

CHARDONS

DAY 5 - STARTER

Starter - Cumin and paprika spiced oil

(VG), (LF)



Recipe Ingredients

- 1 ½ tbsp paprika
- 1 ½ tbsp cumin
- 500ml vegetable oil

To finish (per portion)

- 4 chopped leaves mint
- 1 tsp lemon juice
- Pinch salt



Morning or evening

1. Take 50 ml oil and heat on a medium temperature in small pan
2. Once heated added paprika and cumin. Roast them until you get a strong smell of spices
3. Then add in your remaining oil and heat lightly, around 5 min. Then allow to cool for at least an hour
4. Once cool strain, trying not to get spices in the bottom of the pan into the strained oil

7.10pm

1. To finish add mint, lemon and salt to 3 of spiced oil per portion

Tip - this will last for ages so just store in a squeeze plastic bottle or container

DAY 5 - MAIN COURSE

Curry Banquet

Serves: 10 persons



Regular



CHARDONS
Vegetarian





Recipe Ingredients

Chicken Tikka Masala Curry

10	Chicken breasts, defrosted
300g	Frozen onions
1tbsp	Frozen garlic
1	Red/green chilli, deseeded & finely chopped
1tbsp	Curry powder
1tbsp	Turmeric
2 jars	Tikka Masala curry paste
2 jars	Water
3tbsp	Apricot jam
2L	Coconut milk
2tbsp	Vegetable stock
3)	

Not suitable for GF (see page



CHARDONS

2tbsp 3)	Chicken stock	Not suitable for GF- (see page
1	Courgette, cubed	
300g	Frozen spinach	
	Cornflour mix	
1 bunch	Fresh coriander for decoration	

Vegetable Curry Replace chicken with the items below

	Chickpeas	
	Courgette	
	Frozen veg (green beans, peas, mushrooms)	
	Vegetable stock	Not suitable for GF (see

page 3)

Rice

0.5kg	Wild rice, washed in cold water
-------	---------------------------------

Carrot, Onion and Almond Salad

5	Carrots
2	Red onions
1tbsp	Lemon juice
	Salt, pepper and sugar to taste
½ bunch	Coriander, roughly chopped
50g	Toasted sliced almonds

Spiced Cauliflower

1kg	Frozen cauliflower	
1tsp	Turmeric	
1tsp	Curry powder	
1tsp	Cumin	
1tsp	Paprika	
1tsp	Vegetable stock	Not suitable for GF (see page 3)
	Salt and pepper	
2tbsp	of vegetable oil	

Naan Bread



CHARDONS

10	Pita breads	Not suitable for GF (see page 3)
100g	Butter	Not suitable for VG/ LF (see
<i>page 3)</i>		
1tsp	Frozen garlic	
	Salt, pepper and chopped parsley	

Raita

2 pots	Natural yoghurt	Not suitable for VG/LF (see
<i>page 3)</i>		
1	Cucumber	
½ bunch	Chopped mint leaves	
2tbsp	Honey	
Splash	Lemon juice	
Salt and pepper for season		

Morning Preparation

9:00am

1. Start preparing the curry sauce. Add onions, garlic and finely chopped chilli into a large saucepan with a splash of vegetable oil and cook on a high heat for 10 minutes, stirring regularly to stop it from burning.
2. In the meantime, place the cauliflower in a colander over a large glass bowl and defrost under hot water from the tap.
3. When defrosted, drain the water and leave the cauliflower on the side for a few minutes.
4. Finely chop one chilli, discard the seeds and add to the onions mix
5. To make the garlic butter, melt the butter in a small saucepan over a medium heat, add crushed garlic, salt, pepper and chopped parsley, mix together and cover with cling film. Leave on the side ready for evening serving.
6. Remove the pitta bread from their packets and lay out on a baking tray. Cover with cling film.
7. When the onions are cooked, add curry, turmeric, and curry paste and continue cooking on a high heat for a further 3 minutes.
8. Add water and jam, mix well and simmer on a medium heat for 15 minutes.



CHARDONS

9. In the meantime, transfer the defrosted and drained cauliflower into a large mixing bowl, add all the spices, vegetable stock and vegetable oil, mix well so all the florets are evenly coated. Add more oil if necessary to cover all the florets
10. Place cauliflower on a baking tray, cover with cling film and leave aside, marinating until the evening.
11. Add vegetable stock and coconut milk to the sauce, stir and continue simmering for a further 15 minutes.
12. Prepare the defrosted chicken breasts. On a clean chopping board, trim all the excess fat, cut each breast into equal sized cubes and place in a colander over a glass bowl to allow it to drain any excess water. Cover with tin foil and set aside.
13. Remove portions of the curry sauce for the V/VG.
14. To finish the curry sauce, add chicken stock and mix well.
15. Remove from the heat and leave covered on the side ready for later.

Evening Preparation

5.00pm

16. Put the curry sauce on a medium heat and bring to a simmer. (Both sauces if you are making a V/VG option).
17. Prepare the starter.

5.30pm

18. Add the chopped chicken cubes into the meat sauce and continue simmering for a further 15 minutes.
19. Peel and grate the carrots into a mixing bowl.
20. Peel and finely slice red onions and add to the carrots, season with salt, pepper, sugar and lemon juice and a small amount of vegetable oil, mix well and set aside for a couple of minutes to marinate.
21. To make the raita, grate a whole cucumber into a separate bowl, discard the excess water, add all other ingredients and mix well. Cover with cling film and place in the fridge ready to serve.



CHARDONS

22. To finish the carrot salad, add chopped coriander and raisins, mix again, cover and place in the fridge.
23. Toast the almonds in a frying pan on a high heat for a couple of minutes, stir and be careful not to burn them.
24. When toasted take off the heat, transfer into a small bowl and set aside.

6:00pm

25. Add chopped courgettes into both chicken and vegetarian curries which are simmering.
26. Into the V/VG curry add the chick peas, frozen beans and green peas.
27. Continue simmering for 10 minutes on a medium heat.
28. Add spinach to both curries and continue simmering for a further 10 minutes.
29. Once the spinach has completely defrosted, thicken up both sauces with a corn flour and water mix. Continue stirring until the sauce is thick enough to coat the back of a spoon.
30. Put the Tandoori vegetable starter in the oven.
31. When ready, take both curries off the heat and cover with lids or tin foil. Warm up on a medium heat just before service.

7:00pm

32. Put the marinated cauliflower on the middle shelf of the oven. Roast for at least 30 minutes.
33. Thoroughly wash the wild rice twice in cold water then cover with water and put on a very low heat so it is ready to boil.
34. Put the falafels in the oven then serve.
35. Prepare the sides. Place the carrot salad and raita in small servers (preferably curry bowls), sprinkle carrot salad with freshly chopped coriander and toasted almonds and raita with freshly chopped mint.
36. Serve the starters.
37. Bring the rice to boil and cook it while the starters are being served. It should take about 10-12 minutes.
(Once the starters have been served)
38. Move the cauliflower onto the top shelf of the oven and place the pitta breads on the middle shelf to warm up for 2-3 minutes.
39. When the rice is cooked, drain it in a colander.



CHARDONS

40. Cut pittas in half and drizzle garlic butter over them. Serve them in bread baskets.

To Serve

(Serve a well presented server of each dish to each table):

- 1 Server of curry sprinkled generously with chopped coriander
- 1 Rice
- 1 Spiced cauliflower
- 1 Bread basket of naan breads
- 1 Carrot, onion and almond salad
- 1 Raita
- 1 Mango chutney
- 1 Shaker of chilli flakes

CHEF'S TIPS

1. Take chicken breasts out of the freezer the night before.
2. We buy the chutneys from the UK and have a limited supply for the season. You must re-use your left-over chutneys to ensure you have a sufficient amount for the whole season.

CHARDONS
DAY 5 – DESSERT

Fruits of the Forest Cheesecake /Caramelised Tropical Fruit VG/LF
Serves: 16 Persons/1 Person



Regular



Recipe Ingredients

Cheesecake Mix

500g
1L
Splash
200g
8 sheets

Not suitable for LF/V/VG (see page 3)

Philadelphia-style cream cheese
Whipping cream
Vanilla extract
Icing sugar
Gelatine, soaked in water

Base

3 packs
450g
100g
100g

Pre-bought biscuits Not suitable for **GF** (see page 3)
Gluten Free Muesli
Brown sugar
Butter, melted

Coulis

0.5kg
200g
200ml

Frozen mixed berries
Sugar
Water

Caramelised Tropical Fruit **VG/V/LF** (see page 3)

1
1 slice
2tbsp

Banana, sliced
Tinned pineapple, cubed
Brown sugar
Strawberry sorbet

Morning Preparation

10:30am

1. Place all the mixed berry coulis ingredients in a small saucepan.
2. Bring to the boil on a high heat then simmer for 15-20 minutes until reduced by half. The fruit should still retain its shape.
3. When ready, take off the heat and set aside to cool down then cover with cling film.



CHARDONS

4. Crush the biscuits with your hands into a large mixing bowl, add sugar and melted butter and mix well.
5. Transfer the base mix into a cheesecake tin (saving a couple of spoons of the base mix for sprinkling later) and press down with the back of a spoon to create an even base.
6. Break gelatine sheets in half, place in a small bowl and cover with cold water to soak for 3 minutes.
7. Strain excess water.
8. Warm the gelatine in a microwave for 20 seconds to create a paste. Try not to boil the gelatine as it will set and go hard really quickly; you are looking for a consistency of a paste.
9. In a separate bowl, add all remaining cheesecake mix ingredients and using a hand blender, blitz them to a smooth consistency and no lumps.
10. Add dissolved gelatine, continuously blending until all ingredients are well combined.
11. Place the mix in the fridge for 3-4 minutes, until it starts to set.
12. If you have a **GF** guest, put 2 tbsp of **GF** muesli into the bottom of a wine glass.
13. Once the cheesecake mix is starting to set, pour the mix on top of the biscuit base, filling the cake tin to the very top of the rim. For **GF** fill up the wine glass with muesli in, leaving a little room on top for the coulis.
14. Put the cheesecakes in fridge to fully set.
15. Ice the cake.

Evening Preparation

8.00pm

16. Preheat a small frying pan on a medium heat and slightly grease it with a bit of vegetable oil. **V/VG**
17. Coat slices of banana and pineapple in sugar and fry in the pan for 3-4 minutes on each side until they are brown. The sugar should caramelize nicely, but be careful not to burn it.
18. When caramelized on both sides, transfer the fruit onto a plate, creating a circle.
Slice the cake into 16 equal portions using a clean knife dipped into boiling water for each clean cut.



CHARDONS

To Serve

19. Place a slice of cheesecake in the centre of a plate. Add 2 spoons of coulis over the top and a sprig of fresh mint. Decorate by sprinkling a little of the base mix saved earlier.
20. For **GF**, top the wine glass with the coulis and a sprig of fresh mint
21. For **V/VG** serve the caramelised tropical fruit warm with a scoop of strawberry sorbet on top and a sprig of fresh mint.

