



### PEPPERED WATERCRESS AND DOUBLE CREAM VELOUTE

MICHAEL MOORE

"Where I come from, there's a watercress farm built around an original steam railway called the Watercress Line. As children we'd stick our heads out the window into the smoke and steam of the trains. Mum would make a soup for dinner using the watercress we'd picked."

- 2 bunches watercress
- 2 tablespoons olive oil
- 1 onion, finely chopped
- ½ leek, washed, finely chopped
- 2 stalks celery, peeled, finely chopped
- 1 clove garlic, crushed
- 1 dried bay leaf
- 1 teaspoon black peppercorns
- 100ml dry white wine
- 80g butter, chopped
- 50g (½ cup) plain flour
- 2 egg yolks
- 150ml double cream, plus extra, to serve
- 40g roasted hazelnut halves

For watercress stock, pick leaves in small sprigs, reserving stalks. Heat oil in a saucepan over medium heat, add onion, leek, celery and garlic, and cook for 3–4 minutes. Add bay leaf, peppercorns, wine and 2 litres water. Bring to the boil and simmer for 1 hour. Remove from heat and stir in watercress stalks. Set aside for 30 minutes, then discard bay leaf, watercress stalks and peppercorns.

For velouté, heat 50g butter in a large saucepan, add flour and stir over medium heat for 2–3 minutes or until 'grazing' but not browned. Slowly add stock, whisking so no lumps form. Bring to the boil, then simmer for 45 minutes. Add watercress sprigs (reserve a few to serve), cook until just wilted, then blend with a hand-held blender until smooth.

When ready to serve, whisk egg yolks and cream together. Bring soup to the boil and whisk in cream mixture and remaining butter. Do not return to the boil, as mixture will curdle. Immediately remove from the heat and season. Serve with a little extra cream, reserved watercress and a few roasted hazelnuts.

### STUFFED JOHN DORY WITH GRAPEFRUIT BUTTER SAUCE

STEVE SZABO

- 100g butter, chopped
- 2 cloves garlic, crushed
- ½ leek, washed, finely chopped
- 2 teaspoons thyme leaves, plus extra sprigs, to serve
- 4 sage leaves, finely chopped
- 150g fresh breadcrumbs
- 2 x 700g John Dory, cleaned, then head, fins and skeleton removed, leaving skin and body intact for stuffing\*
- 2 tablespoons peanut oil

#### BUTTER SAUCE

- 75g butter, chopped
- 2 cloves garlic, cut into slivers
- 3 rashers rindless middle-cut bacon, thinly sliced
- 1 pink grapefruit, segmented, halved
- 2 tablespoons baby capers, rinsed
- ½ cup finely chopped flat-leaf parsley, plus extra leaves, to serve

Preheat oven to 200°C.

For stuffing, heat butter in a frying pan over medium heat, add garlic, leek, thyme and sage, and cook for 5 minutes. Remove from heat, stir in breadcrumbs and season. Spoon stuffing into the 'pocket' of each fish, then season the outside of the fish.

Heat oil in a large ovenproof frying pan over medium heat. Cook fish for 30 seconds each side, then transfer to the oven and cook for 8 minutes or until just cooked through.

For butter sauce, heat butter in a frying pan over medium heat, add garlic and bacon, and cook until pale golden. Add grapefruit, capers and parsley, and season. Place fish on a platter, pour over butter sauce, then serve scattered with extra parsley leaves and thyme sprigs. \* Get your fishmonger to do this for you.

### ROAST BEEF WITH POTATO DAUPHINOISE AND YORKSHIRE PUDDING

SEAN CONNOLLY

The potato dish is best made a day ahead and reheated in the oven.

- 1 tablespoon plain flour
- 1 tablespoon Keens mustard powder
- 3kg piece wagyu rump (variable score 6+) or beef rump
- 4 large carrots, halved lengthwise
- 4 Spanish onions, halved
- 4 bulbs garlic
- ½ cup small rosemary sprigs
- 6 sprigs thyme
- 375ml (1½ cups) pinot noir
- 1 litre beef stock

#### POTATO DAUPHINOISE

- 1.5 litres pouring cream
- ½ bulb garlic, halved widthwise
- 6 sprigs thyme
- 1.5kg deskin potatoes, peeled, cut into 3mm-thick slices
- 40g finely grated parmesan

#### YORKSHIRE PUDDING

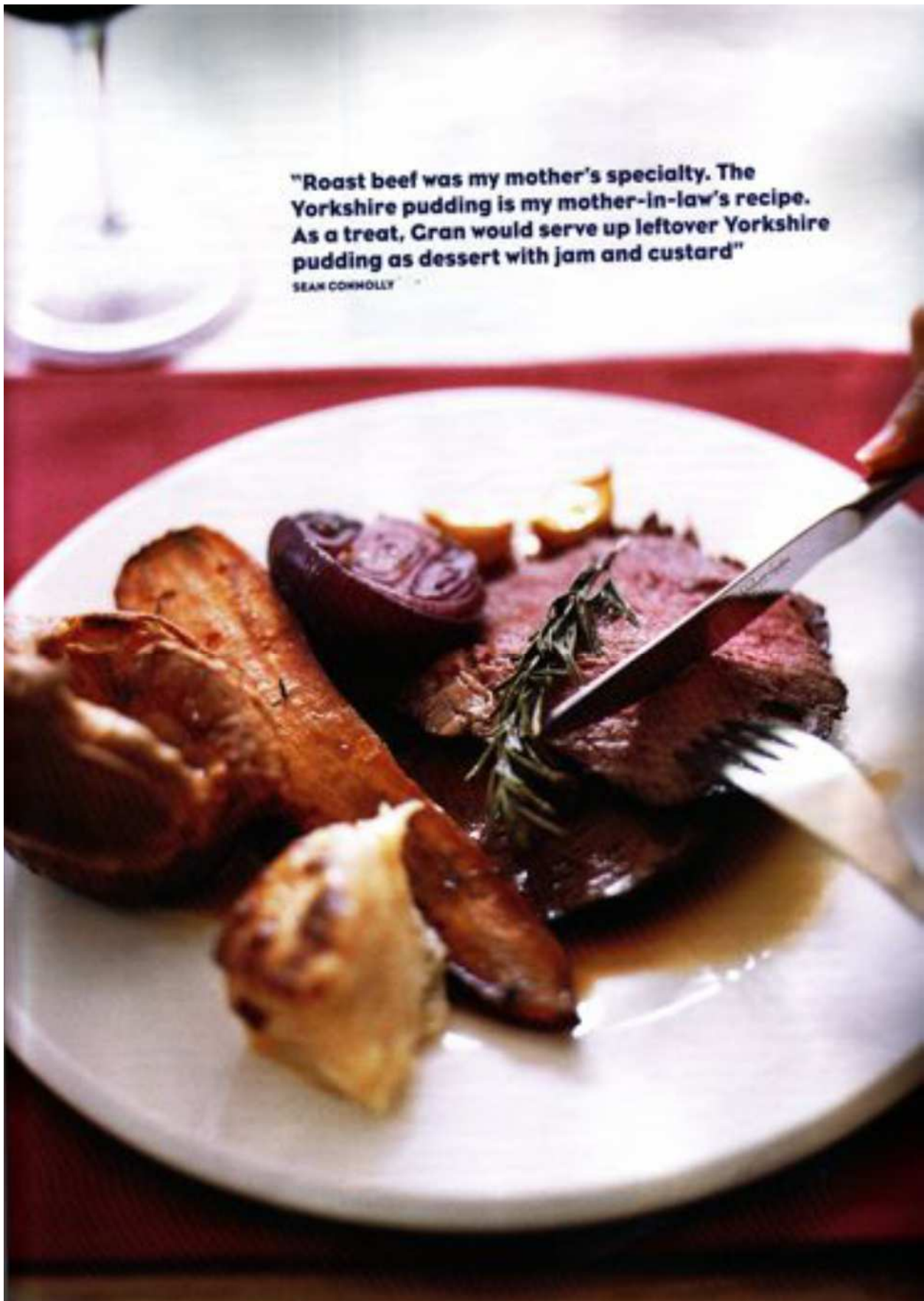
- 200g (1½ cups) plain flour
- 4 eggs
- 450ml full-cream milk
- 60g beef dripping, duck fat or olive oil, heated

For potato dauphinoise, simmer cream, garlic and thyme in a large saucepan over medium heat until reduced by a third, then strain through a fine sieve. Discard solids and return cream to pan.

Preheat oven to 170°C. Bring cream to the boil, add potatoes and cook over low heat for 8 minutes or until partially cooked. Drain cream into a bowl and layer potatoes in a 17cm x 29cm (9-cup capacity) ovenproof dish. Pour cream over and bake for 1 hour or until the top is golden. Baste with parmesan and bake for a further 15 minutes or until the cheese has browned a light brown crust. Cool, then refrigerate overnight.

**"Roast beef was my mother's specialty. The Yorkshire pudding is my mother-in-law's recipe. As a treat, Gran would serve up leftover Yorkshire pudding as dessert with jam and custard"**

**SEAN CONNOLLY**





For roast beef, preheat oven to 180°C. Combine flour, mustard powder and freshly ground black pepper (but no salt yet) and dust over beef.

Place carrots, onions and garlic bulbs in a large roasting pan. Heat a large, heavy-based frying pan over medium heat. Add beef to the dry frying pan, brown all over, then place on top of the vegetables. Stud the top of beef with rosemary, scatter with flaked sea salt and thyme, then roast for 1½ hours.

Transfer beef to a plate and rest, covered in foil, for 30 minutes. Transfer vegetables to an ovenproof dish to keep warm or reheat them 10 minutes before serving.

While the beef is cooking, make the Yorkshire pudding batter. While it is resting, cook the puddings.

For Yorkshire puddings, sift flour and 2 teaspoons sea salt into a bowl. In a second bowl, whisk eggs and milk together. Make a well in the flour, pour in a third of the milk mixture and whisk vigorously until absorbed, then repeat twice more. Refrigerate batter for 30 minutes.

About 15 minutes before the beef is done, place a 12-hole (½ cup/90ml capacity) muffin tray on a spare shelf in the oven to preheat. When the beef is done, remove from oven and increase heat to 220°C. Remove muffin tray and pour ½ teaspoon fat into each hole, then return to oven until fat is smoking. Fill each hole three-quarters full with batter, then cook for 20–25 minutes or until crisp and golden. To reheat potato dauphinoise, cover with foil and place in the oven below the puddings for 20 minutes or until heated through.

For gravy, warm roasting pan over low heat, stirring the sediment with a wooden spoon. Add wine and simmer until reduced by half. Add stock and juices from the meat and simmer until reduced by half. For a thicker

gravy, make a paste with 2 teaspoons each butter and flour, whisk into the gravy, then simmer for 8 minutes.

Serve the sliced beef with roasted vegetables, Yorkshire puddings, gravy and potato dauphinoise.

\* Marble score relates to the amount of marbling (fat) running through the meat. The higher the score, the greater the marbling.

### BAKED APPLES WITH SEMOLINA PUDDINGS AND TOFFEE SAUCE

MICHAEL MOORE

6 small red apples, such as royal gala  
90g soft butter  
90g brown sugar  
50g sulfanas  
50g blanched whole almonds  
1½ tablespoons Cognac or brandy  
Pinch each freshly grated nutmeg and ground cinnamon

#### SEMOLINA PUDDINGS

500ml (2 cups) milk  
120g caster sugar  
1 vanilla bean, split and seeds scraped  
90g fine semolina  
Finely grated zest of 1 orange  
4 egg whites

#### TOFFEE SAUCE

150g caster sugar  
60g butter, chopped  
60ml (¼ cup) double cream

Preheat oven to 180°C. Wash, core and halve apples, then process remaining ingredients in a food processor to a coarse paste. Fill each cavity with paste, mounding it, then place apples on an oven tray. Bake for 25 minutes or until tender. Cool.

For semolina puddings, bring milk, 60g sugar and vanilla bean and seeds almost to the boil in a pan. Whisking continuously, pour in semolina and whisk for 5 minutes or until very

thick. Stir in zest, transfer to a bowl, cover closely with plastic wrap and cool for 5 minutes.

Meanwhile, whisk egg whites to soft peaks. Gradually add remaining sugar and whisk to stiff peaks. Whisk a third of the egg whites into semolina mixture to loosen, then gently fold in the remainder. Divide mixture among 6 x 15cm shallow ovenproof bowls. Place 2 apple halves in the centre of each and bake for 25 minutes or until puddings are puffed and golden.

Meanwhile, for toffee sauce, place sugar in a small saucepan and cook over low-medium heat until it turns a deep caramel colour. Remove from heat, carefully add butter and cream (mixture will split) and whisk until smooth. If mixture thickens on standing, thin with a little hot water. Makes about 200ml.

Serve baked apples with semolina puddings immediately, with toffee sauce poured over.

### WELSH CAKES

STEVE SZABO

#### MAKES 18

200g (1½ cups) plain flour  
½ teaspoon mixed spice  
½ teaspoon baking powder  
50g margarine  
50g cold butter, finely chopped  
50g caster sugar, plus extra, to dust  
50g currants  
1 egg  
2 tablespoons milk  
Finely grated zest of 2 lemons  
Crushed crystallised violets\* (optional), to serve

Sift flour, spice, baking powder and a pinch of salt into a bowl and rub in fat until mixture resembles crumbs. Stir in sugar and currants. Whisk egg and milk together, add to flour mixture and stir to form a dough. Roll out dough on a well-floured surface until 5mm thick, then, using a floured 5.5cm round cutter, cut out rounds. Repeat using dough scraps.

Heat a heavy-based or cast-iron frying pan over medium heat and cook cakes, in batches, for 1–1½ minutes on each side or until lightly browned and cooked through. Dust with extra sugar, then scatter with lemon zest and crystallised violets, if using.

\* Available from cake decorator supply shops and The Essential Ingredient. Stockists, last page. **vev**

"Everyone cooks Welsh cakes in Wales - they're like the national dish. Of course, we all have our own variations, but they're always cooked on a hot griddle without oil and served at teatime"

STEVE SZABO



