

CHARDONS

DAY 6 – CANAPE

Courgette & Grilled Camembert Shots

(S), (V), (VG), (LF), (GF), (NF)

Serves: 10 Persons



Recipe Ingredients

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



CHARLONS
Evening Preparation

5.30pm

1. Place all the ingredients (excluding the Camembert for the garnish) into a small saucepan. (GF) - If gluten free, separate a portion before adding stock. (VG) or (LF) – if vegan or lactose free, separate a portion without the camembert cheese and cream.
2. Cut the remaining half of the camembert into small cubes and place onto a baking tray lined with greaseproof paper. Leave on the side.
3. Finish preparing the quiche.

6.30pm

4. Put the saucepan on a high heat, bring to the boil then simmer for 3-4 minutes.
5. 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.
6. Whilst the soup is hot, blend until smooth.
7. When ready, taste and adjust the seasoning. Put back on a very low heat and keep warm ready to be served.

7:00pm

8. Remove camembert cubes from the oven.

To Serve

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

Dietaries

(GF) - If gluten free, separate a portion before adding stock.

(VG) or (LF) – if vegan or lactose free, separate a portion without the camembert cheese and cream.