

THIS WEEKS....
**DEMONSTRATION
KITCHEN**
.... RECIPE LIST

**At the Demonstration Kitchen
Friday 21st July 2017 with Eithne Neame**



@leithscooking

Leiths School of Food & Wine

One of Leiths highly qualified visiting teachers gives a masterclass in her specialism, seafood. If you have ever thought of signing up to one of the School's renowned courses, come along for a sense of what you can expect to gain from their talented tutors

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Pan-fried squid with chickpea, tomato, olive and chilli salad

Serves 4

Prep time: 30 mins

Cook time: 15 mins

Ingredients:

1kg squid
2 tbsp olive oil

For the salad:

400g drained cooked or tinned chickpeas
1 red onion
2 red chillies
2 garlic cloves
24 cherry tomatoes
75g rocket or baby spinach leaves
1 lemon
3 tbsp extra virgin olive oil
2½ tbsp olive oil
¼–½ tsp crushed dried chillies
75g black olives

Method:

Prepare the squid and set aside – see the method at the end of the recipe sheet

For the salad, rinse the chickpeas and discard any that are discoloured. Halve, peel and finely slice the red onion and halve, deseed and finely chop the chillies. Peel and thinly slice the garlic and halve the cherry tomatoes. Pick over, wash and dry the rocket or spinach. Finely grate the zest and squeeze the juice of the lemon.

For the dressing, whisk together 1 tbsp lemon juice, half the zest and the 3 tbsp extra virgin olive oil. Taste and season with salt and pepper, then set aside.

Put ½ tbsp olive oil in a frying pan over a low heat, add the onion and cook gently until just beginning to soften. Add the chopped chillies, garlic and the crushed dried chillies and cook for 1 minute. Add the chickpeas and warm through. Lightly crush them with the back of a wooden spoon until they just to begin to break up.

Put the cherry tomatoes and black olives into a large bowl and tip in the warm chickpea mixture.

Heat the frying pan over a medium to high heat and add 2 tbsp olive oil. Dry the squid well and pan-fry until just starting to curl. Turn and cook briefly again, then remove from the pan.

Add the rocket or spinach to the chickpeas, pour over the dressing and toss to coat evenly. Add the squid and turn through, then divide between 4 plates and drizzle any remaining dressing from the bowl over the salad.

Alternative: Squid with chickpea, chorizo, tomato, olive and chilli salad Add 75g peeled and thinly sliced sautéed cooking chorizo to the salad and use any rendered chorizo oil in the dressing.

Try using cuttlefish as well as, or in place of the squid

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Prawn laksa with Thai basil and lime

Laksa is a Southeast Asian soup made with an aromatic curry paste, to which stock, coconut milk, noodles and garnishes are added.

Serves 4

Prep time: 20 mins

Cook time: 20 mins

Ingredients:

For the spice paste

4cm piece of fresh root ginger, peeled and finely chopped

3 shallots, peeled and finely chopped

3 garlic cloves, peeled and finely chopped

3 lemongrass stalks, finely chopped

4–6 red chillies, finely chopped

1 tsp shrimp paste

4 tbsp peanut or sunflower oil

Handful of coriander leaves, roughly chopped

1–1½ tsp ground turmeric

1 tsp caster sugar

3 tbsp tamarind paste

For the laksa:

170g rice noodles, 3–4mm wide

2 tbsp groundnut or sunflower oil

16 raw tiger prawns, shell on

600ml chicken and veal stock

2 tbsp nam pla (fish sauce)

200–300ml coconut milk

1 lime, juiced

Handful of coriander, coarsely chopped

Handful of Thai basil, coarsely chopped

For the garnishes

½ cucumber

1 lime

Bean sprouts

Thai basil leaves

Chilli oil

Method:

Put the ginger, shallots, garlic, lemongrass, chillies into a blender or small food processor bowl with the shrimp paste and oil, and blend until smooth. Add the roughly chopped coriander to the mixture with the turmeric, sugar and tamarind paste; blend until combined. The spice paste can be made a few days in advance, but the chilli heat tends to increase with keeping, so take care when using it.

Cook the rice noodles according to the packet instructions, or soak in boiling water for 5–10 minutes until tender. Drain and refresh in cold water, drain again and toss a little of the oil through them to prevent them from sticking together.

To prepare the garnishes, halve the cucumber lengthways and scoop out the seeds, then cut into julienne. Cut the lime into wedges. Set aside.

Prepare the prawns; they can be peeled before or after cooking depending on whether you want everyone to peel their own.

Heat the 2 tbsp oil in a large saucepan over a medium heat, add the spice paste and cook for 3–4 minutes, stirring until just beginning to brown, which allows the flavours to develop.

Pour in the stock and bring to the boil, then reduce the heat and taste. It can be reduced a little for a stronger flavour if you like, bearing in mind that the coconut milk will dilute the flavour and make it more rounded. Stir through the nam pla and coconut milk.

Just before serving, add the prawns and heat gently. Simmer for 3–4 minutes, or until the prawns are just cooked (they will change from grey to pink and curl up).

Season the broth with lime juice and add the chopped herbs. If it needs more saltiness, add a little more nam pla. Divide the noodles between 4 bowls, pour over the hot broth and top with the bean sprouts, Thai basil leaves and cucumber. Serve with a wedge of lime and drizzle over chilli oil for more heat.

Alternative: Try adding a few cleaned mussels along with the prawns.

Note: the quantities of ingredients in the spice paste can be altered according to taste. However, the spice paste and the finished laksa should be a balanced combination of chilli heat, sourness, sweetness and saltiness.

Sea bream en papillote with ginger and galangal

Serves 4

Prep time: 30 mins

Cook time: 15 mins

Ingredients:

1 bunch spring onions
1cm piece of fresh root ginger
2cm piece of fresh galangal
1 green chilli
3 lemongrass stalks
½ bunch of coriander
2 tbsp nam pla (fish sauce)
2 tbsp mirin
4 sea bream

Method:

Heat the oven to 220C

Trim off the root end from the spring onions, cut each one across into 4 lengths and then cut into julienne. Peel and very finely julienne the ginger and galangal. Halve, deseed and finely chop the chilli. Trim off the root end from the lemongrass, remove the coarser top part of the leaves and peel away the outer coarse layers, then very finely chop the tender insides. Finely chop enough coriander leaves to give you 1 tbsp.

Combine the spring onions, ginger, galangal, chilli and coriander in a small bowl. Add the nam pla and mirin, mix well and set aside. The acidity in the nam pla and mirin will start to soften the ginger, galangal and lemongrass.

Fillet and pin-bone the bream.

Cut out 4 discs of greaseproof paper, about 40cm in diameter. Place the paper discs on 1 or 2 baking sheets, depending on the width of your oven.

Place a bream fillet skin side down on one side of each greaseproof paper circle, but not right next to the edge. Spread the spring onion mixture over the fillets. Spoon the nam pla and mirin over each, then place the second fillet skin side up on top of the filling. Fold the free half of the paper over to make a parcel. Fold the edges of the paper over twice together, twisting and pressing firmly to seal.

Put the paper cases on a baking sheet, taking care that they are not touching, and bake in the oven for 12–15 minutes, or until the fish starts to flake when pressed gently in the parcel.

Serve immediately on large plates, leaving the diners to open their own parcels.

Japanese style marinated salmon with cucumber salad

Serves 4

Prep time: 80 mins including chilling

Cook time: 15 mins

Ingredients:

4 x 140g skinless, boneless salmon fillets made into 'noisette' (see the method below)

For the marinade:

4 tbsp soy sauce

1 tbsp maple syrup

1 tbsp mirin

1 tbsp sake or rice wine

2 cloves garlic, crushed

2cm ginger root, peeled and grated

For the salad:

1 cucumber

1 tbsp rice wine vinegar

1 tbsp sesame oil

1 tbsp lime juice

2 tsp maple syrup

1 tbsp pickled ginger, chopped

2 tbsp sesame seeds

Method:

Mix together all the marinade ingredients. Pour over the salmon noisettes and refrigerate for at least 20 minutes. Press them lightly with a weight on a plate while they marinate to set the shape.

Cut the cucumbers in half lengthways. Scoop out the seeds with the teaspoon. Cut on the diagonal into slices about 1 cm thick.

Toast or grill the sesame seeds until a pale golden brown. Set aside.

Mix together the salad dressing ingredients and toss in the cucumber. Leave for about 20 minutes or for up to 1 hour.

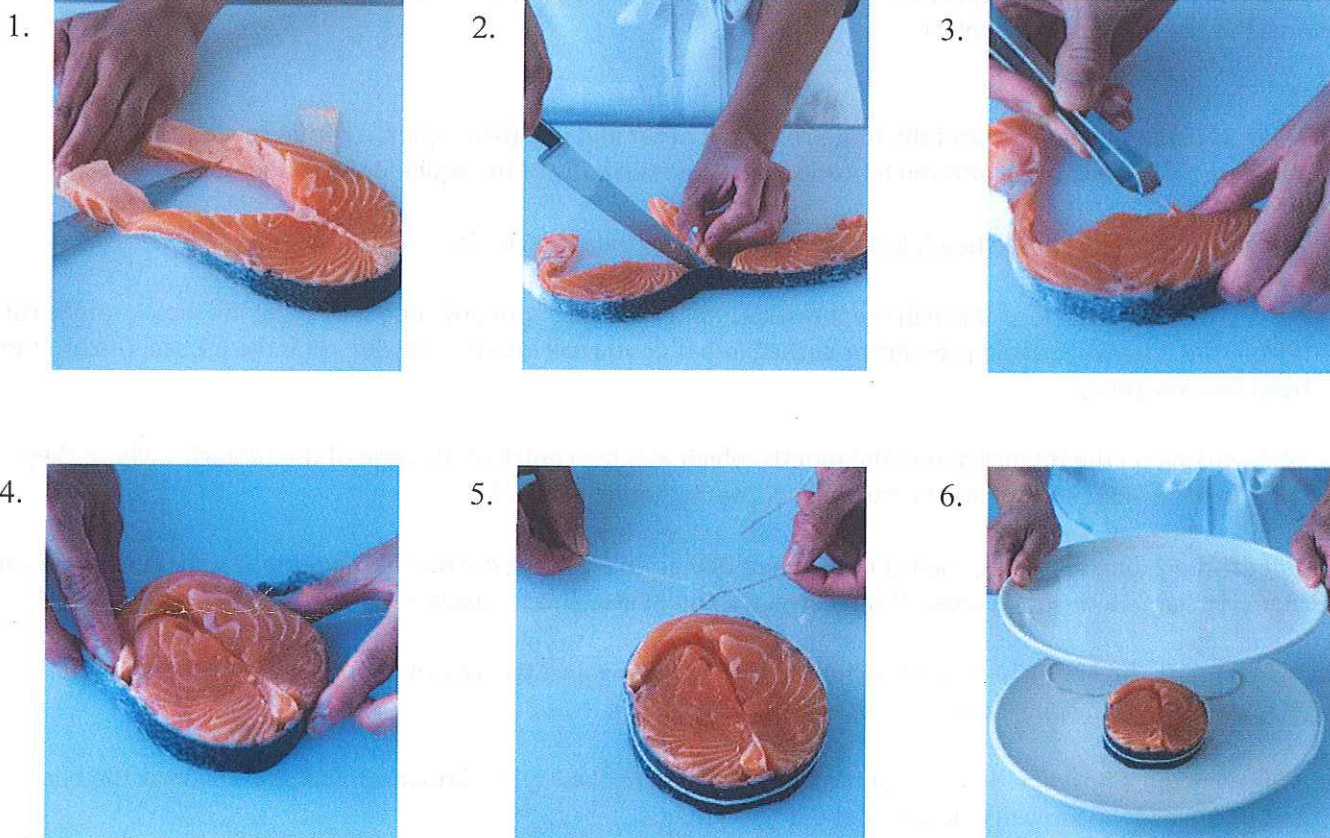
Heat a griddle and brush with sunflower oil. Griddle the salmon until nearly cooked through. About 3 minutes per side, depending on the thickness of the steaks.

Pour the marinade into a small pan, bring to the boil and reduce until syrupy. This can also be done quickly in a microwave.

Serve the salmon with the cucumber salad, scattered with the sesame seeds and with a little of the reduced marinade.

How to noisette a cutlet of fish

This useful technique is employed to bone a fish cutlet, to create a noisette of fish that is a little easier to cook and looks more attractive.



1 Place the cutlet on a board and carefully release the skin from the ends to halfway up each side, but do not detach completely.

2 Keeping the skin intact at the top of the cutlet, cut down on each side of the central bone, then around the circular back bone, continuing down the inside to remove the bone.

3 Using kitchen tweezers, pin-bone the remaining fish; the pin bones are found through the widest section of each half of the cutlet.

4 Take one skinned end and tuck it in the place where the bone was, so it effectively replaces the bone. Wrap the other end around the outside to create a disc of fish.

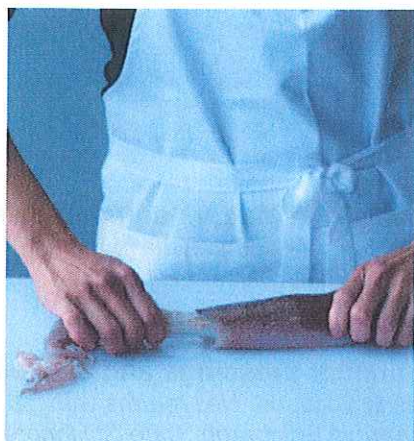
5 Wrap the loose skin around the noisette to enclose it and tie with string to secure.

6 Place on a large plate or tray and repeat with any remaining cutlets, then weight the cutlets lightly to set their shape. Remove the string after cooking, before serving.

Cleaning and preparing squid

Squid comes in a variety of sizes, but you should choose those with bodies about or just bigger than the length of your fingers and hand. When choosing squid, smell it; it should be almost odourless – any hint of ammonia indicates a lack of freshness. Ask the fishmonger to prepare it for you or follow the steps below. Although it is possible to buy frozen squid tubes, the flavour of fresh is better.

1. Hold the body in one hand and the tentacles in the other and pull them apart; a gentle tug is enough. The intestines will come away with the tentacles. Set aside the body of the squid for further preparation.
2. Cut the tentacles from the head, just above the eyes on the tentacle side.
3. If using the squid ink, look through the intestines for a thin, silvery-pearly tube that is the ink sac. Carefully cut it from the intestines; avoid pressing or cutting into it or you will lose the ink. Set aside the ink sac. Discard the head and intestines.
4. Still working on the tentacles, find the mouth, which is in the centre of the base of the tentacles where they join the head. Squeeze out and discard the mouth, including the beak.
5. Cut off the 2 long tentacles, then cut these into bite-sized pieces. If the rest of the tentacles are very large, cut them into large bite-sized pieces. If small, leave whole. Rinse and set aside.
6. Reach inside the body cavity and feel for something firm against the side of the body, which is the feather-shaped quill. Gently pull it out and discard.
7. Pull away the 2 fins on either side of the body. Pull and peel away the brownish-pink skin covering the body and fins. Rinse the body in cold water and dry it well.
8. Place the body on the board and turn it to find the natural line where the quill was attached. Insert a sharp knife (a fish filleting knife is ideal) into the body and cut the body open along this line. Scrape the inside of the body carefully with the knife blade to remove the membrane and any remaining innards. Rinse and dry well with kitchen paper.
9. Using a sharp knife, score the inside of the body in a diamond pattern. You need to score the flesh about one-third of the way through, so use a light touch. Once scored, cut the body into large bite-sized squares or rectangles (about 4–5cm). Combine the body pieces with the tentacles, ready for cooking.
10. For squid rings - choose small to medium squid and follow the above technique to the end of step 7. At this stage pull away any remaining membrane and innards. Ensure you rinse out the inside of the body well and dry it. Cut across the body into pieces about 1cm wide.



Pulling the tentacles and the head free



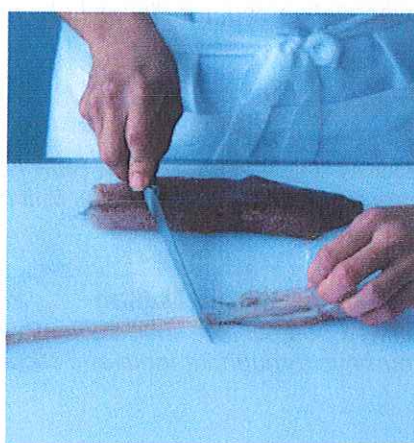
Cutting the tentacles from the head, just above the



Carefully removing the squid ink sac, keeping it intact.



Squeezing out the mouth and beak from the base of the



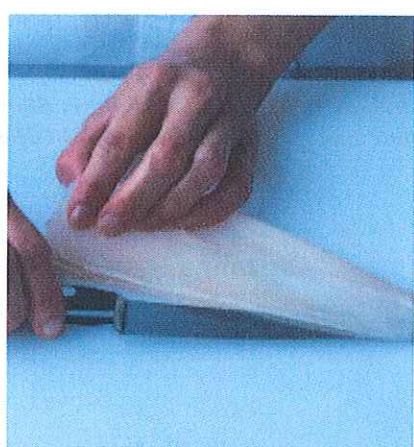
Cutting off the 2 long tentacles.



Pulling out the translucent quill from the body.



Pulling away the brownish-pink skin covering the body




Cutting the body pouch open along the natural line (where the quill was attached).



Scoring the inside surface of the body in a diamond pattern.

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DIARY DATES JULY 2017

Free cookery demonstrations in the Market Hall
12.30-2pm unless otherwise stated

Thursday 6 July: 12 midday-1.30pm

Beca Lyne Pirkis

School Food Matters summer sale

Children from nine local schools join Beca as she cooks delicious, simple dishes using the produce they have grown and will be trading here at Borough Market during the 6th annual summer sale of the Young Marketeers scheme

Friday 7 July

Neil Forbes

Summer dressings and sauces

One of the leading protagonists in the organic and sustainable restaurant movements in Scotland, Neil returns with his favourite summer salad accompaniments from the menu of his award winning restaurant in Edinburgh, Café St Honoré

Sunday 9 July: 12.30-1pm & 2-3pm

Luke Robinson

Bastille festival

The gastronomic world lost one of its visionaries when Alain Senderens, the French founder of nouvelle cuisine died last month. To honour his lifelong dedication to innovation and excellence Luke pays homage to two of Senderens' classic dishes

Thursday 13 July

Paula McIntyre

Cherry ripe

Chef, broadcaster, cookery writer and Director Northern Ireland to the Slow Food UK board, Paula celebrates National Cherry Day with a collection of unique recipes showcasing this beautiful fruit currently at the peak of its UK season

Friday 14 July

Chetna Makan

Chai, Chaat & Chutney

Chetna, finalist in The Great British Bake Off and popular YouTube cookery presenter celebrates her heritage with a menu of regional street food found on her journeys throughout India and recorded in her new cookbook Chai, Chaat & Chutney

Thursday 20 July

Alison O'Reilly

Three Girls Cook residency

Alison, Giovanna and Lorna appeared on our screens as MasterChef 2017 finalists and have since gone on to form Three Girls Cook. Alison gets behind the hob in the first of three weekly visits from the girls to show how Three Girls Cook with three iconic summer ingredients: peas, lamb and honey

Friday 21 July

Eithne Neame

Leiths School of Food & Wine

One of Leiths highly qualified visiting teachers gives a masterclass in her specialism, seafood. If you have ever thought of signing up to one of the School's renowned courses, come along for a sense of what you can expect to gain from their talented tutors

Thursday 27 July

Giovanna Ryan

Three Girls Cook residency

Giovanna continues the Three Girls Cook residency with her individual take on three summer ingredients: peas, lamb and honey that will delight everyone who wished they could taste some of the amazing dishes that got her through to the finals of MasterChef 2017

Friday 28 July

Angela Clutton

Basics

Food writer and host of the popular Borough Market Cookbook, Angela brings her latest website series to life with a demonstration devoted to the simple but essential basics in every cook's larder

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