

FRIDAY – CANAPE

Courgette & Grilled Camembert Shots

Serves: 10 Persons



Recipe Ingredients

1	Courgette, roughly chopped	
½	Camembert, roughly chopped	Not suitable for LF/VG/P (see page 3)
½	Camembert, cut into 10x 1cm cubes	Not suitable for LF/VG/P (see page 3)
1tbsp	Frozen onions	
Pinch	Frozen garlic	
1tsp	Vegetable stock	Not suitable for GF (see page 3)
Equal	Cream and water	Not suitable for LF/VG (see page 3)
	Salt and pepper to taste	



Evening Preparation

5.30pm

620. Place all the ingredients (excluding the Camembert for the garnish) into a small saucepan.
621. Cut the remaining half of the camembert into small cubes and place onto a baking tray lined with greaseproof paper. Leave on the side.
622. Finish preparing the quiche.

6.30pm

623. Put the saucepan on a high heat, bring to the boil then simmer for 3-4 minutes.
624. Put the camembert cubes into the oven to bake. They should come out almost golden brown and not melted. When ready, set aside to cool down.
625. Whilst the soup is hot, blend until smooth.
626. When ready, taste and adjust the seasoning. Put back on a very low heat and keep warm ready to be served.
627. The quiche should now be ready to come out of the oven.

7:00pm

628. Remove camembert cubes from the oven.

To Serve

629. Transfer the hot soup to a pouring jug and neatly pour into shot glasses.
630. Garnish with the baked pieces of Camembert on top.
631. The Camembert can be added cooled, and the soup will warm it back through.
632. Neatly display on slate, with teaspoons in a shot glass and serve to the table.
633. Put the duck in the oven.