

Simon Rimmer's Recipes at the Nottingham Food and Drink Festival 2009

SOLE FILLETS WITH ASPARAGUS

Ingredients:

2 sole fillets, cut in half lengthways
1 carrot, finely sliced
4 asparagus spears, finely sliced
1 red pepper, finely sliced
Juice ½ lemon

For the salad

4 spring onions, finely chopped
4 tomatoes, skinned and deseeded
1 tbsp coriander stem
Juice of 2 lemons
Lots of extra virgin olive oil
Salt & pepper

Method:

1. Season the fish fillet halves well.
2. Blanch the carrot, asparagus and red pepper, drain well.
3. Place a mix of vegetables at one end of the pieces of the fish, roll up and secure with a cocktail stick. Squeeze the lemon juice over the rolled up fish.
4. Steam the rolled up fish for about 4-6 minutes.
5. Meanwhile, mix all the salad ingredients together well.
6. Serve the steamed fish rolls with the salad spooned over.

SEA BASS WITH POTATO ROSTI

Ingredients:

2 large baking spuds
4 x 150g sea bass fillets
olive oil and butter for frying
Salt and pepper

For the salsa:

1 small red birds eye chilli
About 20 cherry tomatoes, cut into quarters
1 tbsp chopped coriander
½ ripe avocado, cut into small cubes
1 tbsp sherry vinegar
4 tbsp extra virgin olive oil

Method:

1. Boil the spuds in their jackets for exactly 7 minutes, cool a little, then peel. Grate coarsely and season well.
2. Mould into 'rostis', chill for 20 minutes, then fry over a medium heat for 4 minutes each side until crisp and golden. Drain on kitchen paper.
3. For the salsa, simply combine all the ingredients except the avocado, which you should add just before serving.
4. Season the sea bass well and fry in the oil for a couple of minutes, skin side down. Flip over, add a knob of butter and baste for 2 minutes.
5. Serve by sitting a piece of yummy sea bass on top of a rosti and spoon over some refreshing salsa (with the avocado added!).
6. Garnish with lime wedges and coriander leaves.

STEAK TARTARE

Ingredients:

2 x 275g fillet steaks (should be fully trimmed and aged to 28 days)
2 egg yolks
2 finely chopped gherkins
Salt & pepper
1 tbsp Dijon mustard
1 very finely chopped red onion
Juice of 1 lemon
100ml extra virgin olive oil
2 salted anchovy fillets, finely chopped
1 tbsp Worcestershire sauce

Lots of thin chips (hand cut very fine)

Method:

1. Slice the steak into thin slices (cut with the grain). Then cut across into strips, then again into tiny cubes. Put into a bowl.
2. For the dressing – beat the egg yolks and add the lemon, oil and Worcestershire sauce. Add this and all the other ingredients to the steak. Mix and season well.
3. Spoon and press into a 100mm ring.
4. Serve with chips.

LAMB RUMP WITH CAULIFLOWER PUREE

Ingredients:

For the lamb:

2 x 175g lamb rump
15g ground coriander
15g ground cinnamon

For the cauliflower:

225g cauliflower florets
400ml chicken stock
2 chopped shallots
15g butter
50ml double cream

For the peppers:

2 sliced shallots
3 red peppers, grilled and skinned
1 clove garlic
30g demerara sugar
30ml white wine vinegar
Salt & pepper

To finish:

15g dry fried cumin seeds, ground in a pestle and mortar

Method:

1. Season the lamb well and rub in a combination of the coriander and cinnamon. Griddle for 4 minutes, flip over and seal, cook in the oven for 6-8 minutes at 200c.
2. Cover the cauliflower with stock, bring to the boil and cook until al dente. Meanwhile, soften the shallots by frying gently in butter.
3. Drain the stock into another pan and reduce to a syrup. Now transfer the cauliflower, stock and shallots into a blender. Blend until smooth and add a little cream to finish.
4. For the peppers, fry the shallots and garlic until soft. Add strips of pepper, vinegar and sugar. Bring to boil, then simmer for 15 minutes until jammy.
5. Serve the lamb carved on top of the cauliflower with the peppers on the side and sprinkle with the ground cumin seeds.

INDIVIDUAL BANANA TART TATIN

Ingredients:

Puff pastry
At least 12-15 bananas
50ml water
30ml rum
100g caster sugar
25g butter

For the custard:

6 egg yolks
125g sugar
400ml milk
1 vanilla pod
150g white chocolate (the best is Milky Bar)

Method:

1. Put the water and rum in a heavy bottom pan, sprinkle over sugar. Heat until sugar melts, don't stir. Simmer till it turns golden. Stir in the butter, then pour into 2 blini pans.
2. Pack full of 50mm thick slices of banana, really pack the case.
3. Press the pastry all around and trim, brush with egg wash then cook at 190c until the pastry is golden.

For the custard

1. Whisk the yolk and sugar until they're pale and creamy.
2. Put the milk and vanilla seeds into a pan and bring it really slowly to just below the boil.
3. When it's come to the boil, take it off the heat, pour over the egg mix and whisk it well.
4. Return to the heat and stir in the chocolate and cook very gently for 5 minutes.
5. Turn out the tarts and serve with the custard.

CHOCOLATE AND HAZELNUT MERINGUES

Ingredients:

For the meringue

6 egg whites
300g sugar
3 tbsp cocoa powder
150g toasted, shelled and broken hazelnuts
1 tsp sherry vinegar
50g grated 70% cocoa solid chocolate

For the filling

400ml cream whipped with 1 vanilla pod and 1 tsp sugar

For the sauce

200g chocolate hazelnut spread
100g butter
200ml double cream
30ml hazelnut liqueur

Method:

1. Preheat oven to 180c.
2. Beat egg whites until stiff peaks, then whisk in sugar 1 tbsp at a time.
3. Gently fold in the choc, cocoa, vinegar and nuts and spoon onto a tray lined with greaseproof paper.
4. Put into the oven and turn down to 150c immediately, then bake for about 45 minutes. They should be hard on the outside, chewy in middle.
5. Gently heat all the sauce ingredients together, stirring occasionally.
6. Serve 2 meringues with cream in the middle and sauce over the top.