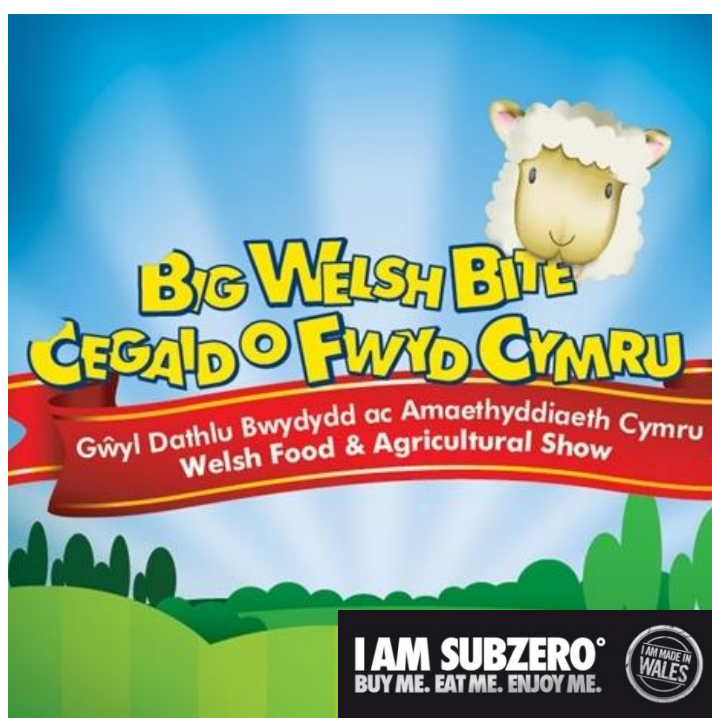


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## Bang Bang Chicken

### Ingredients:

4 Chicken Breasts cooked in chicken stock then shredded  
4 courgettes, 4 carrots, 2 red onions, 2 red peppers, 250g Mushrooms (finely sliced)  
4 spring onions (sliced)  
1 pack of bean sprouts  
1 pack of rice noodles (blanched)  
4 tbsp smooth **peanut butter**  
3 tbsp sweet chilli sauce  
4 tbsp **sesame oil**  
3 tbsp **soy sauce**  
Zest and juice of 1 lime  
50g honey **roasted peanuts** (bashed with a rolling pin)

### Method:

Bring a large pan of seasoned water to a simmer, add the chicken breasts and lower the heat to a gentle simmer. Poach for 8-10 minutes or until the chicken is cooked through – test by cutting in half through the thickest part, cool a little then shred.

Heat a little sesame oil in the wok and stir fry the finely sliced veg add the bean sprouts and rice noodles.

In another bowl, mash the peanut butter and soy sauce together to loosen the peanut butter, then whisk in the chilli sauce, sesame oil, lime zest and juice, and 1 tbsp water.

Drizzle over the dressing and gently toss everything together until well coated.

Then scatter over the peanuts and spring onions

## Boozy Beef with Parmesan Croutons

### Ingredients:

**Serves 4**

500g minced beef

1 onion (chopped)

1 clove Garlic (crushed)

2 carrots (chopped)

100g peas

1 tin of tomatoes

1 pint beef stock

1 can of Guinness

2 tsp of **gravy powder**

4 thick slices of **bread**

2 tbsp olive oil

50g grated **parmesan cheese**

### Method:

Cook the mince in a heavy pan over a high heat for about 5 minutes to colour it. Add the onions, garlic and carrots and fry for a few minutes longer. Add the peas stock and Beer and cook for around 20 minutes on a very low simmer. Thicken sauce with the gravy powder.

Take 4 slices of thick bread (slightly stale is best) and dice or tear into pieces place these into a lightly oiled roasting tray and cook in a moderate oven, sprinkle them with grated parmesan after 5 minutes and continue browning

## Chilli Chick Peas with Coconut Rice

### Ingredients:

#### Serves 4

8oz of dried chick peas

These must be soaked for 12 hours and then boiled for 30 minutes.

(As an alternative you may use 1 x 15 oz tin)

1 Tin Tomatoes (chopped)

1 Onion (chopped)

2 Garlic Cloves (crushed)

1 Red Pepper (sliced)

1 Yellow Pepper (sliced)

1 tsp Fresh Coriander (chopped)

2 Spring Onion (diced)

1 tbsp Spicy paste

1 squeeze of Lime Juice

1 tsp Honey

1 tsp Sunflower oil

#### **Spicy Paste**

1 tsp Sweet Paprika Powder

1 tsp Garam Marsala

1 tsp ground Cumin

1 pinch Cinnamon

1 tsp Ground Coriander

1 tsp Chilli paste

1 tbsp Tomato Puree

1 dash of Chilli oil

1 finely chopped Onion

### **Coconut Rice**

8oz of easy cook long grain rice

2oz creamed Coconut

1 chopped onion

1 pinch Thyme

1 chicken stock cube

2 pints water

### **Method**

Heat oil in large pan add Onion, Garlic and Spicy Paste and fry for a few minutes do not allow this to brown add Peppers and cooked or Tinned chick peas ,Lime Juice ,Honey and cook for a further 2 minutes add Tinned Tomatoes and cook for 10 minutes .Finish off dish with Spring Onion and Fresh Coriander.

### **For the paste:**

Heat oil in a pan add onion stir in rest of ingredients add a little water (about 3tbspn) and cover cook for 15 minutes on very low heat (do not allow to burn)

### **Coconut Rice:**

Put all of the ingredients in a pan and cook on a simmer for about 15 minutes until rice grains are soft.

## Eton Mess

### Ingredients:

#### **Serves 4**

500g strawberries (hulls removed and washed)

400ml Double cream

1 dash of vanilla extract

3x 7.5cm meringue nests (crushed)

Sprigs of fresh mint to garnish

### Method:

Purée half the strawberries in a blender

Chop the remaining strawberries, reserving four for decoration.

Whip the double cream until stiff peaks form, then fold in the strawberry purée and crushed meringue.

Fold in the chopped strawberries.

Spoon equal amounts of the mixture into four cold wine glasses.

Serve garnished with the remaining strawberries and a sprig of mint.

## Mini Sweet Chilli Turkey Shish

### **Ingredients:**

450g fresh Minced Turkey  
1 egg (beaten)  
2-3 garlic cloves, peeled and crushed  
1 onion (finely chopped)  
50g soft breadcrumbs  
1 chilli (chopped and deseeded)  
1 tsp ground cumin  
1tsp ground all spice  
1 tsp cinnamon  
2 tbsp olive oil  
Half lemon juiced (grated rind of half the lemon)  
1 bunch coriander (chopped)  
Salt  
Fresh ground pepper

### **Kebab skewers (if wooden soak before using)**

### **Method:**

Heat a frying pan and gently cook the onion with the spices, garlic and chilli in a little olive oil (do not allow them to burn.

When the mixture is soft allow it to cool down thoroughly.

Place the fresh minced turkey in a large mixing bowl and add the cooled onion and spicy garlic mixture, add a little seasoning, the soft breadcrumbs and the beaten egg, chopped coriander , grated lemon rind and juice then thoroughly mix it together, the mixture should hold together when it is formed into a ball.

Mould a little of the mixture around each of the soaked skewers, place these on a tray and refrigerate them until required for cooking.

Test cook a little of the mix to check for seasoning.

Cook skewers on a barbeque, grill pan or in the oven for around 10 minutes until there is no trace of pink and any juices run clear.

Serve with sweet chilli sauce, garlic and mint mayo, and warm mini pita breads.



## Mushroom Stroganoff with Pasta

### Ingredients

40 g **butter**

3 shallots, finely chopped

3 whole cloves garlic, finely chopped

1 tsp of **paprika**

500 g white mushrooms, assorted, roughly chopped

1 tbsp of brandy

1 glass of **white wine**

1 tbsp Dijon **mustard**

150 ml thick **double cream**

1 tbsp of tarragon

1 pinch black pepper

2 tbsp of parsley, finely chopped, to garnish

### Method

Melt the butter in a pan, add the shallots and garlic and cook gently for 5 minutes.

Add the paprika, white wine and the mushrooms and cook until just soft.

Add the brandy and flame stir in the cream and tarragon, season to taste then heat gently - cover and keep warm.

To assemble, serve individually by placing equal portions of the pasta on each plate.

Spoon the stroganoff over the top, and garnish with parsley.

## North African Beef with Cous Cous

### **Ingredients**

2 tbsp olive oil  
500g minced beef  
1 large onion, roughly chopped  
2 large carrots, quartered lengthways and cut into chunks  
2 garlic cloves, finely chopped  
2 tbsp ras-el-hanout spice mix (see tip, below)  
400g can chopped tomatoes  
400g can chickpeas, rinsed and drained  
200g dried apricots  
600ml chicken stock

### **To serve**

120g pack pomegranate seeds  
2 large handfuls coriander, roughly chopped

### **Cous cous**

8oz couscous  
1 pt chicken stock  
1 chopped onion  
1 crushed garlic clove  
2oz sultanas  
1 pinch garam masala  
1 pinch cinnamon  
1 pinch of chilli flakes

## **Method**

Heat the oil in a non-stick pan and brown the beef, then add the onion and carrots and cook for 2-3 minutes until golden. Add the garlic and cook for 1 min more. Stir in the spices and tomatoes, and season. Tip in the chickpeas and apricots. Pour over the stock, stir and bring to a simmer. Cover the dish and simmer until everything is tender.

Boil stock for 5 minutes with spices, sultanas, onion, and garlic, add to cous cous and allow soaking for 5 minutes then serving with a squeeze of lime juice and olive oil season to taste

Serve scattered with pomegranate and herbs, with couscous alongside.

### Spice mix

Ras el hanout, a North African spice mix, contains cardamom, cinnamon, clove, coriander, cumin, nutmeg, turmeric and black pepper. Find it in larger supermarkets, or use a mix of the spices above.

## Prawns and Pasta Shells

### Ingredients:

1 tin of chopped tomatoes  
¾ teaspoon salt  
1 teaspoon ground garam masala  
½ teaspoon ground roasted cumin seeds  
Pinch cayenne pepper  
1 teaspoon fresh ginger, peeled and very finely grated  
3 tablespoons green coriander, finely chopped.  
1 fresh, long hot green chilli, finely chopped  
1 tablespoon lemon juice  
250ml double cream

### **For The Prawns**

3 tablespoons vegetable oil  
1 teaspoon brown mustard seeds  
3 garlic cloves, peeled and finely chopped  
500g medium prawns, peeled, de-veined, washed and patted dry

### Method

Drop the mustard seeds into very hot oil for a few seconds to allow them to pop and turn nutty, add the garlic and peeled prawns and toss with the garlic and mustard until the prawns are almost cooked, add salt, black pepper and cayenne.  
Stir until the prawns turn opaque most of the way through,.

Heat the tomatoes with the ground roasted cumin, fresh ginger, lemon juice and the garam masala to make the sauce. Turn the heat to medium and heat the sauce through just until it begins to simmer, add the prawn mixture Turn off the heat. Serve with pasta shells

# Smoked Haddock Kedegree

## Ingredients

### **Serves 4**

12oz fillet of Smoked Haddock (skinned boneless)  
2 cups Basmati Rice (plain boiled)  
1 White Onion (finely chopped)  
1 clove Garlic (crushed)  
1 sliced White Onion (fried in Sunflower oil until Crispy)  
2oz Peas (blanched)  
2oz Mushrooms (sliced)  
1 tspn Turmeric  
1 tspn Mild Curry Paste  
2 Boiled Eggs (quartered)  
2oz unsalted Butter  
1 tbspn Sunflower oil  
2 tbspn crème fraiche  
Chopped Parsley

## Method:

Poach Haddock in a shallow pan of water for a few minutes until it is just cooked turn off heat and leave fish in liquor.

Melt butter and cook chopped onion and garlic until soft add turmeric and curry paste cook for a couple of minutes. Add the mushrooms cook for a further 5 minutes. Add Rice and coat with curried onion mixture.

Drain fish and reserve cooking liquor, add a little liquor to the rice mixture, flake the fish, add this and the peas to the rice mixture.

Add Crème Fraiche and Egg quarters finish with Parsley and crispy fried onions.

# Upside Down Fruit Crumble

## Ingredients:

### **Crumble Topping**

#### **Serves 4**

1 pack **Ginger nut biscuits** (crushed)

1lb of **flour**

4oz **jumbo oats**

2oz flaked **almonds**

8oz of **Butter**

4oz of soft brown sugar (blend this with the cinnamon)

Pinch of cinnamon

### **Fruit mix**

2 Bramley cooking apples

8oz fruits/plums, berries

### **Vanilla cream**

1oz icing Sugar

1 dash of vanilla extract

Half pint of thick whipped **double cream**

1 Pint **custard** (cooled)

## Method:

Rub fat and flour together to form a sandy texture then add the sugar/cinnamon, oats and flaked almonds.

Bake at around 200c for 30-40 minutes until golden brown keep an eye on this and turn mixture over to make sure it is cooked through and crunchy, allow to cool add ginger nuts.

Cooking apples peeled and chopped, (keep these in acidulated water to stop them going brown)

Stew Apples until soft, add fruits but don't allow them to puree once cooked allow to cool.

Whip cream until thick with the vanilla and the icing sugar add custard, lay apple mixture in the bottom of a glass and top this with the crumble mix and vanilla cream, keep building up in layers.