

Charity Night menu

Canapes

Goat's Cheese and Black Olive Tartlets

Starters

Spiced Parsnip Soup

A Creamy Soup with a Hint of Spice

Smoked Mackerel Pate

Smoked Mackerel Pate served on a bed of Watercress with Melba Toast and a Creamy Horseradish Dressing.

Baked Camembert Pots

Baked Camembert with a Cointreau and Orange Rocket salad served with Sliced Ciabatta Bread.

Mains

Honey-roasted Duck

With Wild Mushroom Tarragon and Spinach Sauce

Poached Sea Bass

Poached Sea Bass with Potatoes in a White Wine, Cream and Chive Sauce

Stuffed Roast Peppers

Roasted Mixed Vegetables, served with a Mango Cous – Cous and a Tomato and Garlic Sauce

Desserts

Blueberry Mousse

This a creamy yogurt dessert with fresh Blackberries

Sticky Toffee Pudding

A sponge based dessert with a rich trickle sauce

Pear Tart

A sweet Crust pastry filled with ripe Pears and cream.

Petit Fours

Chocolate Cup Cakes

Only £24

Canapes

375g pack ready-rolled puff pastry

1 **egg** , lightly beaten
2 x 200g packs crumbly goat's cheese
handful pitted black olives , sliced
chopped **parsley** , to serve

Method

Heat oven to 200C/gas 6. Unwrap the puff pastry and, using a 5cm cutter, cut out 20 rounds (**you may need to re-roll the pastry trimmings to get 20 circles**). Now use a slightly smaller cutter to make a light dent in the pastry, creating a rim. Use a fork to make a few pricks in the centre of the pastry; this will stop it from rising, while letting the outer rim puff up.

Place the pastry discs on a baking sheet and brush all over with the egg. Crumble the goat's cheese in the centre of each tartlet and scatter over the olives. Cook for 15-18 minutes until the pastry is puffed and golden brown. Sprinkle with parsley before serving.

Starters

Ingredients for the parsnip soup

- olive oil
- knob of butter
- 1 large onion, peeled and roughly chopped
- 2 cloves of garlic, peeled and roughly chopped
- a thumb-sized piece of fresh ginger, peeled and roughly chopped
- 1 tablespoon garam masala
- 6 parsnips, peeled and chopped into chunks
- 500ml milk
- 1 litre vegetable stock
- sea salt and freshly ground black pepper
- 1 fresh red chilli, deseeded and finely sliced
- optional: a handful of fresh coriander leaves
- crusty bread, to serve/rolls

serves 4

Method

Heat a splash of olive oil and the butter in a large saucepan. Add the onion, garlic, ginger and garam masala. Gently fry for around 10 minutes, until the onions are soft and sweet.

Drop in the chopped parsnip and stir together so that everything gets coated in the oil and flavours. Pour in the milk and stock, season well and bring to the boil. Turn down the heat and simmer for 30 minutes with a lid on.

After half an hour, check that the parsnips are cooked by sticking a knife in then. If you're happy, remove them from the heat and carefully blend them with a hand blender or liquidizer. Taste the soup to see if it needs a little more salt or pepper.

Serve with a sprinkling of sliced red chilli, a few coriander leaves , and a good chunk of crusty bread.

Tip: Use coconut milk instead of regular milk for a twist

Mackerel Pate

Ingredients:

Smoked Mackerel Pate - 6 fillets Mackerel

Soured cream – 75g

Cream – 3 tbs

Lemon Juice – juice to taste

Watercress a couple of bags

Lemon for garnish

Method;

1. Make the Pate by skinning the fish then putting it in a food processor, with the soured cream, normal cream and lemon juice.
2. Blend until a nice consistency.
3. Once done place in a bowl then put in the fridge.
4. For the Horseradish and cream mixed together until a hint of spice but not too strong add some water if needed.
5. Make the melba toast by grilling some brown bread under the grill. Then slicing the bread in half so the toast is thinner and there is two thinner slices. Once that is done cut crust off and cut into small triangles.
6. Ready to serve.

Camembert

Ingredients;

Camembert - 2kg

Rocket - 3 bags

Cointreau - 50ml

Orange juice – 50ml

Red current jelly – 300g

Bread for dipping in camembert - ½ loaf

Method:

1. Slice camembert in to small pieces.
2. Line a small ramekin pot with tin foil.
3. Once that is done place the camembert into the pots.
4. Put them in fridge until ready to bake.
5. For the rocket salad mix the cointreau, orange juice and red current jelly together by heating it up slightly until becomes slightly more thinner.
6. Then mix the rocket in with the sauce and then place a little portion on each plate.
7. For the bread cut into fingers then grill until slightly brown.
8. Serve

Mains

Ingredients

For the duck

4 x 175g/6oz duck breasts, just removed from the fridge

salt and freshly ground black pepper

1 tbsp vegetable oil

4 tbsp clear honey

2 tsp Chinese five-spice powder

For the sauce

115g/4oz unsalted butter

1 shallot, finely chopped

salt and freshly ground black pepper

150g/5oz wild mushrooms

1 tbsp lemon juice

75ml/3fl oz water

1 tbsp tarragon, finely chopped

1 tbsp olive oil
200g/7oz baby spinach

Method

1. Score the skin of each duck breast with a very sharp knife first: you can pop the knife in the freezer for a few minutes to make it easier. Score the fatty skin of the duck breast in a criss-cross manner, but be careful not to cut all the way through the meat.
2. Season the duck with salt and freshly ground black pepper to taste. Pour the oil into a thick, flat-based pan and heat to a high temperature. Place the breasts into the pan, skin-side down. Cook at a fairly high temperature for about a minute, until the skin renders, taking care not to burn the fat.
3. Once the skin is golden-brown and crisp, turn the breasts over with tongs and sear the other side for about a minute. Return it once again to the pan, skin-side down, and cook for about 5-8 minutes until cooked all the way through.
4. Meanwhile, mix the honey and Chinese five-spice powder together in a small bowl.
5. When the duck is cooked, remove from the pan, brush with the honey and spice and allow to rest in a warm place for at least 5-8 minutes.
6. For the sauce, heat a lidded frying pan on medium heat and add 25g/1oz of the butter, the shallots and a pinch of salt.
7. Cook the shallots without the lid until softened, but not coloured - about 2-3 minutes.
8. Add the wild mushrooms and lemon juice and cover with a lid. Cook for a further minute.
9. Add the water, bring to the boil and whisk in the remaining butter.
10. Season with salt and freshly ground black pepper and then add the tarragon.
11. Heat the oil in a separate frying pan and add the spinach. Cook until the spinach has wilted.
12. To serve, divide the spinach between four plates, slice the duck breasts in half lengthways and place on top of the spinach, and spoon the mushroom sauce around

For sea bass

Ingredients

1 tbsp olive oil
½ large red potato, peeled and cut into cubes
100ml/3½fl oz white wine
50ml/2fl oz chicken stock
1 vine tomato, de-seeded and chopped
100ml/3½fl oz double cream
1 fillet sea bass, cut into serving pieces
salt and freshly ground black pepper
2 tbsp chopped fresh chives

Method

1. Heat the oil in a pan and gently fry the potato cubes for 5-7 minutes, until golden-brown. Add the white wine to the pan and boil until the liquid has reduced by half.
2. Pour in the stock, tomato and cream and bring to simmering point.
3. Gently place the fish pieces into the pan and poach for about two minutes, or until cooked through. Season, to taste, with salt and freshly ground black pepper. Gently stir in the chopped chives, taking care not to break up the fish.
4. Pour into a serving bowl and serve.

Stuffed peppers - vegetarian

Ingredients:

12 peppers
2 Aubergines
200g mushrooms
4 courettes
15 tomatoes
2kg Cous – cous
1 mango
Corriander
3 garlic cloves
300ml Vegetable stock

Method:

1. Cut lid from the peppers and take off the lid and scoop out the seeds.
2. Bake the peppers in the oven until slightly soft and crinkly.
3. Dice the mixed vegetables up into small piece's, add to a pan a cook until soft. Add seasoning .
4. Once soft and partly cooked add to the peppers.
5. Then bake them again for 20 minutes after staff tea.

For the cous – cous:

1. Stir in a pan with oil or butter and then add the water or stock once it starts to go down gradually add more until all gone.
2. Add mango and coriander and continue to cook for 10 minutes .
3. Once cooked you can leave it in fridge until need it when service after staff tea.

For the tomato sauce:

1. Add chopped peeled tomatoes to a pan and then add the garlic and season.
2. Once it becomes like a compote add some olive oil and then cook for 5 more mintues.

Blackberry mousse - serves 6

Ingredients:

300ml whipping cream
300ml blackberries
75g icing sugar
1 lemon

Method:

1. Place 300g blackberries in a blender along with the icing sugar and a squeeze of lemon.
2. Blend to a puree then pass it through a sieve into a large bowl.
3. Stir in the cream and whisk with a electric whisk until a fluffy mousse.
4. Divide into serving dishes and add fresh blackberries on the top and serve straight away.

Sticky Toffee Pudding

Ingredients

55g/2oz butter
170g/6oz demerara sugar
2 tbsp black treacle
1 tbsp golden syrup
2 eggs
200g/7oz self-raising flour
200g/7oz pitted dates
290ml/10fl oz boiling water
1 tbsp bicarbonate of soda
½ tsp vanilla extract

For the sauce:

110ml/4fl oz double cream
55g/2oz butter, diced
55g/2oz dark muscovado sugar
2 tbsp black treacle
1 tbsp golden syrup

For the moulds:

30g/1oz soft butter
30g/1oz flour

Method

1. Butter the moulds and dust with flour and preheat oven 200C/400F/Gas 6.
2. Using a food processor cream the butter and sugar together.
Slowly add the golden syrup, treacle and eggs. Continue mixing until the

mixture looks smooth, then turn down to a slow speed and add the flour. Mix until everything is well combined.

3. Add the boiling water to the dates and tip into a blender. Secure the lid firmly and blend to a purée.

4. Add the bicarbonate of soda and vanilla.

5. Pour this into the batter while it is still hot and stir well.

6. Pour into the moulds and bake for 20-25 minutes until the tops are just firm to the touch.

Make the sauce: simply place all the ingredients in a pan, bring to the boil, stirring a few times and then remove from the heat. Put to one side until ready to use.

8. Remove the puddings from the moulds and place on plate. Coat with the warmed sauce and serve with good vanilla ice cream.

Pear Tart

Ingredients

For the pastry

250g/9oz unsalted butter, plus extra, melted, for greasing

450g/1lb plain flour

100g/3½oz cornflour

150g/5oz icing sugar

2 free-range egg yolks

80ml/2½fl oz cold milk

For the filling

3 pears, peeled and halved

1 small piece of ginger, finely sliced

500ml/17fl oz dessert wine

220g/8oz blanched pistachio nuts

180g/6oz icing sugar

200g/7oz unsalted butter

2 free-range eggs, beaten

2 tbsp flour

1 tbsp pomegranate molasses

Method

1. For the pastry, grease six 10cm/4in fluted tart cases with melted butter.
2. In a mixing bowl, rub the butter and cheese into the flour and cornflour, then mix in the icing sugar.
3. In a separate bowl, beat the egg yolks with the milk, then add two-thirds of the mixture into the flour mixture. Add more egg mixture as necessary until the mixture comes together as a dough. Bring the mixture together using your hands and knead the dough lightly until smooth and elastic.
4. Wrap the dough in cling film and chill in the fridge for one hour.

Meanwhile, preheat the oven to 170C/325F/Gas 3.

5. Roll the chilled dough out onto a lightly floured work surface. Cut out six 12.5cm/5in discs using a pastry cutter or upturned bowl as a template. Line each tart case with a pastry disc.

6. Place a circle of greaseproof paper into each pastry case and fill with dried beans or rice. Bake in the oven for 15-20 minutes, then remove from the oven and set aside to cool slightly.

5. For the filling, place the pears, ginger and dessert wine in a pan, cover with a lid and bring to a simmer. Simmer for 10-12 minutes, or until the pears are tender. (The cooking time will vary according to the ripeness of the pear.) Remove the pears from the pan using a slotted spoon and transfer to a plate.

6. Turn the heat up and boil the wine until it has reduced by three quarters. Remove from the heat and set aside.

7. Blend the pistachio nuts in a food processor until they resemble breadcrumbs.

8. Add the icing sugar and butter and blend the mixture to a paste.

9. Add the beaten eggs, flour and molasses and blend until smooth.

10. Divide the filling among the pastry cases and place one of the poached pear halves on top.

11. Bake the tarts in the oven for 20-25 minutes, or until the filling is cooked.

Chocolate cup cakes

Makes 30 servings

Ingredients

125g soft unsalted butter

125g golden caster sugar

2 large eggs

1 teaspoon baking powder

1 teaspoon vanilla extract

2-3 tablespoons milk

300g icing sugar

150g room temperature butter

Chocolate batter flavouring

1 tablespoon baking cocoa

½ teaspoon chocolate essence

Coffee batter flavouring

1 teaspoon instant coffee granules

1 teaspoon hot water

Lemon and poppyseed batter flavouring

½ teaspoon lemon essence

1 teaspoon yellow food colouring

Orange blossom icing flavouring

½ teaspoon orange essence

¼ teaspoon scarlet food colouring

Method

2. Pre-heat oven to 200oc.
3. Make sure the butter is soft (room temperature) before starting.
4. Mix together all the batter ingredients except the milk. Add enough milk until you have a "dropping" consistency (it will just start to drip off a spoon but not runny).
5. Split the batter as evenly as you can into 4 bowls.
6. Flavour each one differently.
7. Once you've added the flavourings you may need to add a little flour if the batter becomes too runny or a little milk if too dry.
8. Line a mini-cupcake baking tray with paper cups and fill .each two-thirds with batter.
9. Check the cupcakes for done-ness after 20minutes by inserting a knife: it should come out clean.
10. Allow cupcakes to cool before icing them.
11. To make the icing, combine icing sugar and butter. Split this mix into 4 bowls, and flavour each separately. Like with the batter, adjust with a little water/icing sugar if too wet/dry.

12. I pipe the icing onto the cupcakes and decorate, but you could just use a spatula or spoon to ice them.