



Neath food & drink festival 2011

Friday 7th to Saturday 8th October 10am - 5pm

Neath Food & Drink Festival Cookery Demonstration Timetable for Saturday 8th October 2011 in St. David's Church.

10.am A Taste of Winter by Sian Hindle of La Crème Pâtisserie

- Halloumi Stuffed Mushrooms
- Cranberry and Duck Tagine
- Autumn Fruit Millefeuille

11.15am All things Sweet by Sian Hindle of La Crème Pâtisserie

- Cake Pops
- Honeycomb
- Chocolate Pots
- Fresh Fruit Tartlet

12.30pm Helen & Paul from NPT College Catering Department

- Lemon Sole filled with salmon mousseline, garnished with Langoustines and finished with Tarragon beurre blanc.

2.00pm Nicola for NPT College Catering Department

- Decorated pavlova with fresh fruit
- Chocolate work

3.15pm Celebrating Christmas by Sian Hindle of La Crème Pâtisserie

- Christmas Canapés, Sweet and Savoury

La Crème Pâtisserie, Unit 6, Mardon Park, Baglan Energy Park, Port Talbot SA12 7AX

Tel 01639 813166

www.lacremepatisserie.co.uk



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A Taste of Winter

Halloumi Stuffed Mushrooms

Serves 4

4 Portabello Mushrooms, stalks removed and discarded
1 shallot, finely sliced
1 garlic clove, finely chopped
5tbsp Olive Oil
4 slices Ciabatta Bread
250g Halloumi Cheese, cut into cubes
2tbsp Fresh Breadcrumbs
100g Mozzarella grated
Parsley
Seasoning
225g Fresh Spinach leaves

Method

1. Preheat the Grill to High.
2. Toss the Mushrooms in a large bowl with the shallot and garlic and 2tbsp oil.
3. Drizzle the bread with some olive oil and grill on a flat skillet pan until lightly toasted.
4. Grill the mushrooms for 4-5 minutes on each side until cooked.
5. Divide the cheese between each of the mushroom cavities and place back under the grill and cook until the cheese is melting and bubbly.



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Cranberry and Duck Tagine

Make this casserole the day before you want to eat it and reheat for 30 minutes in a moderate oven to serve.

- 4 Duck Legs
- 1tsp Ground Cinnamon
- 1tbsp Sunflower Oil
- 2tbsp Cranberry jelly
- 3 Large Onions, thinly sliced
- 300g Small Parsnips, peeled and halved lengthways
- 1tsp each of Ginger, Coriander and Cumin
- 1tsp + 1tbsp Caster sugar
- 4 Strips Orange Zest
- 3 Cinnamon Sticks
- 1.2l (2 pints) Chicken Stock
- 2tbsp Unsalted Whole Cashews
- 100g Cranberries (fresh or frozen)
- 280g Couscous
- Handful fresh Mint leaves

Method

1. Preheat the oven to 190°C/Gas 5/Fan 170°C.
2. Place the duck legs in a shallow roasting pan and rub with salt, pepper and ground cinnamon and the oil. Roast for 25 minutes.
3. Heat the cranberry jelly until thick and syrupy, brush over the duck legs and return to the oven for 20 minutes until mahogany brown in colour.
4. Place the onions and parsnips on the bottom of a heavy-based shallow casserole and place the duck on top. Sprinkle with the spices and sugar, tuck in the orange zest and the cinnamon sticks. Pour over the stock so the duck sits in a shallow puddle. Cover and bring to the boil on the hob, leave to murmur away for an hour. Add the cranberries, cashews and 1tbsp sugar and cook for a further 30 minutes uncovered to let the skin crisp up.
5. Meanwhile prepare the couscous, Place in an ovenproof dish and pour over the remaining 600ml/1 pint stock. Leave for a minute or two, fork through to separate the grains. Leave for 4 minutes then fork through and adjust the seasoning.
6. Serve the couscous with the duck leg, vegetables, nuts and fruit piled on top. Drizzle with the sauce and scatter with mint to serve.



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Autumn Fruit Millefeuille

500g Mixed Autumn Fruits, plums, blackberries, pears, apple

(Reserve 1 small plum, some blackberries apple and pear slices for decoration)

100ml Red Wine

Cinnamon Stick

200g Caster Sugar

375g Frozen Puff Pastry

284ml Double Cream

150g Luxury Custard

Flour for dusting

Icing sugar for dusting

1. Preheat the oven to 220°C, Gas 7, Oven 200°C.
2. Whisk the cream until stiff peaks form, fold in the custard and chill.
3. In a pan, warm the red wine with the sugar and cinnamon stick. Add the fruit and poach until softened and infused with cinnamon, add a splash of vanilla flavouring. Leave to cool.
4. Open the pastry and roll out to a thin rectangle 350x300mm (12"x14").
5. Brush a baking sheet with water, place the pastry on top and bake for 20 -25 minutes until well risen and golden brown.
6. Leave to cool on a wire rack.
7. Trim the pastry edges and cut into 3 equal pieces.
8. Place one layer of pastry on a serving dish, spoon over ½ of the fruit mixture and top with the cream. Add the second layer of pastry and press down to even the shape.
9. Repeat step 8.
10. To finish, dust with icing sugar and decorate with seasonal fruit.



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Cake Pops

200g Cake Crumb

200g Buttercream

Lolly sticks

White Chocolate – coloured

Assorted sprinkles, decorations according to the theme

Method

1. In a food processor, mix the cake to a crumb.
2. Add the buttercream and mix to a paste.
3. Shape the paste into balls, taking care that they are all the same size.
4. Refrigerate.
5. Carefully melt the chocolate, colouring if required with decorating pastes.
6. Insert a stick into each cake pop and dip the cake pop into the chocolate until immersed.
7. Shake off gently and place to dry – stick into a polystyrene block.
8. When dry, decorate according to the theme.

Honeycomb ***Danger by Careful of Molten Sugar***

400g Caster Sugar

100ml Runny Honey

2tbsp Liquid Glucose

Olive Oil for Greasing

1 ½ tsp Bicarbonate of Soda

200g Dark Chocolate melted (optional)

1. Place the sugar, honey and glucose in a pan with 100ml water.
2. Place the pan on the heat and bring to the boil.
3. Boil to 160'c – using a sugar thermometer or temperature probe.
4. Grease and line a large baking tray with oil.
5. When the sugar has reached the required temperature, remove from the heat and quickly whisk in the bicarbonate of soda.
6. Working quickly, pour the mixture onto the tray, it will bubble up dramatically straight away. Leave to cool.
7. When cold, break up and mix with ice-cream or dip into chocolate.

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Chocolate Pots / Cases

Chocolate cases

Brownies or Chocolate cake

Double Cream

Dark Chocolate

1tbsp Liquid Glucose

Amaretto

Chocolate Decorations & Cake cases

Method

1. Gently melt the chocolate with the glucose the microwave.
2. Lightly whip the double cream.
3. Fold 1/3 of the cream into the chocolate mixture. You must do this gradually or the chocolate mixture will seize. Add the remaining cream.
4. Add the amaretto to taste or leave out if you wish.
5. Place the mixture into a piping bag and pipe the mousse into the chocolate cups.
6. Decorate with chocolate decorations.
7. Place into cake cases and place into the fridge until required to serve.

Fresh Fruit Tartlets

Serves 4

Pastry Tartlet Shells

White Chocolate

Crème Patisserie

Fresh Fruit – strawberries, raspberries, blueberries

Apricot Jam, warmed

Method

1. Brush each pastry case with a little melted white chocolate. This is important to prevent the filling softening the pastry case.
2. Spoon a little crème patisserie into each pastry case.
3. Take your time to decorate the tartlets with the fruit, arranging them to look individual and pretty. Brush with a little warmed apricot jam to give a shiny glaze to the fruit.

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Simple Christmas Canapés

Sundried Tomato and Pesto Palmiers
Prawn & Mangetout Skewers
Gingered Chicken Cakes with Coriander/Lime Mayonnaise
Mini Meringue Kisses
Cherry & Almond Frangipane Tartlets
Mini Lemon Meringue Pies

Sundried Tomato and Pesto Palmiers

250g Puff Pastry
1 egg, beaten
1 jar Sundried Tomato Paste
3 tbsp Parmesan

Method

1. Preheat the oven to 200°C, Gas 6.
2. Roll out the pastry to a 15cm x 35cm (6"x14") rectangle.
3. Spread the tomato paste over the pastry and sprinkle with 2tbsp Parmesan.
4. Roll up the ends tightly to meet in the middle.
5. Refrigerate until firm.
6. Brush all sides with beaten egg.
7. Cut slices off the roll 1cm (½" thick).
8. Place slices on a baking sheet lined with baking parchment.
9. Bake for 10 minutes until crisp and golden.
10. Sprinkle with the remaining cheese when you remove from the oven.
11. Serve warm or at room temperature.



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Prawn & Mangetout Skewers

20 Large Mangetout

20 Large Prawns

4tbsp Mayonnaise

1 Lemon, juice and zest

Method

1. Boil a kettle of water.
2. Place the mangetout into a bowl. Pour over enough hot water to cover.
3. Drain the mangetout after 2 minutes and run cold water over to cool quickly.
4. Mix the mayonnaise with the lemon zest and juice to taste. Place in a serving dish.
5. Assemble the prawn and mangetout skewers by threading as demonstrated.
6. Cover and refrigerate for 30 minutes before serving.

Gingered Chicken Cakes with Coriander/Lime Mayonnaise

2 chicken breasts

2tbsp Fish Sauce

2.5cm (1") Fresh Ginger, chopped

3 Spring Onions, roughly chopped

1 Garlic Clove, chopped

1tsp Salt

¼ tsp Tabasco

For Dipping

4tbsp Mayonnaise

1tbsp Fresh Coriander, finely chopped

Juice of 1 Lime



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Gingered Chicken Cakes with Coriander/Lime Mayonnaise cont..

Method

1. Preheat the oven to 200'c, Gas 6.
2. For the cakes, place the chicken, fish sauce, ginger, spring onions, garlic, salt and Tabasco into a food processor.
3. Pulse until finely minced.
4. Divide the mixture into 20 walnut sized pieces.
5. With wet hands, mould them into balls and flatten slightly into cakes.
6. Place on a baking sheet lined with baking parchment.
7. Drizzle with a small amount of olive oil and place in the oven.
8. Bake for @ 12 minutes until cooked through.
9. Meanwhile, combine the mayonnaise, coriander and lime to taste.
10. Cool the chicken cakes to warm or room temperature and serve with the dip to serve.

Cherry & Almond Frangipane Tartlets

30g Unsalted Butter

2tbsp Caster Sugar

30g Ground Almonds

1 egg yolk

1tbsp Double Cream

24 Pastry Tartlet cases

1 pack Frozen Cherries or Other Frozen Fruit

2tsp Icing Sugar for Dusting

Method

1. Preheat the Oven to Gas 180'c/Gas 4.
2. Combine the butter, sugar, almonds, egg and cream until well blended.
3. Spoon or pipe evenly into the pastry cases.
4. Place 1 cherry on top of each tartlet.
5. Bake until set and golden, about 15 minutes.
6. Cool completely, dust with icing sugar.
7. Serve at room temperature.



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Mini Meringue Kisses

1 pack Ready Made Meringue Rosettes
100g Dark Chocolate
284ml Carton Double Cream, whipped

Method

1. Melt the chocolate gently in the microwave.
2. Dip each base of meringue into the chocolate, then place on a sheet of baking parchment to harden.
3. Place the whipped cream in a piping bag, then pipe a rosette of cream onto one half of the meringue shell. Top with a second meringue rosette.
4. Chill until required to serve.

Mini Lemon Meringue Pies

24 Pastry Tartlet Shells
24 Mini Meringues
1 jar luxury Lemon Curd

Method

1. Place the tartlet shells on a baking sheet.
2. Fill with a teaspoon of the lemon curd.
3. Top with a meringue rosette.
4. Using a cooks blowtorch, gently caramelize the top of the meringue to colour slightly.
5. Dust with a little edible glitter for that Christmassy look.