

# Tommy Heaney Recipes - The Big Cheese 2019

## BBQ Recipe - Lamb, Onion, Anchovy, Sea Vegetable

**Serves 4**

### **Ingredients:**

1 Loin of Lamb  
2 Roscoff Onions  
50g Samphire  
50g Sea Porssion  
50g Sea Rosemary  
3 Egg Yolks  
15ml Water  
8g Dijon Mustard  
20ml Lemon Juice  
12ml White Wine Vinegar  
5g Salt  
11 Anchovy Fillets  
375g Pomace Oil  
2 Shallots Roughly Chopped  
1 Garlic Clove  
50g Sugar  
1 Tbsp Mustard Seeds  
150g Red Wine  
125g Red Wine Vinegar  
450g Lamb Stock

### **Method:**

To be added



# Scallops, Isle of Wight Tomatoes, Elderflower Ajo Blanco

**Serves 4**

## **Ingredients:**

4 Large Hand Dived Orkney Scallops  
1kg Mixed Isle of Wight Heritage Tomatoes  
200g Raw Peeled Almonds  
2 Garlic Cloves  
500ml Water  
70g Olive Oil  
30g Elderflower Vinegar  
125g Pomace Oil  
25g Flour  
5g Squid Ink  
Arbequina Oil for dressing  
Borage Flowers

## **Method:**

1. Remove the scallops from the shell. Discard the roe. Clean the mussel and reserve in fridge.
2. To make the Ajo Blanco – Soak almonds in the water. After 3-4 hours transfer to a blender. Add garlic and vinegar and blend on high speed. Slowly add the oil.
3. To make the coral tuille – Mix 200g water, 125g oil, 25g flour and 5g squid ink and leave overnight.
4. To cook the tuille – heat a non stick pan over a medium heat. Add 25ml of your batter to the pan. Cook until crispy.
5. To plate – Remove scallops from fridge. Slice into discs. Dress with extra elderflower vinegar and salt. Slice tomatoes and dress with olive oil and seasoning. Arrange scallops and tomatoes around a bowl. Garnish with coral tuille and borage flowers. Pour your Ajo Blanco at the table.
6. Enjoy!

# Cod, Tartar, Leek, Deep Sea Mussels

**Serves 4**

**Oven temp: 180**

## **Ingredients:**

4 120g portions of Cod  
2 Garlic cloves sliced  
2 Diced shallots  
¼ Diced fennel  
1kg Live Deep Sea Mussels  
100g White wine  
100g Cream  
1 Lemon juice and zest  
250g Cold unsalted diced butter  
½ Cucumber peeled, seeded, diced  
1 Tomato peeled, seeded, diced  
Tbsp Chopped chervil  
Tbsp Chopped dill  
Tbsp Capers  
Tbsp Diced gherkins  
4 Baby Leeks

## **Method:**

1. To cook the mussels; place a pan over high heat, add a splash of olive oil, add shallots, garlic, fennel and cook until soft
2. Add mussels to the pan followed by white wine, cover the pan and steam until opened (discard any that have not opened) this will take roughly two minutes
3. Once all mussels are open, strain reserving the cooking liquid
4. Remove the mussels from their shell and set to one side
5. To make the sauce; Slice the leeks. Combine the cooking liquid from the mussels with your cream and reduce down by half. Add your sliced leeks.
6. Slowly add in the butter, whisking until the sauce is thick and glossy. Remove from heat but keep warm
7. To cook the fish; Heat olive oil in a non-stick frying pan over a high heat, season Cod skin and place skin side down in the pan and cook for 3-4 minutes, finish in the oven for 3 minutes, skin side down.
8. To finish sauce; Add mussels, both lemon juice & zest followed by your cucumber, tomato, capers, gherkins, herbs and stir through
9. To plate: Place your tartar sauce and mussels in the bottom of a bowl. Don't be afraid of the sauce. Place your cod on top.
10. Enjoy!

# Simon Browne Recipes

## Ham and Perl Las blue cheese tart (makes 1)

### Ingredients:

6 sheets filo pastry  
50g butter, melted  
100g shredded ham hock  
1 bunch spring onions, sliced  
2 eggs, lightly beaten  
250g Perl Las blue cheese, cut into small chunks  
60g rocket, roughly chopped  
2 tbsp pine nuts

### Method:

Heat oven to 180°C/Fan 160°C/gas 4. Brush each filo sheet with melted butter and layer into a 22cm springform or loose-bottomed tin, overlapping each sheet at a different angle and allowing to overhang the edge a little to leave a rustic, irregular edge. Trim if necessary.

Mix together the ham, spring onions, Perl Las cheese and chopped rocket, then add the beaten eggs and mix thoroughly. Don't add any seasoning since the cheese has enough salt. Spoon into the filo case, level out then sprinkle with pine nuts. Bake for 25-30 mins until the pastry has browned and crisped. Cool slightly, slice and serve with a salad garnish.

## Smoked haddock Welsh Rarebit (serves 4)

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### **Ingredients:**

200g undyed smoked haddock

100ml full-fat milk

25g butter

25g flour

75ml ale or beer

1 tsp wholegrain mustard

50g strong Welsh cheddar (Black Bomber please if possible)

4 chunky slices rustic bread, lightly toasted

### **Method:**

Place the fish in a pan and pour over the milk. Bring to a simmer and gently poach for 2 mins until opaque and just cooked. Lift out the fish, remove the skin and flake. Reserve the milk.

Heat the grill to high. Melt the butter in a small pan, then stir in the flour for 1 min. Gradually whisk in the reserved milk, followed by the ale or beer. Cook, stirring all the time, until the sauce is thickened and smooth. Stir in the mustard and most of the cheese and season with pepper. Once the cheese has melted, carefully fold-in the fish.

Butter the toasted bread on one side. Top the bread with the sauce, spreading it to the edges. Scatter with the remaining cheese. Grill until golden and bubbling.

## **Char-grilled Welsh lamb with cucumber, tomato and garlic bread salad (serves 2)**

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## **Ingredients:**

Small pack mint, finely chopped  
2 tbsp extra virgin olive oil  
1 lemon, zested and juiced  
6 lamb cutlets  
4 cloves garlic, peeled  
55g butter, softened  
1 cook-at-home baguette (170g)  
2 large vine tomatoes, quartered  
½ a cucumber, cut into four lengthways then into 3cm chunks  
Small pack parsley, roughly chopped  
1 tsp runny honey

## **Method:**

Heat oven to 200°C/180°C Fan/Gas 6. Mix half the mint with 1 tbsp oil, the lemon zest and a large pinch of salt and black pepper, then rub the mixture all over the lamb cutlets.

Crush the garlic into the butter and beat well. Slash the garlic bread almost to the base and butter liberally then place on a baking tray. Bake the garlic bread for 15 minutes, then allow to cool a little. Tear into chunks and return to the oven for 5 minutes to dry out.

Meanwhile, put a griddle pan or large frying pan over a high heat until really hot, then cook the lamb for 2-3 mins each side or until well seared on the outside but still pink in the middle. Keep warm whilst you prepare the salad.

Put the tomatoes and cucumber in the hot pan and cook for 2-3 mins on each side until a little charred – you will need to do this in batches. Tip into a large bowl and add the toasted bread, remaining mint and the parsley.

Mix the lemon juice with the remaining olive oil and the honey, then season. Pour the dressing over the salad and toss gently so the tomatoes don't break up too much. Serve the warm salad alongside the lamb cutlets.

## **Chicken stuffed with goat's cheese and thyme (serves 2)**

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### **Ingredients:**

75g soft goat's cheese (eg Pant-Ysgawn Organic or similar)

½ long red chilli (deseeded if you don't like it too hot), finely chopped

1 tsp finely chopped thyme

Salt and pepper

2 skinless chicken breasts (nice and plump for stuffing)

4 slices streaky bacon

1 courgette, thinly sliced lengthways

2 vine tomatoes, thickly sliced

1tbsp olive oil

### **Method:**

Heat oven to 220°C/200°C Fan/Gas 6. Beat together the goat's cheese, chilli, thyme and some seasoning. Cut a slit in the side of each chicken breast and use your fingers to make a pocket and stuff the cheese mix inside. Season the chicken breasts, then wrap 2 slices of bacon around each, covering the pocket tightly.

Toss the courgette and tomato slices in a bowl with ½ tbsp of the olive oil then spread out into two piles on a baking tray. Place a stuffed chicken breast on top of each pile and drizzle with the remaining olive oil. Cook for about 20 minutes until the chicken is cooked through but still moist, and the juices run clear. Serve with the juices from the tray.

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