

Great British Menu



Michael Smith



Starter

Why did the chicken cross the road...?

Fish Course

Smokey Slapskink

Main

I love kids.....but I couldn't eat a whole one!

Dessert

Dooking for Donuts

Starter

Why did the chicken cross the road...?

SERVES 8

Ingredients

For the confit wings

8 chicken wings

Salt

Small bunch of fresh thyme, leaves picked and chopped

1 head garlic, peeled and roughly chopped

400ml/14fl oz duck fat

For the skirlie stuffed chicken legs

150g/5oz medium oatmeal

1-2tbsp clarified butter

2 large onions, small dice

200g/7oz streaky bacon, cut into small lardons

Small bunch of fresh thyme, leaves picked and chopped

Zest of 1 lemon

1 large chicken breast, roughly chopped

150ml/5fl oz double cream

4 chicken legs, skin removed and reserved, boned out (you can ask your butcher to do this)

For the carrot puree

3 banana shallots, sliced

75g/2½oz butter

200g/7oz carrots

100ml/3½fl oz beetroot juice

Salt

Freshly ground black pepper

For the set Crowdie cream

200ml/7fl oz double cream

200g/7oz crème fraîche

2tsp agar agar

600g/21oz Crowdie cream or a good quality cream cheese

2tsp jarred horseradish cream

Juice of ½ lemon

Salt

Freshly ground black pepper

For the pickled carrot and beetroot

2 large carrots

4 large beetroot

190g/6½oz caster sugar
200ml/7floz red wine vinegar

For the chicken livers

4 chicken livers (cleaned)
100g/3½oz chanterelle mushrooms
100g/3½oz kale
25g/1oz pumpkin seed
25g/1oz sunflower seed
Salt

Method

1. For the confit wings, place the chicken wings in a bowl, sprinkle with sea salt, thyme and garlic, mix well and refrigerate for 1 hour. Pre heat the oven to 150C/300F/gas mark 2, gently brush off the marinade, place in an oven proof pot with lid, cover with the duck fat and cook gently in the oven for 3 hours. Allow to go cold, once cold cut off the wing tip and remove the wing bones, these should come out easily if you pull on them gently. Turn the down to 140C/275F/gas mark 1 and place the wings in for 6 minutes to warm.
2. For the skirlie stuffed chicken legs, Preheat the oven to 170C/325F/gas mark 3, put the oatmeal into an oven proof tray and place into the oven for 15-20 minutes or until it begins to turn golden.
3. Heat the clarified butter in a frying pan and gently cook the onions, bacon and thyme leaves until soft but without colour. Allow to cool then add the lemon zest. Place the chicken breast and cream into a food processor and pulse until it forms a paste. Mix this with the cooled onion mix and oatmeal, chill for 6 hours.
4. Preheat the oven to 140C/275F/gas mark 1, using a heavy, sturdy knife, chop the knuckle from the leg. Fill the space left by the bone with the chilled stuffing and reshape into a whole thigh as before. Neatly wrap the thigh in the chicken skin and slightly flatten.
5. Place the stuffed thighs into a roasting tray and roast the stuffed thighs in the oven for 12 minutes, remove and allow to rest for 4 minutes, carve each thigh into 4 pieces and serve 2 pieces per person.
6. For the carrot puree, gently cook the shallots in a saucepan with the butter until soft. Peel and chop the carrots, add to the shallots, season and just cover with water. Place a lid on the pot and boil quickly until the carrots are just soft. Place the hot contents into a food processor and blend until smooth.
7. Add beetroot juice to the carrot puree whilst still blending slowly until it is a vibrant red colour.
8. For the set Crowdie cream, boil the cream and crème fraiche, remove from the heat and whisk in the agar agar. Place this mix with all the other ingredients into a food processor, season and blend until smooth. Spread this mix onto a cling film lined tray

to about 1cm thick and chill for at least 1 hour. With a hot knife cut into thin rectangles roughly 4cm x 1cm, you will need 3 per portion.

9. For the pickled carrot and beetroot, cut the carrots and beetroot into fine strips. Dissolve the sugar in the vinegar with a pinch of salt to make a dressing, add the carrot and beetroot, marinade for 3 minutes then drain.
10. For the chicken livers, lightly season the livers with a little salt, heat a small knob of butter in a frying pan, add the livers and begin to colour, add the chanterelles, kail and then seeds and cook for 2-3 minutes.
11. Place 3 strips of the cream cheese down the centre of your plate to create road markings, then get creative with the remaining ingredients to form Your 'Why Did the Chicken' dish.

Fish Course

Smokey Slapskink

SERVES 8

Ingredients

For the black pudding

600g/21oz good quality black pudding

250g/9oz unsalted butter, softened

For the smoked fish stock

Vegetable trimmings from the skink

6 Arbroath Smokies or kippers

70g/2½oz fresh curly parsley, roughly chopped

70g/2½oz dill, roughly chopped

70g/2½oz chervil, roughly chopped

70g/2½oz fennel herb , roughly chopped

750ml/26½floz dry white wine

1 thread saffron

1 level tsp smoked sweet paprika

3ltr/5pts fish stock

For the skink

4 large onion, diced, trimmings reserved for stock

1 leek, diced, trimmings reserved for stock

1 fennel bulb, diced, trimmings reserved for stock

1 bunch celery

4 large baking potatoes, peeled and cut into small cubes

1kg/2½lb large fillets smoked haddock, trimmed, boned, keep trimmings for smoked cream

250g/9oz smoked halibut, sliced thin

For the smoked cream

Smoked haddock trimmings

300ml/10½floz double cream

For the deep fried smoked halibut

4 large free range egg whites

250g/9oz Smoked Halibut, sliced thin

100g/3½oz breadcrumbs

30g/1oz medium oatmeal

200-300ml rapeseed oil for deep frying

For the yolks

300ml/10½floz rapeseed oil

1tbsp natural red food colouring

10 large free range egg yolks

To garnish

50g/1½oz fresh curly parsley, finely chopped

50g/1½oz dill, finely chopped

50g/1½oz chervil, finely chopped

50g/1½oz fennel herb, finely chopped

150ml/5floz single malt whisky

Method

1. For the black pudding, preheat the oven to 150C/300F/gas mark 2, remove the outer wrap and break up the pudding into small pieces. Spread onto a baking tray and place in the oven for 1 hour or until dry and crispy. Cool until completely cold and refrigerate for 2 hours. Once chilled blend the pudding into crumbs in a food processor. In a bowl mix well the crumbs with the softened butter, spread between two sheets of greaseproof paper and roll out until thin as possible. Place on a tray and refrigerate for at least 3 hours.
2. Cut out circles about half the size of your serving bowl diameter.
3. For the smoked fish stock, chop the onion, leek and fennel for the skink into small dice and reserve, place the vegetable trimmings into a deep pot and gently cook in a little oil. Chop up the smokies/kippers and add to the pot along with 1/3rd of the herbs, the wine, saffron and paprika. Add the fish stock, bring to a boil, skim and simmer for 30 minutes. Strain through a sieve.
4. For the skink, chop the vegetables into a small dice and reserve the trimmings for the stock. In a wide shallow pan, add the diced vegetables and cook gently until soft. Add the potato and enough smoked stock to just cover everything. Bring to a boil and then simmer until the liquid has been absorbed. Remove from the heat. Leave to cool for 15 minutes.
5. Cut the smoked haddock into small pieces, add to the skink and gently incorporate. Now add the halibut.
6. For the smoked cream, put the trimmings of the haddock and the cream into a pan and bring to a boil, then simmer for 20 minutes. Remove from the heat and strain. Add the cream to the skink and mix in. Just before service, reheat the skink over a medium heat, being careful not to boil
7. For the deep fried smoked halibut, first whisk the egg whites for 1 minute and mix the breadcrumbs with the oatmeal. Drag a piece of halibut through the egg white and then coat in the breadcrumb mix. Place on a tray and continue the procedure with the remaining halibut. Heat the oil in a heavy based pan and deep fry the bread crumbed halibut for 1 minute or until golden, drain off the excess oil
8. For the yolks, in a pan add the oil and colouring and gently heat while stirring well until 70C/158F. Add 1 yolk per person (plus a couple spare) and immediately take off the heat, leave to sit in the hot oil for 12 minutes.

9. To present the dish, divide the skink into warm bowls, place the black pudding on top, carefully remove an egg yolk with a slotted spoon and place on top off the black pudding. Now divide the fried halibut between the dishes and garnish with the herbs. Drizzle each yolk with the whisky and serve.

Main

I love kids.....but I couldn't eat a whole one!

SERVES 8

Ingredients

For the goat

1 Whole Shoulder of Boer Goat (bone in and including neck)

Enough olive oil to cover joint

12 heads garlic, peeled and roughly chopped

Bunch of fresh rosemary, roughly chopped

Maldon salt

For the tomato sauce

500g/17½oz vine tomatoes

500g/17½oz cherry vine tomatoes

2 red peppers

4 banana shallots

2 heads garlic

Small bunch rosemary, roughly chopped

Small bunch thyme, roughly chopped

200ml/7floz extra virgin olive oil

100ml/3½floz forum red wine vinegar

100g/3½oz dark brown sugar

For the aubergine parcels

4 aubergines

1 onion (chopped fine)

50g/1½oz root ginger (peeled and finely grated)

3 cloves garlic (peeled and finely grated)

½tsp cumin

½tsp coriander

½tsp cayenne

½tsp cinnamon

3 vine tomatoes, peeled, deseeded and chopped small

100g/3½oz golden sultanas

100g/3½oz pine kernels, toasted - dry pan until golden brown

150ml/5floz rapeseed oil, for frying

300g/10½oz goat's cheese, grated

Small bunch fresh coriander, roughly chopped

Small bunch mint, roughly chopped

Shredded neck meat, reserved from cooking the shoulder

8 sheets filo pastry, cut in half

50g butter, melted

For the lentil salad

100g/3½oz puy lentils

100ml/3½floz red wine vinegar

50g/1½oz dark brown sugar

2 shallots, finely chopped

2 generous sprigs Fresh thyme, picked

300g/10½oz cherry vine tomatoes

200g/7oz baby Spinach, picked and washed

200g/7oz goat's cheese, small dice

For the cous cous

1 onion, finely chopped

1 fennel, finely chopped

1 leek, finely chopped

2 sticks celery, finely chopped

60g/2oz root ginger, peeled and grated

1 red chilli, deseeded and finely chopped

1tsp Raz al Hanout

1tsp Garam marsala

½tsp hot Smoked paprika

300g/10½oz cous cous, pre-cooked

1 saffron thread

1tbsp tomato base

100g/3½oz pine kernels

50g/1½oz sesame seed

50g/1½oz poppy seed

600ml/21floz chicken stock, hot

100g/3½oz fresh curly parsley, chopped

100g/3½oz coriander, chopped

100g/3½oz mint, chopped

Rapeseed oil for frying

For the plantain fritters

3 green plantain

2 cloves garlic, peeled and finely grated

100g/3½oz fresh coriander, finely chopped

For the glaze

5ltr/9pts lamb stock

1 kitchen spoon tomato sauce

2tbsp dark brown sugar

50ml/1½floz single malt whisky

For the yoghurt dressing

1 cucumber
200ml/7floz natural yogurt
1 clove Garlic, peeled and grated
100g/3½oz fresh mint

For the goat kidneys

4 goat kidneys

Method

1. For the goat, preheat the oven to 130C/250F/gas mark ½, place the shoulder in a pot with lid, deep enough to hold the shoulder and cover with olive oil. Roughly chop the garlic and rosemary and add to the pot. Add a good pinch of salt.
2. Place the pot on to the stove and gently bring to a simmer, place the lid on and transfer the pot to the oven for 5 hours or until the bones feel as if they could be pulled out of the joint. Allow the whole thing to go cold and once completely cold, carefully remove the meat and drain on a rack for 1 hour. Carefully remove the neck bone and the shoulder blade and leg bone, they should come out easily, pick off all the meat from the neck bone, shred and reserve.
3. For the tomato sauce, preheat the oven to 150C/300F/gas mark 2, roughly chop the tomatoes, peppers, shallots, garlic and herbs. Place them all into a baking tray, add the oil, vinegar, sugar and mix thoroughly. Place into the oven for 6 hours, turning every 2 hours to stop it catching. Once all the liquid has almost evaporated remove the tray and allow to cool slightly. Pass the base through a medium sieve.
4. For the aubergine parcels, peel and dice the aubergine, sprinkle with salt and allow to sit for 20 minutes. Place on a towel, drain and dry. Heat a little oil in a shallow pan and gently fry the onion until soft, then add the ginger, garlic and cook for a further minute, mix in the spices, tomatoes, sultanas, pine kernels and cook for another minute or so. Place this mix into a bowl.
5. Fill a deep pan with 1/3 oil and heat until beginning to smoke, add the aubergine carefully and cook until golden, remove and drain on kitchen paper. Place the cooked aubergine into the bowl with the other ingredients and gently combine the two. Mix in the grated cheese and herbs. Now mix in the shredded neck meat.
6. Place a half sheet of pastry onto the work top and place a spoonful of mix at one end. Fold in the sides and then fold up the parcel as neatly as possible into a spring roll like shape, brush the end with the melted butter and stick. Place on a baking tray and repeat with all 16 halves of pastry so that you have 2 per portion.
7. For the lentil salad, boil the lentils until tender to the bite, drain and rinse under cold water. Mix equal amounts of the vinegar and sugar well, then add to this the chopped shallot and fresh thyme. Chop the cherry tomatoes neatly, place in a bowl with the spinach, lentils and cheese then add the dressing and mix.
8. For the cous cous, in a shallow pan with lid gently fry the vegetables in a little olive oil until soft. Add the ginger, chilli and spices and continue to cook gently for a

further 2 minutes. Now add the cous cous, saffron, tomato base, kernels and seeds and cook for 1 minute more. Turn up the heat and add the stock placing the lid immediately after. Remove from the heat, leave for 10 minutes then fork through the cous cous to fluff it up. Mix in the herbs and keep warm.

9. For the plantain fritters, peel and grate the plantains through the large holes of a grater into a bowl. Add the garlic, coriander and season. Mix well.
10. Heat a deep fryer to 170C/325F/gas mark 3. Roll little balls of the mix, about the size of ping pong balls and fry until golden and crispy. Drain well and keep warm.
11. For the glaze, reduce the lamb stock to 900ml, add tomato sauce, brown sugar and whisky place on medium heat and boil for 3-4 minutes, stirring occasionally, until you get a sticky glaze consistency.
12. For the yoghurt dressing, peel and grate the cucumber, place in a napkin and squeeze out the juice. Mix with the yogurt, garlic and mint and season to taste.
13. Before serving, preheat the oven to 180C/350F/gas mark 4, place the aubergine parcels into a roasting tray and the goat shoulder into a separate one. Remove the parcels after 20 minutes or until golden and crisp. Turn the oven up to full heat, place boned out goat shoulder into a shallow baking tray and pour over the glaze, place into the oven and this should take no more than 5 minutes.
14. For the goat kidneys, with scissors, cut the kidneys in half and snip out the white fat that is inside, halve again and with a knob of butter in a frying pan, season and cook for 3-4 minutes until nicely coloured all round
15. Spread the cous cous on a large serving dish and place the shoulder on top. Serve with the various accompaniments.

Dessert

Dooking for Donuts

SERVES 8

Ingredients

For the doughnuts

14g/½oz instant yeast
60ml/2floz warm water
625g/22oz plain flour
100g/3½oz caster sugar
2 eggs
75g/2½oz butter, softened
1tsp salt
350ml/12½floz tepid milk
Oil for frying
Caster sugar, for coating

For the coconut Icing

300ml/10½floz spiced rum
150g/5oz icing Sugar

For the chilli icing

150g/5oz icing sugar
4 limes, zest and juice
1 large red chilli, deseeded and finely chopped

For the filling

200ml/7oz double cream
30g/1oz caster sugar
6 passion fruit

For the passion fruit jelly

250g/9oz sugar
18 passion fruit
Juice of ½ orange
2 leaves gelatine, soaked in water

For the pineapple

1 pineapple

For the pina colada

25ml/1floz spiced rum
25ml/1floz coconut rum
30ml/1floz coconut milk
100ml/3½floz fresh pineapple juice
100g/3½oz fresh mint, well crushed

To finish

100g/3½oz desiccated coconut

1tsp chopped fresh mint

Method

1. For the doughnuts, mix the yeast into the water and set aside in a warm place until foaming a little. In a bowl mix half the flour with the sugar, eggs, butter, salt, milk and yeast mix. Add remaining flour gradually until dough is formed. It should not be sticky but soft to the touch. Knead the dough for 5 minutes until smooth and elastic. Double bag the dough in freezer bags, tie and leave in the fridge for at least 24 hours. The dough will develop more flavour the longer it is left (can be left for up to 3 days)
2. Take the dough out of the fridge and leave in a warm place until doubled in size. Remove from the bags and cut off 12 pieces each weighing 30g/1oz. Form into balls and with an apple corer remove the middle of each ball. Place the donuts onto a non-stick baking sheet and cover with damp kitchen paper. Prove in a warm place until doubled in size. Now cut off 12 pieces of dough weighing 15g/½oz, form in to balls and prove in the same way.
3. Heat 300ml/10½floz oil in a deep saucepan to 180C/355F. Once proved, fry the donuts on each side until a deep golden colour. Remove, and drain on some kitchen paper. Place on a rack to cool. Roll the round donuts in the sugar.
4. For the coconut icing, add the spiced rum to 150g/5oz icing sugar in a bowl until a thin paste.
5. For the chilli icing, add the lime juice to the icing sugar until a thin paste. Add the chilli and the zest.
6. For the filling, whisk the double cream with the sugar until thick. Half the passion fruit and squeeze the seeds into the cream. Fold the two together gently. Spoon the cream into a piping bag and chill.
7. For the passion fruit jelly, make a stock syrup by placing the sugar into a saucepan with 250ml/9floz water and bringing to the boil, remove from the heat and weigh out 200ml/7floz.
8. Spoon the seeds of the passion fruit into a liquidiser and pulse quickly to loosen the flesh from the seeds. Strain and measure out 200ml/7floz of juice. Add the stock syrup and the orange juice. Warm 50ml/1½oz of the liquid, squeeze out the gelatine and whisk it into the warm liquid. Mix this back into the rest of the juice mix and divide between glasses. Set in the fridge for 3 hours.
9. For the pineapple, cut the skin and pith from the pineapple core. Cut the flesh into small cubes.
10. For the pina colada, put all the ingredients in a cocktail shaker and shake well for a minute. Strain into frozen shot glasses. Chill.

11. To finish, ice half the ring donuts with the coconut icing and sprinkle with toasted desiccated coconut. Ice the other half with the lime and chilli icing. Make a small hole in the round donuts and squeeze in some of the passion fruit cream.
12. Place some of the cubed pineapple onto the jelly, sprinkle with some fresh mint and serve with the pina colada and donuts.