



LACA School Chef of the Year 2020 Holly Charnock's winning recipes

Main course:

Braised beef tortellini with spinach, a tomato and basil sauce, balsamic reduction and a parmesan crisp.

Ingredients:

170g	Braising steak
25g	Onion
50g	Carrot
6g	Garlic
7g	Beef boullion
2g	Fresh thyme
1	Bay leaf
1	Egg
110g	McDougalls plain flour
20ml	Olive oil
5ml	Semi skimmed milk
125g	Cherry tomatoes
4g	Fresh Basil
20g	Parmesan cheese
20g	Butter
115g	Spinach
60ml	Balsamic Vinegar
5g	Pea shoots
7ml	Honey
100g	Soya Beans
6g	McDougalls thickening granules



Method:

- Heat an electric pressure cooker on high, add the beef to the hot pan and seal each side for about 40 seconds, alternatively you can do this with a hot pan on a hob.
- Finely dice the carrot and onion and add to the pressure cooker, along with the thyme, bay leaf and 3g garlic (I use a garlic press and just squeeze it directly into the pan, if you do not have one, just finely chop)
- Add the boullion to 190ml of hot water, stir until fully dissolved and add to the pan.
- Cook on high for 35 minutes.
- While the filling is cooking make the pasta and prepare the sauce.
- Add the egg, 100g flour (keeping 10g for flouring surface, pasta machine and fingers) and 7ml olive oil to a food processor and pulse until a breadcrumb texture is achieved.
- Tip the mix onto a lightly floured surface and bring together to form a dough, knead for 2-3 minutes until smooth and elastic. Roll into a ball and wrap in cling film and put into the fridge for about 20 minutes.
- Cut the cherry tomatoes into quarters, finely chop the basil and set aside.
- Once the pressure cooker has finished cooking pour the meat filling into a pan, using 2 forks shred the beef, then put the pan onto a hob on a medium-high heat, once the mixture is

bubbling add 4g of thickening granules and cook until the mixture thickens and no liquid remains. Remove from heat and set aside.

- Grate the parmesan and take out 5g for plating, on a non-stick baking sheet, share the remaining cheese between 4 equal piles, pat down slightly and bake for 4-7 minutes in an oven at 180 until golden brown, set aside to cool.
- Add the balsamic and honey to a pan on a high heat, once they reach a rolling boil, reduce the heat and add 2g thickening granules and simmer until thickened, remove from the heat and set aside to cool.
- Take the pasta from the fridge and remove the cling film. Flatten the ball with a rolling pin and lightly flour the pasta machine.
- Starting on the widest setting feed the pasta through the machine, holding the dough as it comes out. Turn the machine down a setting each time until you reach the thinnest setting. Place the dough in between layers of cling film to prevent it drying out.
- Cut 24 circles from the dough, using a 6cm cutter, if you can't cut enough circles out of the dough, roll the excess back into a ball and repeat stage 11. Remember to flour the machine sporadically to prevent sticking.
- Lightly brush around the edge with milk, place about a teaspoon of meat filling in one half of the circle, fold the other half and press to seal, bring the 2 corners together to create a ring and pinch to seal. Repeat until all the tortellini is made.
- Fill a medium pan with hot water and put on the hob on a high heat to boil, once boiling, reduce heat to medium and add half the tortellini. Once they are floating remove, check they are above 75 degrees and remove with a slotted spoon and keep warm, repeat with the second half.

For the sauce

- Heat 14ml of olive oil in a frying pan on a medium heat, squeeze in the garlic (again I use a garlic press but if you don't have one just finely chop and add) fry for 1-2 minutes then add the cherry tomatoes and basil and cook for a further 2 minutes stirring continuously. Set aside
- In a separate pan on a medium heat add butter and once melted add the soya beans and stir them around for about 2 minutes, add a splash of water and the spinach, cook until the spinach is wilted and set aside.
- Put the tortellini into the tomato sauce with a few tablespoons of the pasta water and gently mix so all the tortellini is coated.

To plate

Place the spinach and soya beans in the centre of the plate, using tongs pick out the tortellini and place around the spinach then spoon the tomatoes into the centre to sit on top of the spinach. Place the parmesan crisp standing up in the centre of the tomatoes. Drizzle the balsamic around the edge of the plate and sprinkle the remaining grated parmesan over the pasta. place the pea shoots on top of the pasta to finish.

Dessert:

Chocolate brownie and banana ice cream - chocolate and beetroot brownie served with banana crumble ice cream and a raspberry and vanilla coulis

Ingredients:

200g	McDougalls Brownie Mix
50g	Cooked beetroot
60ml	Water
40g	McDougalls Crumble Mix
120g	Frozen Banana
80ml	Fat free vanilla yoghurt
25	Fresh raspberries
80g	Frozen raspberries
1g	Fresh mint leaves
6ml	Honey
3g	Icing sugar
2g	McDougalls Thickening granules



Method:

- Preheat the oven to 180
- remove bananas from the freezer
- Put the cooked beetroot, 10ml of water and brownie mix into a blender and blend until it becomes a thick paste.
- Spread the crumble mix out on a baking tray and bake for 8-10 minutes until golden brown. Set aside to cool.
- Put the frozen raspberries, honey and 50ml of water into a pan and place on a medium heat on the hob, cook until the mixture reduces and thickens slightly. Stir occasionally to prevent sticking. Add the thickening granules and stir for a further 2 minutes. Remove from heat and leave to cool.
- In a blender, put the banana and 60g of vanilla yoghurt and blend until smooth, pour into an ice cream maker and mix for about 20 minutes.
- Once the raspberry mix has cooled, pass it through a sieve to remove the seeds. Put a 1/3 of the coulis into a separate bowl and mix in 20g of the yoghurt. Pour the raspberry coulis into a small sauce bottle, the do the same for the vanilla mix. Set aside for plating
- Using a non-stick cupcake pan, divide the brownie mix equally into 4 and bake for 10-15 minutes, the brownies should have a crusty top but still feel soft to touch. Set aside to cool.
- Once the ice cream maker has been on for 20 minutes, using an ice cream scoop, scoop out the ice cream into 4 balls and put onto a tray. Put into the freezer until required for plating.
- Remove the brownies from the mould by running a knife around the edge and gently ease them out. Set aside for plating.

To plate

Diagonally across the middle of the plate, dot 8 dots, (4 raspberry, 4 vanilla) of the coulis alternating between the two, then using a chopstick and starting at the top of the line drag it down the centre to create a "heart" pattern. In the top right corner, using a round mould, place the crumble into the mould and pat down to create a circle of crumble. Place the brownie in the bottom left corner and dust with icing sugar. Place the fresh raspberries in the top left corner. Take the ice cream out of the freezer and place onto of the crumble. Top with the mint leaves.