



POSH PRAWN COCKTAIL

with Avocado and
Tomato Bruschetta

SERVES 2

Prawns:

- 12 large cooked prawns, peeled with tail left on
- 3 little gem lettuce
- 1 x lemon, cut into wedges
- 1 Tbsp Extra Virgin Olive Oil
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Marie Rose Sauce:

- 3 Tbsp mayonnaise
- 3 Tbsp ketchup
- 1 Tbsp Brandy
- 1 tsp Worcestershire sauce
- 3 drops Tabasco sauce
- a pinch of cayenne pepper

Tomato and Avocado Bruschetta:

- 4 thick slices of ciabatta, toasted
- 1 clove garlic, peeled
- 1 ripe avocado
- 12 baby plum tomatoes, sliced
- 12-16 small basil leaves
- 1 Tbsp Extra virgin olive oil
- Sea salt and Freshly Ground Pepper

Begin by making the Marie Rose sauce. Mix all the ingredients together, taste and season with a little salt and pepper.

Next remove 4 nice leaves from the little gems and stand them up in the serving glass/bowl. Shred the remaining little gem and place inside the glass/bowl.

Drizzle each one with a little olive oil and a squeeze of lemon. Top with prawns and a few spoons of Marie Rose sauce. Sprinkle with a little cayenne pepper and serve with a lemon wedge alongside.

Next prepare the bruschetta by rubbing each piece of toasted ciabatta gently with the garlic cloves. Next peel the avocado, remove the stone and slice. Arrange the slices on the ciabatta and top with the tomato and basil. Drizzle with olive oil and sprinkle with a little salt and pepper and serve alongside the Prawn Cocktails.

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SEXY STEAK

with Béarnaise Sauce



Serves 2

Steak:

- 3 Tbsp olive oil
- 2 x 200gm rib eye steaks
- 2 Plum tomatoes, halved
- 2 sprigs of Thyme
- Sea salt and freshly ground pepper
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Bearnaise sauce:

- 2 Tbsp white wine vinegar
- Half shallot, peeled and finely diced
- 3 black peppercorns
- 2 stalks tarragon
- 1 bay leaf
- 2 egg yolks
- 125gm melted butter, clarified
- Half lemon wedge
- 1 tspn flat leaf parsley, finely chopped
- 1 tspn tarragon leaves, finely chopped
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Served with...

- 80gm green beans, trimmed and blanched
- 8 new potatoes, boiled in their skins

Preheat the oven to 150C .

Place the tomatoes on an oven tray, drizzle with one tablespoon of olive oil. Sprinkle with thyme leaves, salt and pepper. Place in the oven and cook for 1hr 30 mins or until the tomatoes have cooked and have dried out a little.

Meanwhile make the vinegar reduction for the Béarnaise sauce by placing the white wine vinegar, shallots, peppercorns, tarragon and bay leaf into a small saucepan along with a tablespoon of water. Bring up to the boil and allow to reduce until just a tablespoon of liquid is left. Strain and set aside.

Next set up a small bowl over a small saucepan of simmering water. Add 1 tablespoon of water along with the egg yolks to the bowl and whisk continuously until pale and fluffy. Add the melted butter in small amounts and continue to whisk until you have a thick sauce. Whisk in the vinegar reduction and season to taste. Add a squeeze of lemon if you'd like some extra tang. Stir in the herbs and keep in a warm place until needed. If the sauce thickens too much, just add a small amount of warm water to loosen it.

Now it's time to cook the perfect steak. Make sure you leave the meat out for a few minutes of until it's at room temperature before you start cooking! Heat a griddle pan on a high heat. Place the meat on a plate and drizzle over one tablespoon of olive oil and season generously with salt and pepper on both sides. When the griddle is hot, place the steak on it and cook for 2-3mins per side for a medium-to-medium rare steak. Remove from the griddle and place on a plate and cover with foil and leave to rest for 5 minutes or so.

While the meat is resting, heat a fry pan and add the remaining tablespoon of olive oil. Slice the cooked potatoes and throw them into the pan and sauté on a medium heat until golden. Season with salt and pepper.

Now it's time to plate! Add the beans to the middle of the plate and place the steak on top. Add the tomatoes, sautéed potatoes and the watercress alongside. Spoon the béarnaise generously on top. Serve immediately. It's sure to impress!

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CHOCOLATE ORANGE TEMPTATION

with
Raspberries

Serves 6

For the Mousse:

- 200gm dark chocolate
- 150ml double cream
- 2 eggs, yolks and whites and separated
- 30ml orange liqueur
- 1 tspn vanilla extract
- 50gm caster sugar
- 150gm raspberries
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To serve:

- 180ml double cream, whipped to soft peaks
- 50gm raspberries
- 1 orange, zested
- 2 Tbsp grated dark chocolate

Melt the chocolate in a bowl over a pan of barely simmering water. It will take around 5 minutes on a gentle heat to melt completely. Stir well and set aside.

In another bowl add the egg yolks, orange liqueur, vanilla extract and 30ml of hot water. Place the bowl over a saucepan of barely simmering water and whisk continuously until the mixture thickens and becomes pale and fluffy. Remove the bowl from the saucepan and continue whisking until it comes to room temperature.

Whip the double cream to soft peaks and set aside. Whisk the eggs whites in a separate bowl until soft peaks form, then gradually begin to add the sugar whilst whisking until firm peaks form.

Mix the chocolate into the egg yolk mixture until completely combined. Gently fold in the whipped cream along with half of the egg whites. Then fold in the remaining eggs whites very gently.

Divide the raspberries between the 6 glasses and top with the chocolate mousse. Allow to set in the fridge for a couple of hours. When the mousse has set top with a dollop of whipped cream, a few raspberries, a little orange zest and a sprinkle of grated chocolate.

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