Great British Menu

Aiden Byrne

Starter
Mad as a box of frogs

Fish Course
The culinary joke
(prawn cocktail)

Main Course
Long Horn Beef and Pot Noodle

Dessert
The Sweet Burger
Starter

Mad as a box of frogs
_Staffed and deep fried frogs legs with parsley and garlic_
_Serves 4_

**Ingredients**

For the black sauce
- 500ml/17½floz white chicken stock
- 100g/3½oz black fermented garlic, peeled
- 30ml/1floz squid ink

For the black breadcrumbs
- 270g/9½oz stale sourdough bread

For the parsley puree
- 500g/17½oz flat leaf parsley, picked and washed

For the garlic puree
- 750g/26½oz garlic, peeled
- 200ml/7floz double cream

For the garlic jelly
- 350ml/12½oz garlic puree, from above
- 3 leaves gelatine, pre-soaked in water

For the stock
- 2 shallots, sliced
- 4 cloves garlic, sliced
- 2-3 sprigs of thyme
- 2 bay leaves
- 4 white peppercorns
- 50g/1½oz unsalted butter
- 50ml/1½floz vermouth
- 350ml/12½floz white chicken stock

For the frogs legs
- 20 very large frogs legs, French trimmed, keep the calves
- 300-400ml/10½-14ozfloz vegetable oil
- Salt
- Dash of lemon juice
- 2 eggs
- 100g/3½oz flour
- Black breadcrumbs (from above)

For the frogs calves
- 20 frogs calves (from the legs)
- 1tbsp cream
Salt
Lemon juice
Parsley crisps
8 large parsley leaves
Vegetable oil
Salt
Garlic crisps
250g/9oz peeled garlic
500ml/17½floz litres milk
Vegetable oil
Salt

Method
1. For the black sauce, warm the chicken stock and place in the fermented garlic and the squid ink, bring to the boil, blend until smooth and pass through a fine sieve.
2. For the black breadcrumbs, set the oven to the lowest setting possible, then using a bread knife, remove the crust from around the bread. Break the bread into small pieces and place it into the black sauce, allow the bread to fully absorb the sauce then place onto a wirerack and into the oven, leave to dry out from 30 minutes-2 hours, depending on moistness of bread and temperature of oven. Place the bread into a food processor and blend until crumbs.
3. For the parsley puree, plunge the parsley into a large pan of boiling, slightly salted water, and cook for 1 minute until the parsley has softened, remove it from the water into a food processor and blend until a smooth puree. Add a little of the cooking water if the parsley is too dry and not blending. Once you have achieved a smooth puree consistency, pass the purée through a fine sieve into a bowl that is sat over iced water, stirring until cold.
4. For the garlic puree, place the peeled garlic into a pan of cold water and bring to the boil, drain away the water through a colander and repeat this process twice again, this removes some of the bitterness. Remove the garlic from the water, place into a pan with the double cream and bring to the boil, then place into a food processor and blend until smooth, pass through a fine sieve and set aside.
5. For the garlic jelly, warm the garlic purée in a pan and in a separate pan heat 350ml/12½floz water, add the gelatine to the water and melt through, once fully dissolved, add the garlic purée to the water, season with salt, then pour into a container so that is sits about 1.5cm/½inch deep. Place into the fridge and leave to set for about 1 hour, then cut into cubes.
6. For the stock, place the shallots and garlic into a small pan with the thyme, bay leaves, white peppercorns, a knob of butter and cook through but without colour. Add the vermouth, reduce by half and then add the chicken stock and keep warm.
7. For the frogs legs, place a 2-3 tablespoons of the garlic puree into a piping bag with a small nozzle and pipe into the frog’s legs where the thighbone was. Once you have stuffed them all, place into the freezer and allow the flesh to firm up for about 20-30 minutes.

8. Preheat the oven to 170C/325F/gas mark 3, Heat the oil in a heavy based, deep pan to about 170C/340F, place the stuffed legs in and cook until crisp on outside for about 1 minute, place onto an oven tray and finish in the oven for 1 minute. Season with salt and a dash of lemon juice, keep warm.

9. Whisk the eggs together in a bowl and place the flour and breadcrumbs into separate bowls. Dip the stuffed legs into the flour, then the whisked eggs, followed by the black breadcrumbs and set aside in the refrigerator for 2 hours.

10. For the calves, place the calves in the stock (which you have kept warm), bring back to a gentle simmer and then set the pan aside to cool down.

11. Once cool, remove the calves from the cooking liquor, add the cream to the stock, bring to the boil then pass through a fine sieve and reduce by half, season with a little salt and lemon juice and place the calves back in to warm.

12. For the parsley crisps, line a plate tightly with cling film and place large leaves of parsley onto it with a dash of oil and a sprinkle of salt, cling film tightly again and place into a microwave on full power for 1 minute or until the parsley becomes crisp.

13. For the garlic crisps, finely slice the garlic very thinly on a mandolin and place into a pan with 250ml/9floz milk, bring to the boil then strain the garlic from the milk and discard the milk. Fill the pan with the remaining milk and bring to the boil again. Strain the garlic, pat dry and place onto a cling film lined plate with a dash of oil and a sprinkle of salt, cling film again and place into a microwave on full power for 1 minute or until the garlic becomes crisp.
Fish Course
The culinary joke - (Prawn cocktail)
Serves 4

Ingredients
For the shellfish butter
1 lobster for stock
200ml/7fl oz olive oil
1 carrot, roughly chopped
1 fennel, roughly chopped
1 onion, roughly chopped
2 star anise
1 tbsp tomato puree
500g/17½oz butter
For the sesame seeds
50g/1½oz sesame seeds
40g/1½oz toasted sesame oil
Zest of ½ lime
salt
For the prawns
8 Sicilian red or large prawns
For the baby beetroot
125g/4½oz baby red beetroot, trimmed and cleaned
125g/4½oz baby golden beetroot, trimmed and cleaned
Passion fruit and horseradish gel
250ml/8½fl oz passion fruit juice
1.5g agar agar
5g/½oz fresh horseradish, finely grated
50g/1½oz butter
salt
Small squeeze of lemon juice
For the passion fruit vinaigrette
55ml/2fl oz passion fruit juice
10g/½oz soy sauce
Squeeze of lime juice
½ tsp jalapeno pepper, finely diced
Small squeeze lemon juice
Extra ingredients
Small handful mint leaves

Method
1. For the shellfish butter, roughly chop the lobster into pieces, heat the olive oil in a deep pan and add the lobster, cook for 2-3 minutes or until golden brown, then add the carrot, fennel, onion, star anise, tomato puree, and allow to cook for 30 minutes, then add the butter and allow to foam. Remove from the heat, cool, leave to infuse for as long as possible but 12 hours at least, then pass through a sieve.
2. For the sesame seeds, heat a pan of boiling water and add the sesame seeds, boil for 2 minutes to remove the bitterness. Place the blanched seeds into a pressure cooker with 250ml/9floz water and cook under pressure for 1½ hours, cool at room temperature then strain the seeds, toss with the sesame oil, lime zest and season with a pinch of salt, set aside.

3. For the prawns, heat a 1-2tbsp of the lobster butter in a shallow pan, then add the prawns, pan fry for 2 minutes, refresh in a bowl of iced water, peel and refrigerator.

4. For the baby beetroot, preheat the oven to 160C/325F/gas mark 3, wrap each baby beetroot individually in tin foil, place onto a roasting tray and place into the oven for 1 hour.

5. Remove the beetroots from the tin foil and rub off the skins using a clean cloth.

6. For the passion fruit and horseradish gel, combine the passion fruit juice with the agar agar in a pan and boil for 3 minutes. Pour the liquid into a stainless steel hand blender beaker and place into a bowl of iced water, blend with a hand blender until the liquid becomes set and chilled, add the grated horseradish and again blend until smooth, pass through a fine sieve.

7. Heat the butter in a frying pan and cook until it begins to brown, cool a little and then whisk the brown butter into the passion fruit and horseradish gel, being careful not to over whisk the fat solids in the butter. Season with salt and lemon juice to taste, then place into a squeezy bottle and refrigerator.

8. For the passion fruit vinaigrette, place the passion fruit juice, soy sauce, lime juice, jalapeno and a squeeze of lemon juice into a bowl and whisk together, set aside.

9. Garnish each plate with shellfish butter and dots of passion fruit gel, baby beetroots, and the sesame seeds. Arrange the prawns on the plate, garnish with mint leaves.
Main Course
Long Horn Beef and Pot Noodle
Serves 4

Ingredients
For the beef jus
1.2 litres/2 pts beef stock
6 shallots, sliced
4 cloves garlic, peeled and crushed
3 bay leaves
Small bunch thyme
3 peppercorns
325ml/11½ floz ruby port
325ml/11½ floz red wine

For the beef cheek and oxtail
4 Large oxtail pieces
2 Beef cheeks
2 carrots, roughly chopped
1 onion, roughly chopped
2 garlic cloves, roughly chopped
1 tbsp thyme leaves
500ml/17½ floz beef stock
300-400ml/10½-14 floz vegetable oil for deep frying
300g/10½ oz onions, finely shredded

For the beef fillet
400g/14 oz Beef fillet, trimmed
Knob of butter

For the potatoes
200g/7 oz baby Yukon Gold potatoes
salt

For the salsify
10g/½ oz calcium hydroxide – available online
400g/14 oz salsify, scrubbed and peeled

For the mushroom noodles
250g/9 oz king trumpet mushrooms
Knob of butter
Salt and freshly ground black pepper

For the burnt onion noodles
100g/3⅓ oz onions, sliced
250g/9 oz “00” pasta flour
3 whole eggs

For the onion consomme
2 onions, sliced
300ml/10½ floz beef stock
10g/⅓ oz dried morels, soaked and trimmed
1 tsp thyme leaves, picked
2 cloves garlic
2 Bay leaves
6 Peppercorns
2 slices Truffle
50ml/1½floz Madeira
50ml/1½floz Port
Salt

Method
1. For the jus, place the stock into a large pan and place over a high heat, reduce by 2/3rds. In a separate pan, sweat the shallots and the garlic, add the bay leaves, thyme, peppercorns, ruby port and the red wine and reduce until almost dry, add the stock and reduce to a glaze.
2. For the beef cheek and oxtail, preheat the oven to 120C/250F/gas mark ½, place smoking chips of your choice into a stove top smoker and bring up to heat so that it begins to smoke, add the oxtail pieces and smoke for 1 minute 30 seconds.
3. Heat a frying pan with a little oil, add the beef cheeks and seal on all sides.
4. Place the carrots, onion, garlic cloves and thyme into an ovenproof pan and cook until golden, add the oxtail and beef cheeks, pour in the beef stock so that it just covers and cover the pan with tin foil. Place into the oven and braise for 3 hours.
5. Take the cheeks out of the pan and place to one side, remove the oxtail and pop out the muscles.
6. Heat the oil in a heavy based, high sided pan to 140C/285F, then add a 1/3rd of the onions, cook until golden brown, then take out and dry on paper towel, repeat 2 more times until you have fried all the onion. Finely shred the fried onion. Roll the oxtail in the onion crumb to serve.
7. Roll the cheeks in the beef jus to serve.
8. For the beef fillet, preheat the oven to 170C/325F/gas mark 3, heat a knob of butter in a shallow ovenproof pan, place the beef fillet in and seal on all sides, then place the into the oven for 7-10 minutes. Leave to rest for 10 minutes then cut the fillet into 4 even pieces.
9. For the potatoes, preheat the oven to 150C/300F/gas mark 2, place the potatoes into a roasting tray and bake for 1 hour.
10. For the salsify, preheat the oven to 170C/325F/gas mark 3, whisk the calcium hydroxide into 500ml/17½floz of water to make a brine, place in the salsify for 3 hours at room temperature, stir occasionally to ensure the calcium is evenly distributed, remove from the brine and rinse. Bake in the oven for 45 minutes and keep warm.
11. For the mushroom noodles, slice the trumpet mushrooms lengthways on a mandolin, cut into noodle sized strips with a knife. Heat the butter in a shallow pan, add the mushrooms, 1 tablespoon of water and a little salt and pepper and cover with a lid, cook for 10-12 minutes.
12. For the burnt onion noodles, heat a frying pan and place the onions in without any butter or oil, cook until the onions become black. Place the burnt onions on a wire rack to cool, blend to a powder in a food processor.
13. Mix the “00” flour, the eggs and 10g/¾oz of the burnt onion powder into a dough, knead for 10 minutes until smooth then allow to sit for 1 hour.
14. Roll out the dough until thin enough to go through a pasta machine, then pass through the machine on the noodle setting, alternatively, carefully cut noodle sized strips from the pastry. Place the noodles into a pan of boiling water for 1-2 minutes, then immediately place into a bowl of iced water until chilled, drain and store until required.

15. For the onion consomme, Mix the sliced onions in a bowl with the beef jus, soaked and trimmed morels, picked thyme leaves, bay leaves, peppercorns, truffle, salt, madeira and port. Pour the mix into a pressure cooker and cook under pressure for 30 minutes. Leave the cooker to cool, then open and strain away the juice, take out the bay leaves and set the onion mix aside to cool.

16. Once the onions are cooled then mix with the drained mushroom noodles, the onion noodles and season. Place into 4 bowls, seal with cling film and heat in the microwave for 1-2 minutes.

17. Pour the onion consomme over the noodles and serve.
Dessert
The Sweet Burger
SERVES 4

Ingredients
For the burger bun
4 tbsp warm milk
13g/½oz dried yeast
250g/9oz plain flour
15g/½oz sugar
Pinch of salt
3 eggs – plus extra to glaze
110g/4oz melted butter

For the pineapple ‘burger’
4 x 2cm/¾inch thick slices of pineapple, cut lengthways from the sides, not the core
300ml/10½floz pineapple juice

For the cream cheese
250g/9oz cream cheese
Zest of 2 limes
3 leaves gelatine, presoaked in water
1g agar

For the pineapple chips
4 yolks
40g/1½oz caster sugar
1 vanilla pod, seeds scraped
200ml/7oz fresh pineapple juice
3 leaves gelatine, pre-soaked in water
150ml/5oz double cream, semi whipped
3 Egg whites
2 tbsp Corn flour
100g/3½floz panko breadcrumbs
100g/3½floz desiccated coconut
300-400ml/10½-14floz vegetable oil for deep frying

For the watermelon
4x 5mm/¼inch thick slices watermelon, seeds removed

Method
1. For the burger bun, preheat the oven to 150C, mix the milk and dried yeast together until the yeast has dissolved.
2. Add the remaining ingredients to the mix and prove for 30 minutes in a warm place
until doubled in size, cut into 4 and place into 4 muffin moulds, brush with a little egg, sprinkle with sesame seeds and bake for 9 minutes. Leave to cool and then cut in 2 so that you have a burger bun

3. For the pineapple ‘burger’, using a pastry cutter the same size diameter as the muffin moulds, cut 4 discs of pineapple. Heat the pineapple juice to a simmer in a pan and add the pineapple, poach for 5 minutes, then remove and reserve.

4. For the cream cheese, place the cheese into a pan and heat slowly on a low heat, once warm, add the lime zest and gelatine and stir until the gelatine as melted, add the agar and stir through until dissolved, then pour onto a tray, lined with cling film so that it sits about 2-3mm thick. Leave to set in the fridge for about 30 minutes and then cut into squares that fit your burger.

5. For the pineapple chips, whisk the yolks and sugar with the vanilla seeds, until it has doubled in volume, bring the pineapple juice to the boil in a pan, add the gelatine and stir through until dissolved, pour this mixture over the yolks and whisk until cool. Refrigerate for 5 minutes to set a little, but don’t let it completely set. Take out of the fridge, fold in the whipped cream, pour into a cling filmed tray so that it sits about 1½cm/½inch and freeze for between 1-2 hours. Cut into rectangles the size of chips. Mix the egg whites and corn flour together in a mixing bowl and in a separate bowl, mix the breadcrumbs and coconut. Roll the frozen chips in the egg white mixture and then the coconut mixture so that they are coated. Place back into the freezer to freeze solid again for about 30 minutes.

6. Place the oil into a heavy based, tall sided pan and heat to 180C/350F, place the chips through the egg whites and then the coconut again so that the chips are thickly coated. Deep fry the pineapple chips for 1 minute until golden brown and crispy.

7. For the watermelon, cut 4 discs with from the watermelon, using the same sized cutter as the pineapple discs.

8. To serve, assemble the ingredients within the burger bun