

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

SAUTÉ CHICKEN LIVERS WITH CRÈME FRAICHE, CHORIZO, THYME AND LINGUINI PASTA.

Ingredients:

250g x chicken livers,
140g x chorizo sausage (sliced)
2 x sprigs of thyme,
150g x ready made linguini pasta,
150g x crème fraiche
1 x tbsp of sherry vinegar,
1 x clove of minced garlic,
60 g x shaved parmesan

Method:

Heat non stick pan on stove top, add shallot and garlic and cook with no colour for 1 minute then add livers cook for a further 2 minutes so livers are sealed all over, next deglaze with vinegar and add sliced sausage, cook for one minute to release any oil add crème fraiche, picked thyme leaves and pasta toss together and using a meat fork twist pasta into a ball and present in bowl add sauce from the pan over and around and finish off with shaved parmesan, serve.

ROAST FILLET OF PORK, BLACK PUDDING AND BALSAMIC CARMELISED APPLES

Ingredients:

1 pork fillet	1 x Braeburn Apple
4 slices black pudding	40g caster sugar
100g butter	1tbsp Balsamic vinegar
Salt and pepper	Olive oil for cooking
200 g x mashed potato	500ml x beef stock

Method:

Season pork fillet and sear in a hot non-stick pan with olive oil. Transfer to a baking tray and cook at 180°C for 7 minutes.

Put the black pudding on a tray and cook in the oven for 5 minutes.

Next, take a non-stick pan, add the sugar and butter and heat to a caramel. Slice the apple in half then into equal wedges and put into the caramel and add the balsamic vinegar. Lower the heat and gently cook for 3 minutes until just soft.

Drain the apple of any excess liquid and set aside add stock to pan and simmer add a knob of butter and whisk and season then arrange apples on a plate slice pork fillet and arrange with black pudding fanned over the top of the apple add warm creamed potato and drizzle around buttered balsamic sauce.

WARM CHOCOLATE FONDANT WITH VANILLA CREAM

Ingredients:

125g x plain chocolate
125g x unsalted butter
4 x free range eggs
75g x castor sugar
50g x self raising flour
1 x tbsp coco powder plus extra for dusting

300ml x whipping cream
1 x vanilla pod
1 x tbsp of icing sugar

Method:

Melt chocolate and butter in a heatproof bowl placed over a saucepan of simmering water, when melted stir slightly then let to cool, pre heat oven to 180oc and lightly butter and flour 6 x pudding basins, whisk the eggs and sugar together until light and pale and double in volume using a electric hand whisk. Next fold the egg mix into the cold chocolate then sift in the flour and cocoa fold together, spoon into the pudding basins and bake for 7 minutes until risen then set aside on wire rack, whip the cream with cut and split vanilla seeds and icing sugar until they reach soft peaks, to serve turn out fondant and dust with cocoa powder and add a dollop of whipped cream!

SEARED TUNA LOIN WITH TOMATO KETCHUP DRESSING

Ingredients:

300g x fresh sustainable tuna loin,
150ml x tomato ketchup,
Splash x Worcestershire sauce,
50 ml x balsamic vinegar,
¼ x bunch chervil,
¼ x bunch tarragon,
3 x finely diced shallots,
100ml x olive oil,
Salt and pepper,
1 x bunch of rocket salad
3 x new potatoes
Olive oil for cooking

Method:

First make the dressing in a bowl whisk together the shallots and ketchup then add the vinegar and Worcestershire sauce, slowly add the olive oil and whisk in until thickened then chop the herbs and mix in and season to taste, set aside.

Next slice the potatoes into ½ cm slices and pan fry in non stick pan with olive oil until golden on both sides season as you cook them then drain off on kitchen paper. Rub oil and seasoning over tuna steaks and heat a non stick char grill pan on stove top and sear the steaks on both sides for 40 seconds this will produce a rare cooking temperature the way you should serve them but if you prefer a little more well done just turn down the heat slightly and cook a little longer.

To serve lay the potato on a plate slice the tuna in half and present on top then lay around some rocket leaves, stir dressing and dress over tuna and around plate be sure to mix the dressing well and scoop up the shallots and herbs.

RIB EYE STEAK MAPLE CHILLI ONIONS, CRUSHED POTATOES AND RED WINE SAUCE

Ingredients:

1 220g rib eye steak
1 white onion
2 tbsp maple syrup
200g new potatoes
2 cloves of garlic
125ml red wine
100g unsalted butter
1 tbsp dried chilli flake
60 grams of rocket salad

Method:

First crush garlic cloves and put in saucepan with salt and new potatoes, cover with boiling water and simmer till just soft , season steak both sides and sauté for 5 minutes both sides in non stick saucepan then rest for 3 minutes this will determine a medium cooking temperature, next slice the onion thinly and sauté till just soft in a non stick frying pan then add chilli flake and maple syrup coat until sticky and glossy , remove from pan and keep warm, add red wine to the onion pan and reduce by half, then whisk in cold knob of butter, with a fork crush potatoes and season add splash of olive oil, then put on plate , slice steak with the grain of the meat and top off with onions then drizzle around sauce.

APPLE TART TATIN WITH ICE CREAM

Ingredients:

8 x Granny Smith apples
1 vanilla pod
200g puff pastry
100g vanilla ice cream

80g caster sugar
100g butter
Juice of a lemon
Plain flour (for dusting)

Method:

Turn apples into barrel shapes.

Sprinkle butter and sugar into an ovenproof frying pan and take to caramel stage.

Add the turned apples and coat in caramel.

Cut and split vanilla pod and add seeds with the lemon juice to the apples. Cook for 2 minutes.

Next, roll out puff pastry, cut a large disc to fit pan and place pastry on top of the apples. Push the edges of the pastry down around the pan and then place pan in the oven and bake at 200°C for 10 minutes until golden.

Remove from oven and put a plate on top of the pan, flip pan over to release tart onto the plate.

Serve hot apple tart with a spoonful of ice cream.