

'HELIGAN'S GARDEN'

This seasonal dish is the one which really celebrates a proper working English garden in the summer time. You'll need to have your barbeque lit and ready to go for this one.



Dish ingredients

BBQ Sharpe's Express new potatoes, rainbow chard, globe artichoke, summer truffle, quails egg, heritage carrot, mint.

Recipe: Serves 2

BBQ Potatoes

300ml olive oi

2 stalks basil

2 cloves garlic

2 stalks tarragon

20 coriander seeds

Half a lemon zest

10 x Sharpe's Express new potatoes,
cut into wedges.

Method

Take all of the ingredients, except the potatoes and place in a pan and gently bring up to a medium heat. When the tarragon and basil begin to lightly fizz, remove from the heat and set aside, to cool naturally for around an hour; this will give the flavours a chance to develop and permeate into the oil.

After the hour is up, strain off the ingredients and discard, then place the oil back into the saucepan along with the potato wedges. Place this back onto a low heat and leave the potatoes to very slowly cook/confit in the oil. This method will help retain the potatoes natural moisture, meaning you will have a far better product after barbequing.

Once the potatoes are soft to a sharp knife point, remove them from the oil and place on a piece of kitchen towel or a clean J-cloth to remove any excess oi. Allow to cool.

Once they are cool, then place the flat side down on the barbeque, sprinkle with some good sea salt and leave them on for long enough to ensure good strong bar marks are left on them; this is where part of the smoky flavour will come from, plus it looks great! Leave them to sit in a small amount of melted butter and chopped herbs.

Quails Eggs

6 x quail's eggs

3 hen eggs

200g fine breadcrumbs

100 g flour

Method

Bring a medium sized pan of water to the boil and also have a bowl of ice water ready to the side. Set a timer to 1 minute 45 seconds. Using a slotted spoon, place your quail's eggs on it and gently place in to the boiling water, press start on the timer and cook for the 1 minute 4 seconds. Remove immediately when the timer goes off and plunge into the ice water. Leave to cool for around 10 minutes and very carefully peel the eggs to remove all of the shell.

Take your peeled eggs and bread crumb them; first rolling them in the flour, then into the beaten hen's eggs, then into the breadcrumbs- so the eggs are covered evenly in the fine breadcrumbs. Put to one side.

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Watercress Puree

2 bunches of watercress
1 bag baby leaf spinach
Butter
Salt

Method

Before you start you will need a pan of boiling water ready to go, a bowl of ice water and a good food blender.

To make the watercress puree take the 2 bunches of watercress and pick down the leaves off the main stalk, leaving some of the smaller stalk on is ok.

Reserve a few of the leaves for garnish. Then mix the watercress with the baby leaf spinach and wash well. Then put all the leaves into the pan of boiling water and cook them. You can check to see how they are cooked by carefully pulling a leaf out of the water with a spoon and rubbing between your thumb and finger. If the leaf breaks up its ready to take out, if it forms a ball then it still needs longer.

Once cooked, plunge into ice water to cool off rapidly, then strain off all the water and squeeze the excess out of the leaves using a cloth.

Place the leaves, some salt and a little melted butter into the blender. You will need a little jug of fresh cold water on the side to get the puree to blend. Start the blender on a low speed and gradually increase the speed to full, then start adding some of the cold water, bit by bit, until the puree starts to blend evenly. Blend until smooth, and pour into a container and keep in the fridge until you plate up.

Globe Artichokes

1 globe artichoke
2 shallots
10 coriander seeds
200ml vegetable stock
200ml olive oil
200 ml white wine
2 sprigs thyme
1 sprig rosemary
10 white peppercorns

Method

Place all the ingredients into a pan except the artichoke. Bring to a gentle simmer and remove quickly, leave to cool down naturally. Next you must prep the artichoke. You will need a bowl of cold water with a couple of lemons squeezed into it; this will prevent the artichoke from going black once prepped. Start by peeling of the leaves closest to the stalk and go about 4 deep in doing that, then remove the stalk completely.

Using a sharp serrated knife cut off the remaining leaves, being careful not to cut through the core of the artichoke.

Using a spoon, you will need to remove the artichoke heart, which looks like a lot of little wispy strands. You can achieve this by using the spoon and digging it all out. Using a peeler tidy up the rest of the artichoke. You should have something that resembles a naval shape. Place it into the lemon water to remove any excess and black.

Next place it in the cold poaching liquor and cook gently for around 30 minutes

Once cooked, remove from the liquor and cut into wedges (roughly 6).

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Truffle Mayonnaise

3 egg yolks
200ml vegetable oil
100ml olive oil
1 teaspoon Dijon mustard
2 teaspoons white wine vinegar
Pinch salt to taste
20ml truffle oil (purchase in most good supermarkets)

Method

In a large bowl, place the egg yolks and start to whisk them. Next add the mustard, vinegar and truffle oil- whisk until fully incorporated with the yolks. Then in a steady and slow stream, add the oils whilst continuously whisking until the mayonnaise has formed. If you need to add a little water to loosen then do.

Other Ingredients

6 peeled and cooked baby heritage carrots
12 medium leaves rainbow chard (blanched and seasoned with melted butter and chopped herbs)
Some small mint leaves
Watercress ploosh
Mint oil
Nasturtium leaves
Nasturtium flowers
Grated summer truffle

To assemble

Start with a large dinner plate. Take the barbequed potatoes and warm them in a little melted butter, salt and chopped herbs in a pan. Once they are warm drain them off and place randomly around the plate.

Next deep fry the quail's eggs for around 1 minute, take them out, season with salt and place randomly on the plate.

Then continue the processes with the cooked carrot, artichoke wedges, rainbow chard, watercress plooshes, nasturtium leaves and flowers.

Then place small spoonfuls of the watercress puree in and around the other ingredients, you want it to all look like there's no pattern to it all, but the presentation has been thought out to compliment the ingredients and show them off on the plate; after all this is a celebration of what is growing in a garden, it doesn't all need to look immaculate for it to look beautiful.

Place some small dots of the truffle mayonnaise around on the plate, shave over the truffle and serve with a drizzle of mint oil.

The dish wants to be just warm. I think if it is served too hot it kills the idea of it being a summer salad dish, and too cold and the flavours won't come through. So just above room temperature is perfect in my eyes.