



Neath food & drink festival 2009

Saturday 24th October 10am ~ 5pm

11am Cooking with Adam Jones

Goats Cheese, Pear and Walnut Salad

Serves 4 as a starter or a light lunch

1 bag mixed salad leaves
1 red onion, peeled and finely sliced
2 x 100g packs Mild Welsh Goats cheese
150g Walnut pieces
2 ripe pears

For the dressing

2tbsp red wine vinegar
8tbsp olive oil
Pinch Caster Sugar

Seasoning

1. Place salad leaves into large bowl with red onion.
2. Make dressing by placing all ingredients in a screw top jar, shake well to combine.
3. Pour the dressing over the salad leaves and toss well.
4. Place on a serving plate, crumble the cheese over, sprinkle with walnuts and dress with thin slices of pear.
5. Serve with slices of warm brushetta.

Beef and Ale Casserole

1.4Kg Stewing Steak
Sunflower Oil
700g Onions, peeled, halved and thinly sliced
4 garlic cloves, peeled and crushed
2tbsp Brown sugar
3tbsp Plain flour
600ml Ale
300ml Beef Stock
1 Bay leaf
2 Thyme Sprigs
Seasoning
2tbsp Wine vinegar
Chopped Parsley to garnish

1. Cut the meat in fairly large pieces, heat the oil in the pan and fry in batches, browning on all sides. Transfer to a large casserole.
2. Add the onions to the pan and cook gently for 10 minutes, stirring until softened. Add the garlic and sugar, mix well and cook for a further 10 mins.
3. Stir in the flour, gradually add the beer, stirring. Bring to the boil, scraping the sediment off the bottom of the pan. Pour over the beef in the casserole.
4. Add the stock, herbs and pepper, stir and bring to a simmer, then cover and cook in the oven at 150°C/Gas 2 for @ 2 hours.
5. Stir in the vinegar and cook for a further 30 mins or until the meat is tender. Check the seasoning and serve with mustard mashed potato.

Toffee Apple Torte

225g SR Flour
1tsp Baking Powder
225g Caster Sugar
2 Eggs
½ tsp Almond Extract
150g Melted Butter
350g Cooking Apples, peeled, cored, thickly sliced
25g Flaked Almonds

1. Line an 8" loose-bottomed tin.
2. Beat all of the ingredients (except the apples) together until well blended.
3. Place half the mixture in the base of the tin, Pile the apples over this mixture, top with the remaining mixture.
4. Sprinkle with almonds.
5. Bake at 160°C/Gas 3 for 1hr 30 mins, until golden and shrinking away from the sides of the tin.

Irish Coffee

Strong filter coffee
Shot of Brandy
Single Cream
1tsp Sugar

1. Pour strong filter coffee into a glass.
2. Add a shot of Brandy and a tsp of sugar.
3. Using the back of the spoon, pour the cream to float on the top of the coffee.





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12am

Celeriac & Watercress Soup

2 bunches of Watercress

1 large onion, peeled and sliced

40g Plain Flour

Seasoning

A little single cream

50g butter

350g Celeriac, peeled and cubed

1.2l Chicken stock

300ml Milk

1. Wash the watercress, do not remove the stalks.
2. Melt the butter in a pan, add the onion and celeriac, not letting them brown. Add the flour, mix well, then add the stock and seasoning. Bring to the boil and simmer for 20 minutes, covered until tender.
3. Add the watercress and simmer for a few minutes. Puree the soup with a hand held blender until smooth. Add the boiling milk to make the required consistency. Check and adjust seasoning.
4. To serve, stir in a little cream.
5. Do not keep warm for any length of time as the watercress will lose its vibrant green colour.

Claridges Chicken Pie

4 Chicken breasts, cut into chunks

500ml Chicken Stock

1 Thyme Sprig

100g Butter

100ml Dry Sherry

2tsp Tarragon, chopped

250g Puff Pastry

Seasoning

125g baby onions, peeled

1 Bay Leaf

200g Pancetta

250g Baby button mushrooms

200ml Double Cream

1tbsp Parsley, chopped

1 Egg Yolk

1. Bring the stock to the boil, add the onions and cook for 5 mins, lift out with a slotted spoon.
2. Add the chicken, thyme, bay leaf to the stock, gently poach for 5 minutes. Remove from the heat and strain the liquid into a jug. Season the chicken and set aside.
3. Heat a small knob of butter and stir fry the pancetta until crispy. Drain onto kitchen paper. Wipe out pan.
4. Melt the remaining butter, add the mushrooms and stir fry until softened. Season to taste.

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5. Pour in the sherry and bubble until well reduced, return the bacon and onions to the pan with the reserved stock. Bring to the boil and cook until reduced by half. Add the cream and reduce further. Add the chopped herbs. Add the chicken and warm through.
6. Roll out the pastry, following pack instructions, Cut into 4 rounds and bake in the oven.
7. To serve, warm a plate and serve a spoonful of the filling topped with a pastry disc.

Plum Crumble

15 Fresh Plums, cut in half, stone removed
1 Vanilla Pod, split in half
Grated Nutmeg
100ml Red Wine
4tbsp Caster Sugar

50g Butter
1 Star Anise
2 Cinnamon Sticks
5tbsp Golden Syrup

For the Crumble

100g Butter
100g Demerara Sugar
180-200g Plain Flour

1. Preheat the oven 200°C/Gas 6.
2. Sauté the plums with the butter in a hot frying pan for a few minutes. Add the split vanilla pod, star anise, nutmeg, cinnamon, red wine, syrup, sugar and 50ml water, bring to the boil and simmer for 6 minutes.
3. As the plums break down, place into an oven proof dish.
4. Reduce the sauce into thick syrup.
5. To make the crumble, rub in the butter and flour together until the mixture resembles fine breadcrumbs. Stir in the sugar.
6. Sprinkle over the plums in syrup. Bake for 20 minutes or until golden brown. Serve with pouring cream.

Hot Spiced Pear Juice

1litre Pear Juice
10 whole cloves
1 small orange
1 pint dry cider
1 Cinnamon stick
2 tbsp Poire William liqueur

1. Press the cloves into the skin of the orange, then cut into slices.
2. Place the pear juice, cider, orange, cinnamon stick into a large saucepan.
3. Bring to the boil, and then lower the heat to infuse for 30 mins.
4. Stir in the liqueur and serve in warmed glasses.





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Saturday 24th October 10am ~ 5pm

1.00pm

Thai Chicken Noodle Soup

4 boneless, skinless thighs

1tbsp Olive Oil

3 garlic cloves, peeled and chopped

2 red chillies

1 lemon grass stalk, finely sliced

5cm Root Ginger, finely chopped

1.2l Chicken Stock

50g Rice Noodles

Fresh Coriander

125g French Beans, Halved

125g Bean sprouts

4 Spring Onions, trimmed and sliced

2tbsp Thai Fish Sauce

Juice of $\frac{1}{4}$ Lime

1. Cut the chicken into cubes, heat the oil in a large pan, add the chicken pieces, garlic, chillies, lemon grass and ginger. Cook for 3-5 mins until opaque.
2. Add the stock, bring to the boil, then simmer for 10 mins, until the chicken is cooked through.
3. Finely chop the coriander and add to the pan with the beans. Add the bean sprouts and spring onions along with the fish sauce and the lime juice.
4. Bring to the boil and adjust the seasoning.
5. Place a serving of noodles in each bowl, pour over the broth, Garnish with coriander leaves.

Stir Fry Vegetables with Tofu

275g pack Tofu

2tbsp Hoisin Sauce

2tbsp Dark Soya Sauce

2tbsp Sherry Vinegar

1tbsp Chilli Sauce

1tbsp Honey

2tsp Sesame Oil

3tbsp Sunflower Oil

2 Carrots, peeled and thinly sliced

175g Broccoli, cut into small florets

125g Shitake Mushrooms

1 leek, trimmed and sliced

4 Spring Onions, trimmed and sliced

125g Mangetout

Toasted Sesame Seeds to sprinkle

1. Cut the tofu into 1" cubes and place into a shallow roasting dish.
2. For the glaze, combine the Hoisin, Soya, and Vinegar, Chilli sauce, Honey and Sesame oil in a bowl. Pour 2/3 mixture over the Tofu and toss to coat. Bake at 230°C / Gas 8 for 20 mins, stirring halfway through.
3. Heat the sunflower oil in a large wok. Add the carrots, broccoli and mushrooms and stir fry for 3 mins. Add the leek, spring onion and Mangetout and stir fry for a further 2 mins.
4. Stir 3tbsp water into the remaining glaze and add to the wok. Cook gently for 3-4 minutes until the vegetables are tender.
5. Stir in the roasted tofu and serve at once sprinkled with Sesame seeds.
6. Serve with egg noodles or rice.

Mango and Coconut Mousse Cup

2 very ripe mangoes, peeled
100ml Double Cream
2 Limes, zest and juice
3 Gelatine Sheets
3 Eggs, plus 2 yolks
50g Caster Sugar
100ml Double Cream
Creamed Coconut

1. Cut the mango flesh away from the stone and whiz in a blender to give 300ml puree. Lightly whip the cream
2. Soak the gelatine sheets, Warm the lime juice, add the gelatine to the juice to dissolve.
3. Whisk the sugar, eggs and egg yolks until thick and creamy (@4 minutes). Fold in the mango puree, cream and grated lime zest.
4. Stir in the dissolved gelatine mix.
5. Spoon into glasses to set.
6. Mix creamed coconut with the double cream and whisk until thick.
7. Spoon into a piping bag and pipe a rosette on the top of each mousse. Decorate with lime zest.

Warm Cider Cup

4 cups apple cider
2 cups water
3/4 cup orange juice concentrate
3/4 teaspoon ground nutmeg
3/4 teaspoon ground ginger
3 whole cloves
2 cinnamon sticks
Orange slices and additional cinnamon sticks, optional

1. In a large pan, combine the cider, water, orange juice concentrate, nutmeg and ginger.
2. Place cloves and cinnamon sticks on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Place bag in the cider.
3. Cover and cook on low for 4-5 mins or until heated through. Remove and discard spice bag. Garnish with orange slices and additional cinnamon sticks if desired.





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Saturday 24th October 10am ~ 5pm

2pm Plan ahead for Christmas

Chutney Cranberry & Apple

1 Cinnamon stick
1tsp allspice berries, crushed
1tsp Cumin seeds
1kg Cranberries
1kg Granny Smith Apples, peeled, cored and diced
450g Onions, peeled and chopped
500g Light Muscovado Sugar
284ml bottle Distilled Malt Vinegar

1. Place the cinnamon stick, allspice and cumin in a piece of muslin and tie with string.
2. Put the cranberries, apples, onion, sugar and vinegar in a preserving pan, add the muslin bag and bring to the boil. Reduce the heat and simmer very slowly, uncovered, stirring occasionally for about 1 ½ hours until the mixture is thick and pulpy. To test, draw a wooden spoon through the mixture, it should leave a clear trail at the bottom of the pan and there should be hardly any liquid left. Remove the bag of spices.
3. Spoon the chutney into warmed sterilised jars. Cool then cover and seal. Store in a cool dark place for up to 3 months.
4. Once opened, keep in the fridge and use within 1 month. Serve with cheese or cold turkey.

Apple & Black Pudding Stuffing

1tbsp Olive Oil
1 red onion, finely diced
200g Black Pudding, finely chopped
1 Red Apple, cored and finely chopped
Seasoning
1tsp Honey
½ tsp Thyme
½ tsp Sage
450g Sausages

1. In a large frying pan, sauté the red onion in olive oil, add the chopped black pudding and the red onion. Season with the honey and herbs. Set aside to cool.
2. Skin the sausages, mix in the black pudding mixture.
3. Use to stuff chicken or turkey or shape into balls and roast in the oven.
4. For an extra special occasion, wrap in pancetta, these will make a tasty canapé or accompaniment to a roast dinner.

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Chocolate Florentines

Dark Chocolate (70% Cocoa Solids)

Mixed natural Nuts

Mixed Dried Fruit

1. Melt the chocolate very gently in the microwave.
2. Spoon rounds of chocolate onto baking parchment or acetate, sprinkle with the fruit and nuts.
3. Package in boxes or tie in bags to make handmade gifts.

Chocolate Roulade

175g Dark Chocolate

6 Eggs, separated

175g Caster Sugar

284ml Whipping Cream

Icing Sugar to dust

½ tsp Vanilla Essence

1. Line a 38 x 28cm non stick swiss roll tin with baking parchment.
2. Melt the chocolate gently, cool slightly.
3. Put the egg yolks and caster sugar in a bowl and whisk until pale in colour and thick. Beat in the chocolate until thoroughly blended.
4. In a clean bowl, whisk the egg whites until they hold in soft peaks. Beat ¼ egg whites into the chocolate mixture to loosen, and then carefully fold in the remainder with a metal spoon. Pour into the prepared tin.
5. Bake at 180°C/Gas 4 for 25 minutes. Leave to cool a little in the tin, and then cover with a clean damp tea-towel. Once cold, cover with clingfilm and chill for at least 6 hours or overnight.
6. Whip the cream in a bowl until beginning to thicken. Add the caster sugar and vanilla.
7. Dust a large piece of baking parchment with icing sugar; turn the roulade out on to the paper. Spread with cream and roll up using the baking parchment to help.
8. Don't worry if it cracks, this is characteristic of a roulade.
9. Transfer to a serving dish, pipe with cream and dust with chocolate curls.

Mulled Wine

For 20 people

4 x 75cl bottles full bodied red wine

1.7l Water

20 cloves, wrapped in a j-cloth

3 oranges, sliced

3 lemons, sliced

225g Granulated Sugar (You may need extra)

2 Cinnamon Sticks

1. Place all the ingredients in a large saucepan and dissolve the sugar over a low heat.
2. Bring up to simmering point and keep warm for at least 15mins.
3. Do not boil as the alcohol will evaporate.



Recipes devised by Sian Hindle of La Crème Patisserie, Angel St., Neath.

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3pm All things chocolaty

5 minute Chocolate Cake in a Cup

4 tbs / 45 gms self raising flour

4 tbs / 55gms caster sugar

2 tbs / 17gms cocoa powder

1 egg

3 tbs / 43 mls milk

3 tbs / 25 mls sunflower oil

3 tablespoons chocolate chips (optional)

A small dash of vanilla extract

1 large coffee mug

Double cream or crème fraiche - optional for serving

1. Add dry ingredients to the mug, and mix well.
2. Add the egg and mix thoroughly
3. Add the milk and oil - mix well (don't forget the corners / edges of the mug).
4. Add the chocolate chips (if using) and vanilla extract, and mix again
5. Put your mug in the microwave and cook for 3 minutes (in a 1000 watt microwave).
6. The cake will rise above the top of the mug, but don't worry it's supposed to!
7. Allow to cool a little, tip out onto a plate.

EAT and enjoy - this can serve two - it's a huge portion for one!

Serve with fresh double cream, crème fraiche or custard.

You can have the mix ready when you sit down to eat dinner and then pop them in the microwave so it is ready when you finish

Chocolate and Rum Torte

110G Amaretti Biscuits

450g Dark Chocolate

4tbsp Liquid Glucose

4tbsp Rum

650ml Double Cream, softly whipped

1. Line a 23cm cake tin with baking parchment and grease the sides with soft butter.
2. Crush the biscuits and place over the base of the tin.
3. Melt the chocolate in a large bowl with the liquid glucose and the rum.
4. Cool slightly then stir in the whipped cream.
5. When it is well blended, pour into the prepared tin.
6. Chill overnight.
7. To serve, turn upside down onto a large plate, so that the crumb is on the top, decorate with chocolate shavings and dust with cocoa powder.
8. Serve with single cream.

Dark Chocolate & Orange Mousse

110g Dark Chocolate (70% Cocoa Solids)

1tbsp Brandy

2 Eggs, separated

55g Caster sugar

1 Orange, grated zest

190ml Double cream, lightly whipped

1. Gently melt the chocolate in the microwave, stir in the brandy.
2. Whisk the egg yolks with the sugar until pale and creamy. Beat in the orange zest.
3. Using a clean bowl, whisk the egg whites until they form peaks.
4. Stir the melted chocolate into the egg yolk mixture, quickly fold in the cream.
5. Stir one spoonful of the egg whites into the chocolate mixture, then fold in the remainder.
6. Spoon into serving glasses and chill for 2 hours before serving.
7. Serve with shortbread biscuits.

Hot Chocolate with Brandy

1 mug Full Fat Milk

Green & Blacks Drinking Chocolate

Whipped Cream

Marshmallows

1 shot Brandy

Chocolate for sprinkling

1. Warm the milk in a pan or in the microwave.
2. Stir in the drinking chocolate and the Brandy shot.
3. Pour into the mug, top with a swirl of whipped cream and dust with marshmallows and chocolate shavings.

Chocolate Truffles

142ml Thick Double cream

½ Vanilla Pod

200g Dark Chocolate (70% Cocoa solids)

25g Unsalted butter

2tbsp Penderyn Whisky (optional)

25g Cocoa Powder

1. Pour the cream into a pan, scrape the vanilla seeds in, add the pod too. Slowly bring to the boil. Remove from the heat and leave to infuse for 20 minutes.
2. Melt the chocolate gently. Take off the heat and beat in the butter.
3. Remove the vanilla pod from the cream, then pour into the chocolate mixture. Pour into a piping bag and chill until firmed.
4. Pipe out bite size bulbs onto baking parchment and chill overnight.
5. Dust your hands with cocoa powder and shape the mixture into balls.
6. Roll in cocoa powder or finely chopped toasted hazelnuts to coat.
7. Chill, then place in a box or airtight container.
8. Keep in the fridge for up to 1 week.



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