

James Martin

RUSTIC TOMATO AND BREAD SOUP WITH CRACKED BLACK PEPPER

(Serves 4)

Ingredients:

2/400g Tins of Heinz whole peeled tomatoes

4 Cloves garlic

1 Chopped shallot

100ml White wine

75 ml Extra Virgin Olive oil

Seasoning

100g Ciabatta bread

30g Roughly chopped fresh basil

Cracked black pepper

Method

1 In a hot pan sauté the shallot and the garlic in some of the olive oil for few minutes.

2 Add the Heinz tomatoes and wine and bring the the boil and simmer for 5 minutes.

3 While cooking dice the bread and lightly chop the basil leaves.

4 Add the basil and bread to the soup and 1/2 the remaining olive oil, season well and add cracked black pepper to taste.

5 To serve, heat through and finish with a drizzle of oil and serve.



"Being dyslexic myself I am more than happy to help with such a worthwhile cause. Keep up the good work!"



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WARM SALAD OF NEW POTATOES AND TUNA WITH MOZZARELLA CHEESE AND RED PEPPERS

(Serves 4)

Ingredients:

200g Cooked new potatoes (diced)
200g Mozzarella cheese
2 tbsp Grain mustard
160g Tin of John West Tuna in Olive Oil
1 Red pepper
3 tbsp Balsamic vinegar
6 tbsp Virgin olive oil
5g Fresh basil
1 Small sprig of fresh rosemary
Seasoning
Cracked black pepper



Method

1. Cut the red pepper in half remove the seeds and top and place on an oven tray. Drizzle the red pepper with olive oil and bake in a hot oven until brown on the top. Remove from the oven and place in a bowl while still hot and cover with cling film to allow to cool.
2. Peel the skin off the cooled pepper and dice the flesh, then mix with the balsamic vinegar, olive oil, seasoning and finely the chopped fresh basil.
3. Place the tuna and potatoes in a bowl with the chopped rosemary, seasoning and mustard and cover with cling film. Place in the microwave for about 2 minutes on a high setting to warm up and then press into some 2 inch stainless steel rings. Top this with the mozzarella and place under a hot grill to brown the top.
4. To serve remove from the grill and place into the plate and lift off the ring and serve the dressing spooned around the edge.



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CARAMELIZED LEMON TART WITH A SWEET GOAT'S CHEESE CREAM (Makes 12 portions)

Ingredients:

2 Lemons (juice & zest)
1lt Double Cream
20 Eggs
800g Caster Sugar
1lb Sweet pastry – made beforehand
175g Unsalted Butter, chopped
240g Plain Flour
4 tbsp Cold Water
50g Sifted Icing Sugar
extra icing sugar needed for the top of the tart

8oz Soft English plain goats cheese
2oz Crème fraiche



Method

1. For the pastry rub the butter into the flour and icing sugar until a crumble effect is achieved. Add the water and fold in very lightly until the pastry is only just beginning to form and bind. Press the pastry between two sheets of clingfilm. The pastry will have a marbled look; this indicates just how short it is going to be. Leave to rest for 20 minutes.
2. To make the filling, break the eggs into a bowl and whisk gently to break up the yolks. Add the sugar and continue to mix then adding the cream and the juice of the lemon, but not the zest. Pass the mixture through a sieve and leave to one side.
3. Butter well and line two large 1-2" deep fluted, loose-bottomed flan rings, leaving the edges of the pastry uncut and allowing it to fall over the edges. Fill the tart with baking beans, rice or those ceramic baking beans they sell in kitchen shops. Place in an oven at 200°C for about 10 minutes to cook blind. Remove from the oven and remove the beans and greaseproof paper and place back in the oven to colour the bottom of the tart. It should only take 3 to 4 minutes.
4. Turn the oven down to 100°C and pour in the lemon mix to the top of the tart. Cook for about 1 to 1.5 hours until the tart is only just set. Remove from the oven and trim off the edges of the pastry and leave to cool for about 2 hours. DO NOT FRIDGE AT ALL. Remove from the tin, cut it into nice wedges and dust well over the surface with icing sugar. Using a blow torch caramelize the top well.
5. To garnish this on the plate, serve with a mixture of 8 oz of very thick full fat crème fraiche and 2 oz of Gedi goat's cheese, sweetened with a little tiny bit of icing sugar and serve as a quenelle on the plate with a spun sugar twist.

Serve on large plates.



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FRUIT & NUT BISCOTTI WITH COFFEE

(Makes 50)

Ingredients:

250g Plain Flour
250g caster sugar
1/2 tablespoon baking powder
3 eggs, lightly beaten
50g plump sultanas
50g dried cherries
50g pitted dates, chopped
75g shelled pistachio nuts
50g whole blanched almonds
50g shelled hazelnuts
1 Lemon (grate the zest and discard the fruit)

Method:

Preheat the oven to 180C / 350F / Gas 4. Mix the flour, sugar & baking powder in a large bowl. Add half the beaten eggs & mix well, then add half of what's left & mix again. Now add the last quarter a little bit at a time until the dough takes shape but isn't too wet (you may not need to use all of the eggs). Add the fruit, nuts and lemon zest and mix well.

Divide the dough into six, roll into sausage shapes about 3cm (1in) in diameter and place, at least 6cm (2" in) apart, on baking parchment on baking trays. Wetting your hands when rolling these out helps to prevent the dough sticking. Lightly flatten the 'sausages' and bake until golden brown (20-30 minutes). Remove from the oven and leave for 10 minutes to cool and firm up.

Drop the temperature of the oven to 140C / 275F / Gas 1. With a serrated knife, cut the biscotti on an angle into 5mm (1/5 in) slices and lay these on the baking trays. Return them to the oven and cook for 12 minutes, then return the biscotti over and cook until they are pale golden colour (10-15 minutes). When ready, remove from the oven and cool on cake racks. Store in airtight jars,
Need to times this up for about 3 each I think



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