divided
- 1 (7-ounce) package vacuum packed [chestnuts](#)
- 6 good quality pork sausages, linked together
- 6 good quality [venison](#) or beef sausages, linked together
- [Sea salt](#) and freshly ground black pepper
- Small bunch fresh rosemary, leaves picked and finely chopped
- Nutmeg, for grating
- 3 red onions, peeled and finely sliced
- Few bay leaves
- 1 tablespoon [all-purpose flour](#)
- 1/2 cup [balsamic vinegar](#)
- 1 cup plus 1 tablespoon good-quality vegetable or [chicken stock](#)

Cook the potatoes and mixed vegetables in a pan of boiling water for 15 to 20 minutes. When they're cooked right through, drain and put aside.

Heat a glug of olive oil and half the butter in a large [frying pan](#) and add the chestnuts. When they start to sizzle, add the [potatoes](#) and vegetables. Mash the vegetables up in the pan, then pat the mixture into a thick [pancake](#) shape. Fry on a medium heat for about 1/2 an hour, checking it every 5 minutes. When the bottom turns golden, flip it over bit by bit and mash it back into itself. Pat it out flat again and continue cooking until really crisp all over.

Preheat the oven and a roasting pan to 425 degrees F.

Unravel the pork sausage links and squeeze the filling between them until all 6 sausages are joined together. Do the same to your venison or beef sausages. Pat them to flatten them a bit. Drizzle with olive oil and massage this into your 2 long sausages. Sprinkle over a pinch of pepper, the [rosemary](#) and some nutmeg. Put 1 sausage on top of the other and roll them up like a [licorice](#) wheel! Poke 2 skewers through, in a cross shape, to hold the sausages together.

Take the preheated roasting pan from the oven. [Drizzle](#) in some [olive oil](#) and add the onions. Season, add the remaining [butter](#) and stir. Place the sausage wheel on the onions and stick the [bay leaves](#) between the sausages. Drizzle with some more oil and roast in the preheated oven for around 40 minutes, or until golden and crisp. When your [sausages](#) and onions are done, your [bubble and squeak](#) should be ready too. If it still hasn't browned, put it under a hot broiler for 5 minutes.

Remove the sausages to a plate and place the pan with the onions on the stove top. Whack the heat up to full and stir in the flour, balsamic vinegar and stock. Bring to the boil and leave to thicken to a nice gravy consistency, stirring every now and then, and season to taste. Remove the skewers and cut the sausages into wedges. Serve the bubble and squeak with a good portion of sausage, a spoonful of onion gravy and perhaps some lovely dressed [watercress](#).

Fish & Chips

<http://www.foodnetwork.com/recipes/alton-brown/chips-and-fish-recipe/index.html>

Chips / Fries:

- 1 gallon safflower oil
- 4 large Russet potatoes
- Kosher salt

Batter for Fish:

- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- Dash Old Bay Seasoning
- 1 bottle brown beer, cold
- 1 1/2 pounds firm-fleshed whitefish (tilapia, pollock, cod), cut into 1-ounce strips
- Cornstarch, for dredging

Heat oven to 200 degrees F.

Heat the safflower oil in a 5-quart Dutch oven over high heat until it reaches 320 degrees. Using a V-slicer with a wide blade, slice the potatoes with the skin on. Place in a large bowl with cold water.

In a bowl, whisk together the flour, baking powder, salt, cayenne pepper, and Old Bay seasoning. Whisk in the beer until the batter is completely smooth and free of any lumps. Refrigerate for 15 minutes. Note: The batter can be made up to 1 hour ahead of time. Drain potatoes thoroughly, removing any excess water. When oil reaches 320 degrees, submerge the potatoes in the oil. Working in small batches, fry for 2 to 3 minutes until they are pale and floppy. Remove from oil, drain, and cool to room temperature.

Increase the temperature of the oil to 375 degrees. Re-immerses fries and cook until crisp and golden brown, about 2 to 3 minutes. Remove and drain on roasting rack. Season with kosher salt while hot and hold in the oven.

Allow oil to return to 350 degrees. Lightly dredge fish strips in cornstarch. Working in small batches, dip the fish into batter and immerse into hot oil. When the batter is set, turn the pieces of fish over and cook until golden brown, about 2 minutes. Drain the fish on the roasting rack. Serve with malt vinegar.

Chip Shop Curry Sauce

Chip shop curry sauce is very popular in the United Kingdom, and is traditionally served with fish and chips, which is where its name originates. It also makes a great dipping sauce for vegetable crudité's or any type of fried potato. This recipe yields approximately four servings of chip shop curry sauce.

http://www.ehow.com/how_5013445_make-chip-shop-curry-sauce.html

- Medium Onion
- Medium apple
- 2 tbsp vegetable oil
- 1 tbsp curry powder
- 2 tbsp flour
- 1 tbsp tomato puree
- Lemon juice (to taste)
- Salt and pepper

Chop one medium onion and one medium apple into small pieces using a sharp kitchen knife.

Warm 2 tbsp. of vegetable oil in a large frying pan over medium heat. Add the chopped onion and apple and 1 tbsp. of curry powder.

Fry the onion, apple and curry in the oil until tender, or for about 5 to 10 minutes. The onions should be slightly translucent, and the apples soft to the touch.

Stir in 2 tbsp. of flour, and cook for an additional two minutes, stirring constantly. Remove the pan from heat.

Add one pint of water and 1 tbsp. of tomato puree. Stir well to combine. Add lemon juice, salt and pepper to taste, simmer for 15 minutes, and serve immediately with your favorite dish.

Chicken Tikki Masala

<http://www.food.com/recipe/chicken-tikka-masala-25587>

- 1 1/2 lbs boneless skinless chicken, cut in 1 inch cubes

Marinade

- 1 cup plain yogurt
- 2 tablespoons lemon juice
- 2 teaspoons ground cumin
- 2 teaspoons ground red pepper
- 2 teaspoons black pepper
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1 piece minced ginger (1-inchinch" long)
- 6 bamboo skewers (6-inchinch")

Sauce

- 1 tablespoon unsalted butter
- 2 garlic cloves, minced
- 1 jalapeno, minced
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon garam masala (buy in Indian market)
- 1/2 teaspoon salt
- 1 (8 ounce) can tomato sauce
- 1 cup whipping cream
- 1/4 cup chopped fresh cilantro

Soak bamboo skewers in water.

Thread chicken on skewers, and marinate (in the refrigerator) for an hour or so. Discard marinade.

For sauce, melt butter on medium heat. Add garlic & jalapeno; cook 1 minute. Stir in coriander, cumin, paprika, garam masala & salt. Stir in tomato sauce. Simmer 15 minutes. Stir in cream; simmer to thicken- about 5 minutes.

Grill or broil chicken, turning occasionally, to cook through- about 8 minutes.

Remove chicken from skewers; add to sauce. Simmer 5 minutes.

Garnish with cilantro Serve with basmati rice, naan or pita bread.

Desserts

Sticky Toffee Pudding

Recipe from the Udney Arms Hotel

<http://www.food.com/recipe/udny-arms-sticky-toffee-pudding-113993>

Pudding

- 1/2 cup butter
- 2 cups confectioners' sugar
- 2 eggs
- 3 cups flour
- 8 ounces dates (pitted and cut into pieces)
- 1 teaspoon baking soda
- 2 cups boiling water

Sauce

- 1 cup butter
- 2 3/4 cups brown sugar
- 1 pint whipping cream

For the Pudding:.

Cream butter and sugar until white and fluffy. Beat in eggs gradually. Fold in flour. In a separate bowl pour the boiling water over the dates and soda. When water is absorbed add other ingredients and cream mixture. Bake in 9" x 13" cake pan in moderate hot oven (350 degrees) for 40 minutes.

For the Sauce:.

Mix all ingredients and bring to a boil. Poke holes in top of cake and pour half of mixture over top, allowing sauce to soak into cake. Brown under grill before serving. Keep remaining sauce hot and spoon onto still warm pieces of cake. Top with whipped cream.

Caramel Croissant Pudding

<http://www.foodandwine.com/recipes/caramel-croissant-pudding>

- 2 stale all-butter croissants, coarsely torn
- 1/2 cup sugar
- 2 tablespoons water
- 1/2 cup heavy cream
- 1/2 cup milk
- 2 tablespoons bourbon
- 2 large eggs, beaten

Preheat the oven to 350°. Lightly butter a 1-quart shallow baking dish and arrange the croissant pieces in the dish. In a small saucepan, stir the sugar and water over moderately high heat until the sugar dissolves; wash down any crystals on the sides with a wet pastry brush. Cook without stirring until a medium amber caramel forms, about 5 minutes. Remove

from the heat and stir in the cream, milk and bourbon. Cook over low heat just until any hardened caramel dissolves.

In a bowl, whisk the eggs. Gradually whisk in the hot caramel. Pour over the croissants and let stand for 10 minutes, pressing the croissants to keep them submerged.

Bake the pudding in the center of the oven for 20 minutes, until puffed and golden. Let cool for 10 minutes, then serve.

Burnt Crème

You can read more about the history of Burnt Creme versus Creme Brulee here

<http://www.dailymail.co.uk/femail/food/article-1298534/Which-came-Cr-br-l-e-burnt-cream-UK-claims-French-classic-own.html>

<http://www.food.com/recipe/burnt-creme-72379>

- 2 cups whipping cream
- 1/2 cup sugar
- 4 egg yolks
- 1 tablespoon vanilla
- 4 tablespoons sugar, for topping

Place a 9x13 baking pan in oven; fill with 1/2" water; preheat oven to 350°.

Heat cream over low heat until bubbles form at edge of pan; beat egg yolks and sugar until thick, about 3 minutes; add cream slowly while beating; add vanilla.

Place six 6 ounce custard cups in water bath; pour custard into cups; bake until set, about 45 minutes.

Refrigerate until chilled; sprinkle each cup with 2 tsp sugar; place on top oven rack and broil until medium brown, 1-2 minutes, or use a mini torch to brown sugar; chill and serve.

Sherry Trifle

http://www.bbc.co.uk/food/recipes/sherrytrifle_76387

Trifle Base

- 1 packet trifle sponges, broken into 5cm/2in pieces
- ½ packet of amaretti biscuits or 150g/5oz macaroons or ratafias
- 150ml/5fl oz [sweet sherry](#)
- 1 tbsp [cognac](#)
- 4 tbsp [blackberry](#) or raspberry jam
- 450g/1 lb fresh blackberries
- 450g/1 lb fresh raspberries
- 85g/3oz toasted [flaked almonds](#)
- 600ml/1 pint ready-made [custard](#)

Syllabub Topping

- 125ml/4fl oz [sherry](#)
- 2 tbsp [brandy](#)
- 1 [lemon](#), juice only

- 55g/2oz [caster sugar](#)
- 425ml/15fl oz [double cream](#)
- freshly grated [nutmeg](#)

Garnish

- 2 [oranges](#), grated zest only
- 85g/3oz [flaked almonds](#)

Lay the sponge pieces and biscuits in the base of a deep glass dish. Spoon over the sherry and cognac and leave to soak in for a few minutes.

Warm the jam until it is runny then pour over the soaked sponge and biscuits. Sprinkle the fruit and flaked almonds on top then pour over the custard.

To make the syllabub topping, place the sherry, brandy and lemon juice into a bowl and stir in the sugar until it dissolves.

Pour in the cream with a pinch of nutmeg. Whisk together using a wire balloon whisk until it holds its shape. Don't over-whisk, or whisk too vigorously, as the cream may split.

Spoon the syllabub over the trifle and chill, preferably overnight.

Just before serving, scatter with the grated orange rind and/or flaked toasted almonds.

Eton Mess

<http://www.foodnetwork.com/recipes/nigella-lawson/eton-mess-recipe/index.html>

- 4 cups strawberries
- 2 teaspoons caster or [vanilla sugar](#)
- 2 teaspoons pomegranate juice
- 2 cups [whipping cream](#)
- 1 packet individual meringue nests

Hull and chop the [strawberries](#) and put into a bowl and add the sugar and [pomegranate](#) juice and leave to [macerate](#) while you whip the cream.

Whip the cream in a large bowl until thick but still soft. Roughly crumble in 4 of the meringue nests - you will need chunks for texture as well as a little fine dust.

Take out about half a cupful of the chopped strawberries, and fold the meringue cream and rest of the fruit mixture together.

Arrange on 4 serving plates or glasses or in a mound, and top each with some of the remaining macerated strawberries.

Drinks

Prim's Cup - adapted from the Napoleon House recipe

<http://napoleonhouse.com/pimmscup.html>

In a tall glass filled with ice, combine the following

- 1 1/4 ounces Pimm's No. 1
- 3 ounces of lemonade
- top with 7UP (lemon-lime soda or ginger ale are also acceptable)

Garnish with

- 1/2-inch thick English cucumber wheel
- 1/2-inch thick lemon wheel

Newcastle Beer

Guinness

Boddingtons Pub Ale

Crispin Hard Cider