

James Martin's Recipes at the Nottingham Food and Drink Festival 2009

DEEPFRIED MONKFISH AND HALIBUT WITH PEA PUREE AND PARSLEY OIL

Ingredients:

For the fish fingers

Vegetable oil, for deep frying
2 free-range eggs, separated
150g/5oz plain flour
salt and freshly ground black pepper
250ml/9fl oz British beer
1 monkfish fillet, membrane removed, cut into four strips
250g/9oz halibut fillet, skin removed, cut into four strips

For the pea purée

25g/1oz butter
2 large shallots, finely chopped
450g/1lb frozen peas, defrosted
125ml/4½fl oz double cream
4 tbsp chopped fresh mint leaves
salt and freshly ground black pepper
½ lemon, juice only

For the parsley oil

10g/½oz fresh flatleaf parsley leaves
75ml/3fl oz extra virgin olive oil
handful pea shoots, to serve

Method:

1. For the fish fingers, place the vegetable oil into a deep, heavy-based saucepan and heat until a small cube of bread sizzles and turns golden-brown when dropped into it, or preheat a deep fat fryer to 190C/375F. (CAUTION: hot oil can be dangerous. Do not leave unattended.)
2. Place the egg yolks, flour, salt and freshly ground black pepper into a bowl and whisk together.
3. Pour in the beer and whisk to make a smooth batter.
4. Place the egg whites into a separate bowl and whisk until stiff peaks form when the whisk is removed.
5. Beat half the whisked egg whites into the batter, then gently fold in the remaining half.
6. Dip each piece of fish into the batter to coat thoroughly, shaking off any excess.

7. Carefully place the fish into the hot oil in batches and deep fry for 3-4 minutes, or until golden-brown and cooked through. Remove from the oil with a slotted spoon and drain on kitchen paper.
8. Once all the fish is cooked, drop several pieces at a time back into the oil for 30-45 seconds - this helps to make them really crisp. Remove from the oil with a slotted spoon and drain on kitchen paper.
9. Meanwhile, for the pea purée, heat the butter in a pan and gently fry the shallots for 1-2 minutes.
10. Add the peas and warm through gently, then add the cream and mint leaves and cook for a further minute.
11. Transfer the mixture to a food processor and blend to a purée. Season to taste with salt and freshly ground black pepper and add a squeeze of lemon juice.
12. For the parsley oil, place the parsley and olive oil into a small food processor and blend to a purée. Pour the mixture into a sieve lined with muslin or a clean kitchen cloth and leave to drip into a bowl.
13. To serve, spoon the pea purée onto four serving plates and top with some pea shoots. Place three fish fingers onto each plate and drizzle over the parsley oil.

GRILLED SARDINES WITH PANZANELLA

Ingredients:

8 sardines
25ml extra virgin olive oil
2 tbsp balsamic vinegar
1 tbsp sherry vinegar
1 tbsp capers
1½ tsp anchovy fillets, chopped
½ tsp garlic, chopped
3 plum tomatoes
10g basil
½ Baguette (enough for 1½ cups croutons)
Salt and freshly ground black pepper

Method:

1. To make the vinaigrette, combine all the ingredients apart from 1 tomato in a blender and purée for 1 minute. Set aside.
2. To make the croutons, pre-heat the oven to 200c/400°F. Slice the baguette in half lengthwise. Rub all over with the garlic, then cut in half again lengthwise. Cut these strips into ¾-inch cubes. Spread the bread cubes on a baking sheet, crust side down, and bake until just golden brown and crisp on the outside but still soft inside, about 3 minutes. Watch carefully, let cool.
3. To make the panzanella, combine the tomato dressing with the crouton and chop the remaining tomato and add to the bread with the ripped basil leaves.
4. Place the sardines onto the tray and drizzle with a little olive oil with some salt and pepper and grill for 2 minutes on both sides.
5. Remove from the grill and serve with the bread salad on the side, it is best left to soak the bread in the dressing for a while before serving it.

PAN FRIED LEMON SOLE WITH CLAMS, CORIANDER AND TOMATO

Ingredients:

1lb fresh clams
100ml water
125ml/4fl oz olive oil
½ tsp coriander seeds, crushed
2 shallots, finely sliced into rings
1 garlic clove, lightly crushed but still whole
8 x 80/100g lemon sole fillets
2 tbsp roughly chopped fresh flat leaf parsley
½ bunch coriander, leaves picked
4 ripe tomatoes, peeled, deseeded and finely chopped
1 lemon, juice and zest
salt and black pepper

Method:

1. Heat a frying pan with a lid until hot. Add the clams and water and cover with the lid. Steam the clams for 2 minutes until they have opened up. Discard any clams that have not opened and pour the contents of the pan into a colander over a bowl or pan and remove the clam flesh from the shells discard the shells keep the juice though.
2. Heat a separate frying pan until hot and add tbsp of olive oil and the seasoned sole fillets. Fry for 1 to 2 minutes on each side, or until just cooked through. Remove the sole from the pan and place onto a plate to prevent them from cooking any further, deglaze with the juice from the clams and reduce by half and leave to one side.
3. To make the sauce vierge, place the olive oil into pan over a low heat. Add the coriander seeds, shallots, garlic and clams and cook for 1 minute, but do not boil.
4. Season, to taste, with salt and freshly ground black pepper and add the lemon juice and zest.
5. Pour into a bowl with the tomatoes and coriander leaves and the juice from the clams and stir gently.
6. To serve, remove the whole garlic clove from sauce and place the lemon sole fillets on the plates with the sauce over the top.

MACKEREL WITH CARMELISED RADISHES

Ingredients:

2 mackerel gutted and washed
12 radishes
1 tbsp clear honey
Pinch of cumin seeds
14 baby white onions peeled
1 banana shallot
Bunch of coriander
Bunch of chives
Small bunch of thyme
1 lemon sliced
Olive oil
100ml water
1 tbsp water

Method:

1. Pre heat to about 180C.
2. In a non-stick pan place the 100ml water and the onions. Allow to cook until tender.
3. Add the radishes and cook for about 2-3 minutes.
4. Add the honey and cumin seeds and cook for a further 5-6 minutes. The colour of the radishes will gradually start to run and form a glaze. When nearly all the liquor has evaporated, remove from the pan from the heat.

For the mackerel:

1. Place two sheets of silver foil about the size of a broad sheet newspaper on the work surface.
2. Divide the shallots, lemon and herbs between the 2 pieces of foil.
3. Finally, place the mackerel over the top and score the fillets with a sharp knife.
4. Drizzle the tablespoon of water over the top and fold over the foil to form little parcels.
5. Place the parcels into the oven and cook for about 8-10 minutes.
6. Remove from the oven and open up the parcels
7. Divide the onion and radish mix between the two fishes and serve.

STAR ANISE OLD SPOT PORK BELLY WITH CHILLI SAUCE AND TURNIP PICKLE

Ingredients:

For the pork belly

½ side fresh Old Spot Pork belly (1.5kg/3lb 5oz), bones removed
Salt and freshly ground black pepper
2 whole star anise
1 cinnamon stick
1 bulb garlic
1 small onion

For the salad

110ml/4fl oz water
110ml/4fl oz white wine vinegar
1 tsp caster sugar
1 tsp salt
5g fresh picked fresh leaves
2 medium turnips, peeled, thinly sliced on a mandoline
100g/4oz watercress leaves
4 spring onions, trimmed, sliced on the diagonal
1/2 cucumber deseeded, peeled, sliced into thin strips with a peeler

For the glaze

250ml/8fl oz Chinese chilli dipping sauce

METHOD:

1. First for the pork belly, preheat the oven to 100C/200F/Gas ½, and heat a large casserole sized pan on the stove.
2. Next season the pork and place into the pot with the spices and the garlic chopped in halve and the roughly chopped onion. Cover with water and bring to the boil, cover then place in the oven for 4 hours to cook slowly, a slow cooker can be used too as it will do the job just as good.
3. Once cooked remove from the pan and allow it to cool then slice it into 1cm thick slices and leave to one side.
4. Meanwhile, for the pickle, mix together the water, white wine vinegar, sugar and salt in a bowl until well combined. Add the turnip slices and mix well to coat them in the pickling liquid. Set aside to pickle for 1 hour, then drain off 3/4 the pickling liquid.
5. Add the pickled turnip slices to the remaining salad ingredients and mix well.
6. To serve place a non-stick pan on the stove and with a little olive oil colour the slices of pork in a hot pan for 2 minutes each side. Once colored add the chili dipping sauce and remove the pan from the heat allowing to sauce to bubble and reduce.
7. Place the glazed pork slices onto the plate the salad on the side and serve.

PAN FRIED LIVER WITH MADEIRA, SCRUMPYJACK BATTERED ONION RINGS AND SAGE

Ingredients:

1½ lb calves liver, thinly sliced
2 medium onions, peeled and sliced into rings
2 glasses madeira
900 ml beef or chicken stock (the tubs from the supermarket are great)
50 g butter
12 large sage leaves
Maldon salt and pepper
Olive oil

For the batter:

150g plain flour
300ml Scrumpy Jack cider
1 tsp Maldon Salt

Method:

1. Heat a large frying pan on a high heat and add a knob of butter, season the sliced liver and dust with a little flour only a light dusting though. Pan fry the liver with 4 of the sage leaves in batches to keep the pan really hot and to get colour on each slice, this is important as colour is flavour. The liver will only take about 1½ minutes to cook on each side and should be nice and pink in the middle, leave on a plate to one side.
2. Keeping the pan on the heat, deglaze the pan with Madeira and the stock and reduce by ¾.
3. While reducing place the flour in a bowl with the salt and while mixing add the cider to a thin batter, dip in the onion rings and the remaining 8 sage leaves and deep fry in the hot oil.
4. Remove after about 1 to 2 minutes and place on kitchen paper and sprinkle with salt.
5. Place the liver onto the plate and the sauce over the top and a pile of onion and fried sage on the top.
6. Serve either plain or with mash or a herby salad with a few capers mixed in.

WHOLE FILLET OF BEEF WITH CEPE PUREE, BACON AND JERUSALEM ARTICHOKEs

Ingredients:

4 lb fillet of beef
300g Jerusalem artichokes
8 slices back bacon
1oz butter
4 tbsp chopped fresh parsley
Virgin olive oil

Cepe Puree

25g dried cepes
50ml white wine
100g button mushrooms
1 shallot
1 clove of garlic
10g butter
100g double cream
Salt and freshly ground black pepper

1 lt fresh beef stock
½ bottle red wine

Method:

1. To make the puree, peel and roughly chop the garlic and shallot and sauté in a pan with the butter, sauté for 1 minute while chopping the dried cepes and the button mushrooms and add to the pan. Sauté for 3 minutes then add the white wine, double cream and simmer for 5 minutes until thickened, place in a blender and mix to a puree, season and leave to one side.
2. To cook the beef fillets, heat up a shallow pan on the stove and place the seasoned fillets in the hot dry pan. Colour well on one side before turning over and adding the butter and the same amount of olive oil and continue to cook to your liking 5 minutes for medium 7 to 8 for well done, basting all the time.
3. Whilst the fillets are cooking, peel and thinly slice the artichokes and sauté them in a non stick pan with the butter. Then slice the bacon into lardoons and add to the pan too and cook for 5 minutes to both colour the artichokes and crisp up the bacon.
4. Add the chopped parsley and season well and serve on pile on the plate with the steak on top the pan juices over the top and the puree on the side.

A QUICK BASIL AND SUMMER FRUIT PUDDING

Makes 4 small moulds

Ingredients:

300g mixed frozen fruits (de-frosted)
1 punnet of Mixed Strawberries, Blackberries & Redcurrants to garnish
12/14 thin slices of white bread
1 oz caster sugar
Water
Fresh Basil (One of those small basil plants will do)
Icing sugar

Method:

1. Take half the strawberries and remove the tops, cut into 4 and add to 1/2 of the mixed fruit. Add the caster sugar to taste and rip up about 10 large leaves of basil into the berries and leave to one side.
2. Place the rest of the frozen fruit in a blender and whiz to puree the fruit well. Add some sugar to taste and pass the sauce through a sieve.
3. Remove the crusts from the bread and line the small moulds, firstly with a little oil then with cling-film in the base of each mould.
4. Then with a small circle for the base, slices for the sides and a larger circle for the top. When lining the moulds dip the bread on one side in the sauce and place in the mould, dipped side against the mould.
5. Fill the centre with the fruit and some of the juice and press down well, and top with the last slice of bread.
6. Remove the pudding from the mould and place on a plate. Spoon over the sauce and garnish the top with the remaining fresh berries and a sprig of fresh basil, dust with a little icing sugar and serve.

ORANGE CHEESECAKE WITH ROAST FORCED RHUBARB

Ingredients:

4 shortbread biscuits
450g full fat cream cheese
200g caster sugar
250g crème fraiche
400ml double cream
4 oranges juice and zest
200g forced rhubarb
40g sugar
50g butter

Method:

1. First to make the cheesecakes place the cream cheese into a bowl and combine with the orange zest, then in another bowl whip up the double cream to soft peaks. Then carefully fold in the cream and the crème fraiche at the same time. Don't over mix as the mixture will split then spoon into 2 ½ inch rings and place on a tray and in the fridge for 2 hours to firm up.
2. For the rhubarb turn the oven on the 230c/ 460f and wash the rhubarb well. Then cut into 2 inch long pieces and place into a oven dish or tray. Sprinkle with the sugar and butter and the juice from the oranges and place in the oven for 8 to 10 minutes. Check to see if it is cooked buy squeezing the stalks then remove. Don't overcook as they go to mush quickly, remove and allow to cool, but cooking in a very hot oven should cause the juice to turn to a nice syrup.
3. To serve crush the shortbread to a fine crumb and remove the cheesecakes from the fridge. Roll both sides of the cheesecakes in the biscuits and place on the plate. Then either using a warm dish cloth or a blow touch warm the ring slightly and they should just lift off. Serve with the rhubarb on the side and some of the juices from the tray.

WARM INDIAN GULAB JAMUN DOUGHNUTS WITH DORSET STRAWBERRIES, BASIL AND CLOTTED CREAM

Ingredients:

For the gulab jamun

vegetable oil, for deep frying
225g/8oz powdered milk
110g/4oz plain flour
1¼ tsp baking powder
½ tsp bicarbonate of soda
350ml/12fl oz double cream you may need a little more
25g/1oz butter, melted

For the syrup

75ml/3fl oz water
200g/7oz caster sugar
10 basil leaves
1 lemon, juice only

To serve

300g/10oz strawberries, hulled
200g/7oz clotted cream
12 fresh basil leaves

1. Preheat the vegetable oil in a deep fat fryer to 170C/350F. Place the milk powder, flour, baking powder and bicarbonate of soda into a bowl and mix to combine.
2. Add 100ml/3½fl oz the cream and mix well then add the melted butter and as much extra cream as necessary to form a soft, slightly sticky dough, it should look and feel like soft pastry.
3. Roll the dough into small balls about 2cm in size in between your hands and carefully place into the deep fat fryer. Fry for 2-3 minutes until golden and completely cooked through. Carefully remove the cooked balls with a slotted spoon and drain on kitchen paper.
4. For the syrup, place the water, sugar and lemon juice, basil into a pan over a medium heat and bring to the boil. Reduce the heat and simmer for 1-2 minutes and remove from the heat and cool.
5. Carefully place the dough balls into the syrup and roll around to completely coat leave in for 2 to 3 minutes but normally these are served in the syrup.
6. To serve place the strawberries into a large serving dish and top with the gulab jamun balls, add some basil leaves and spoon on the clotted cream and serve.

COX'S APPLE TART WITH HONEY CARAMEL AND CLOTTED CREAM

Ingredients:

300g all butter readymade puff pastry
6 Cox's apples
4 cooking apples like Bramley's
75g butter
25g caster sugar
Plain flour

For the caramel

3 tbsp clear honey
100g caster sugar
Water

Clotted cream to serve

Method:

1. Roll out the puff pastry thinly and dock the surface with a fork. Cut out four 8-9 inch discs. Place in the fridge to rest.
2. Peel and core the apples and cut in half. Cut the apples nice and thin with a sharp knife. Remove the tarts from the fridge and place on a non stick buttered baking tray. Lightly brush the edges of the tarts with melted butter and spread the stewed apples on the middle. Drizzle the top with the melted butter and sugar and bake in a pre-heated oven (200°C) for about 5-6 minutes, until golden brown.
3. While they are cooking heat the sugar to a caramel and add the water to slacken and honey to taste, allow to cool.
4. Remove the tarts from the oven and glaze with a little of the remaining butter. Place on the plates and serve with a spoonful of ice cream in the middle and the honey mixture around..