

CREATIVE COOKING WITH CAPLE

# THE CHEF



FEATURING  
MICHELIN  
STARRED CHEF  
JOSH EGGLETON

16  
DELICIOUS  
RECIPES

EXCLUSIVE  
DRINK  
MATCHING  
TO EVERY  
RECIPE



# THE CHEF

W E L C O M E

WELCOME TO THE FIRST EDITION OF *THE CHEF*, A MAGAZINE BROUGHT TO YOU BY CAPLE, OFFERING YOU A FEAST OF TASTY SEASONAL RECIPES.

At Caple we always strive for excellence whether its through our service, ethos or range of appliances. Our appearance at KBB 2014 is showcasing all of these things housed beautifully in another stunning stand – we will be hard to miss!

This year we are delighted to welcome back into the Caple fold Josh Eggleton, Michelin starred chef, who will be appearing in our KBB show kitchen cooking mouthwatering food using some of our most popular appliances

Josh, like us, is proud of his South West roots and we are excited to be working with him not only at KBB but on future projects.

So indulge yourself in our first edition of the *The Chef*, a selection of seasonal recipes brought to you by the best of British.

But it doesn't stop there, this is only the first of many editions of *The Chef* that will be appearing throughout the year celebrating local food and recipes which have our seal of approval – and all of course can be beautifully prepared using our range of stylish appliances. Download the free app today and enjoy!

*Danny Lay*

**Danny Lay**  
Sales Director, Caple



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J O S H E G G L E T O N

Josh Eggleton is steadily becoming a tour de force on the British culinary scene. Born and raised in the West country Josh has developed his talents under the scholarship of Gordon Ramsey as well as honing his skills in some of the world's finest restaurants in New York, California and across Europe.

Determined to set up a restaurant of his own Josh returned to the UK in 2006 and set up The Pony & Trap in the heart of the Chew Valley.

Now holding a Michelin star since 2011 Josh is renowned for his passion and excellence, perfectly exemplified in January 2014 by winning Chef of the Year and third best Gastropub in the UK at the Budweiser Budvar Top 50 Gastropub Awards – we are incredibly proud to be working with him here at Caple.

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**DRINKS MATCH**  
MAKE SURE YOU TAKE A LOOK AT...  
the drink recommendations on each recipe. They make a perfect accompaniment to your meal, that can also be beautifully housed in a Caple wine cabinet!

## SCALLOP-POPS

AS COOKED  
LIVE AT KBB

THIS SCALLOPS RECIPE, FEATURING DELICIOUS BACON, ILLUSTRATES THE STRAIGHTFORWARD BRILLIANCE OF JOSH EGGLETON'S COOKING. MISCHIEVOUS, PLAYFUL AND CERTAINLY TASTY, THESE WILL BE THE TALK OF YOUR PARTY.

:: Serves 20

:: Cooking time 10mins

- 20 Scallops
- 10 Slices of smoked dry-cured bacon, cut to the length of the scallop's circumference
- 25g of unsalted butter
- Vegetable oil
- St Lorenzo sea salt
- Black pepper

:: Equipment

- Skewers
- Cocktail sticks

Wash the scallops and dry well with a cloth.

Lay the thinly sliced bacon on a chopping board and turn the scallop on its side. Roll and wrap the bacon carefully around the scallop and pin through the centre, horizontally, with a cocktail stick to hold the bacon in place. Repeat for each scallop.

Heat a frying pan with a small amount of vegetable oil, season the scallops well. Once the pan is hot, sear the scallops on the bacon covered sides. The scallops will take longer to cook as they are insulated by the bacon, which also needs to cook.

Once the bacon is cooked, flip the scallops onto one of their exposed sides for 30 seconds. Flip to cook on the other exposed side and add the butter.

Baste the scallops in the butter until cooked. This should take no longer than 4-5 minutes – scallops are cooked when you prod them and receive a little resistance, if they are still soft - continue to cook

Once cooked, drain on parchment paper. Remove the cocktail stick, hold the bacon in place and insert the skewer through the scallop. Repeat for each scallop pop. Season and serve immediately.

DRINK MATCH  
ASPALLS PREMIER  
CRU CYDER

A full apple flavour cyder that captures the essence of an orchard. Light on the tongue with a clean, crisp, refreshing apple taste that makes it the premier cru of cyders.



## PAN FRIED RIB-EYE STEAK

## HOW TO COOK THE PERFECT STEAK...

:: Serves 2

:: Cooking time 30mins

- 2 x 10oz dry aged rib eye steaks
- 10-12 x Red + yellow vine cherry tomatoes
- 1 x Baby gem lettuce
- 75g Mixed leaf
- ½ Banana shallot
- ½ Clove garlic
- 2 Sprigs of thyme
- 2 tbsps House dressing

Bring a frying pan to a high temperature [No. 6 on Caple Induction]. Do not add oil to the pan, only rub into the meat.

Season the rib eyes with sea salt and rub with rapeseed oil. Pepper should be added after [if you add it before cooking it will burn in the pan].

Place the rib eye in the pan, but do not move it. Cook for 3 minutes on one side then turn over and cook for another 3 minutes on the other side. Rib eye is best served medium rare to medium. Remove from the pan and place on a plate to rest.

When the rib eye is cooking thinly slice the shallot, mince the garlic and halve the tomatoes.

The resting is the most important process, it will allow the meat to relax and become more tender. The rib eye will need to be rested for as long as it is cooked, minimum, so the longer the better. It does not need to be hot, just tepid, this will also produce a better flavour, plus it is being served with salad.

Reduce the heat to No.4. Add the shallots and garlic to the pan, they should cook in the remaining beef fat. If it is looking a little dry add a splash of oil.

Once the shallots are soft add the sprigs of thyme and the tomatoes, season well with sea salt and cracked black pepper. Soften the tomatoes by tossing in the pan for about 2 minutes, then take off the heat.

To serve, take the outer leaves from the baby gem and chop the hearts. Add the mixed leaves to a bowl and dress with house dressing. Slice the rib eyes and place on a serving board or plate, be sure to pour the juices over the sliced meat for added flavour.

Place the tomatoes and shallots on the plate with the dressed leaves.

WINE MATCH  
VIÑALBA GRAN  
RESERVADO  
MALBEC 2011 MENDOZA

A generous nose of warm plum-pudding-like fruit, lifted by soft vanilla and flower petal notes. The tannins are muscular, yet smooth and voluptuous, providing a blockbusting mouthfeel and long finish.

# CHOCOLATE + PEANUT MOUSSE CAKE WITH GINGER BREAD ICE CREAM

THIS MOUSSE CAKE IS A REAL SPLASH OUT CHOCOLATE DESSERT; A FEAST FOR THE EYES AND STOMACH.

**:: Serves 20**  
**:: Cooking time 3hrs**

#### GINGERBREAD ICE CREAM

- 450ml of milk
- 300ml of double cream
- 1 Vanilla pod
- 500ml of sugar syrup
- 9 Egg yolks
- 4g of ice cream stabilizer
- 500g of ice
- 200g of gingerbread

#### SALTED PEANUT BUTTER MOUSSE

- ?g of sugar
- 1½ tsp of pectin powder
- 3 Egg whites
- 1½ Gelatine leaves, softened
- 270g of double cream, whipped to ribbon stage
- 255g of peanut butter
- 50ml of water, boiling flaky sea salt, to taste

#### CAKE BASE

- 1½ tbsp of ground almonds
- 225g of dark chocolate, minimum 60% cocoa solids
- 205g of caster sugar
- 125g of unsalted butter, plus extra for greasing
- 1 Pinch of sea salt
- 4 Large eggs

#### CHOCOLATE GLAZE

- 150ml of water
- 175g of caster sugar
- 60g of cocoa powder
- 125ml of double cream
- 2½ Gelatine leaves
- 60g of dark chocolate

#### WINE MATCH 10 YEAR OLD MALMSEY NV HENRIQUES & HENRIQUES

Intense coffee, raisin, caramel and complex spicy aromas. Luxurious sweetness, silky textured fruit on the palate, bracing acidity and integrated fortifying spirit with a fantastic finish.



For the ice cream, combine the milk, cream and vanilla pod in a pan and bring to the boil. Set aside for 30 minutes to infuse.

Bring the sugar syrup to the boil, turn down the heat and gently simmer for 10 minutes. Place the egg yolks into a blender/food processor and add the hot syrup, leaving the motor running. Mix well. Add the ice cream stabiliser and blend.

Set the Thermomix to 80°C and process for 8 minutes at speed 4. Alternatively, place in a saucepan and bring to 80°C, stirring continuously – be careful not to scramble the mix.

Once cooked, transfer to a cold bowl set over ice water, stir to chill.

Once chilled, transfer to an ice cream maker and crumble in a liberal amount of stale gingerbread into the mix with the blade moving. The bread will break up in the machine, add more if you want more gingerbread in the ice cream

For the mousse, place the sugar, pectin and eggs in a Thermomix set to speed 4, process until the temperature reaches 60°C. This process can be achieved without a Thermomix: place the same ingredients into a bain-marie [with a metal mixing bowl] over gently simmering water, whisk continuously until a Swiss meringue forms – this may take some time.

Add gelatine and whisk to combine.

Mix the peanut butter with the boiling water in a bowl, allow to cool. Add the cream and then fold this mixture into the Swiss meringue mixture.

For the cake, line a 36cm x 26cm x 7cm tin with baking paper then brush with melted butter and dust with ground almonds.

Place the chocolate, caster sugar, butter and salt into a bowl set over gently simmering water to melt.

Whisk the eggs with the ground almonds and then fold into the chocolate mixture. The mixture will thicken after a few minutes.

Preheat the oven to 175°C/gas mark 3. Pour the cake mix into the lined cake tin and bake for 25 minutes, or until the edge of the cake starts to come away from the tin. Remove from the oven and press gently with a palette knife to flatten. Set aside to cool.

Once cool, use a knife to gently break up the surface of the cake – this will help the peanut mousse stick. Spread on the peanut mousse and smooth over with a palette knife. Chill for at least 3 hours.

For the glaze, boil the water and sugar in a pan. Whisk in the cocoa powder and cream and bring back to boil. Turn down the heat and gently simmer for 5 minutes.

Remove from the heat and add the gelatine and chocolate. Whisk until dissolved and pass the mix through a sieve.

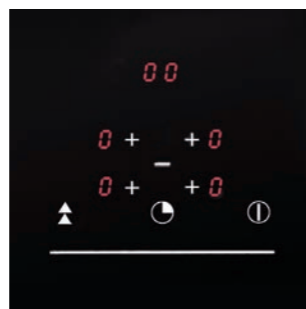
Allow to cool for 10 minutes and pour over the mousse, ensuring the top of the cake is covered.

Dip a knife into hot water and slice the cake into 15 even portions. Serve each slice with a scoop of the gingerbread ice cream and a drizzle of the chocolate glaze.



## GAS AND INDUCTION HOB FEATURES

Whether you choose gas or advanced induction technology your decision will not disappoint. Admire them from all angles.



### Gas

Instant heat and intuitive control. Caple gas hobs are incredibly simple to operate, with automatic electronic ignition and flame safe technology too, which instantly cuts the gas supply should the flame go out.

### Induction

Quick, hygienic, more energy-efficient, safer and easier to use. Heat is instant, and it's easy to control. Once you remove the pan, they cool down very quickly. They also use around 25% less energy than some other hobs.

## C895i Induction Gas Mixed Hob

W 900mm



### :: Features

- White or Black with bevelled edges
- 4 Induction zones, 1 gas wok burner

### :: Induction

- 9 Level digital power display for each zone
- Audible touch control
- Programmable timer for each zone [up to 99mins] to set finish time
- Pause function
- 2 Booster zones
- Residual heat indicators
- Automatic pan detection
- Automatic safety shut off
- Anti-overheat
- Safety lock

### :: Gas

- Flame safety device
- Cast iron pan supports
- Under burner tray
- Auto electronic ignition
- LPG jets included

### :: Cooking output

- 4 Induction zones
  - 1 Dia. 160mm – 1.4kW
  - 1 Dia. 160mm – 1.85kW
  - 1 Dia. 200mm – 2.3kW
  - 1 Dia. 200mm – 3.0kW
- Gas burner
  - 1 Triple ring burner: 4.00kW

### :: Electrical connection

- Rated load 7.4kW
- Fuse rating 32A



## C865i Induction Hob

W 770mm



### :: Features

- White frameless
- Flush mounted or inset
- 4 Induction zones
- 9 Level LED power display for each zone
- Audible touch controls
- Programmable timer for each zone [up to 99mins] to set finish time
- 2 Booster zones
- Pause function
- Safety lock
- Residual heat indicators
- Automatic pan detection
- Automatic safety shut off
- Anti-overheat

### :: Cooking output

- 4 Induction zones
  - 1 Dia. 160mm – 1.4kW
  - 1 Dia. 160mm – 1.85kW
  - 1 Dia. 200mm – 2.3kW
  - 1 Dia. 200mm – 3.0kW

### :: Electrical connection

- Rated load 7.4kW
- Fuse rating 32A

# TELLING TAILS



## POACHED SALMON WITH BRAISED LETTUCE PEAS + BACON

THIS IS A ONE POT DISH, NO FLAVOUR OR JUICES ARE LOST WHEN YOU COOK THIS WAY; MAKE SURE YOU HAVE BREAD ON THE TABLE FOR MOPPING UP WITH.

**:: Serves 3**  
**:: Cooking time 35mins**

### FOR THE SALMON

- 1 Shallot sliced
- 1 Clove garlic crushed
- Juice ½ lemon
- 1 Star anise
- 3 Black peppercorns
- 3 Parsley stalks
- 3 Sprigs of thyme
- 50ml Dry white wine
- 25ml Champagne vinegar
- 1 Splash olive oil
- 5g Maldon sea salt
- 1lt Water
- 3 Fillets of salmon skinned 150g each

### FOR THE LETTUCE

- 4 Baby gem lettuces, split in half lengthways
- 200g Petit Pois
- 50g Butter
- 1 Small shallot, finely diced
- 4 Rashers of thick-cut smoked streaky bacon
- 1 Sprig of lemon thyme
- 50ml White wine
- 150ml Double cream
- 15g Chopped flat-leaf parsley
- Salt
- Freshly ground black pepper

Place all the ingredient for the court bouillon in an medium sized pan, place on Caple induction hob set on number4, leave for 5m minutes and allow to come up to temperature.

Now place the salmon fillets in the bouillon, if you like your salmon pink lower the heat to number 3 and cook for 6-8m, if you prefer the salmon cooked on leave on number 4 and leave for 10m.

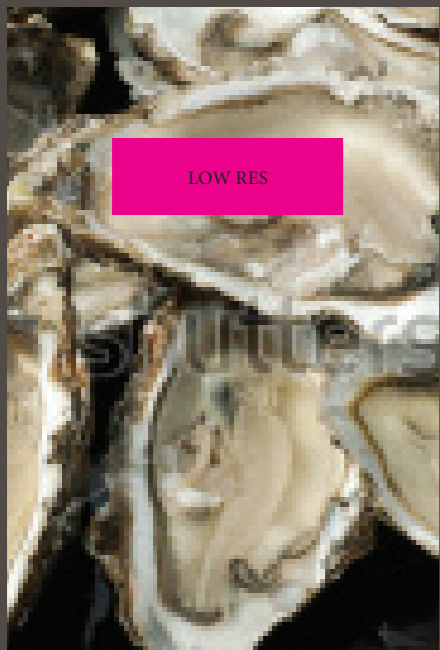
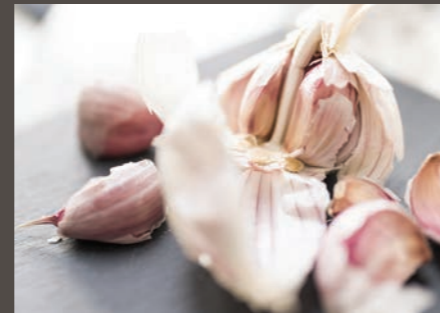
Melt the butter in a medium-sized saucepan. When it starts to bubble, add the shallot and cook for one minute until translucent. Add the bacon and cook for a further two minutes.

Gently put the lettuce, thyme and the peas in the pan. Season with salt and pepper. Pour in the white wine, bring it to the boil, cover the pan with a lid and steam over a medium-high heat for 2 minutes. Add the cream, bring to the boil and simmer for 1 minute. Remove from the heat, stir in the parsley.

Once salmon is cooked remove from the bouillon and serve with the braised peas.

### WINE MATCH COMMANDERIE DE PEYRASSOL ROSÉ 2012 CÔTES DE PROVENCE

This dry rosé has a spicy warmth to the fruit, lifted by refreshing acidity and a peachy edge. Notes of strawberry predominate, with background notes of white pepper.



LOW RES



MARCH

WHAT'S  
IN SEASON?

AS THE DAYS GET LONGER AND THE SEASONS BEGIN TO CHANGE MARCH IS THE PERFECT TIME TO START INJECTING A LITTLE BIT OF ZIP IN TO YOUR STEP. COMBINE FRESH INGREDIENTS WITH SOME HEARTWARMERS TO GET YOU IN THE MOOD.

OX CHEEKS

GINGER

OYSTERS

BLACK TREACLE

LEEKS

CELERY

PURPLE SPROUTING  
BROCCOLI

GOLDEN SYRUP



## G O I N G T O P O T



## BEEF + OYSTER HOTPOT

BASED ON ONE OF THE GREAT STEWS OF THE WORLD, [THE LANCAHIRE HOTPOT] THIS IS A DISH THAT MAKES A VIRTUE OF SIMPLICITY AND IS AN INDISPUTABLE CLASSIC.

**:: Serves 4**  
**:: Cooking time 3-6hrs**

- 3 Ox cheeks
- 16 Small round shallots, peeled
- 12 Fresh oysters, shucked
- 2tbsp Vegetable oil
- 300ml Red wine
- 300ml Chicken stock
- 1 Onion, diced
- 1 Carrot, peeled and diced
- ½ Leek, finely chopped
- 1 Clove of garlic, peeled
- 4 Large maris piper potatoes, peeled
- 30g Plain flour
- 30g Butter
- 30g Butter, melted

This will take time to cook; the cheeks are one of the toughest parts of the animal but have amazing flavour and become incredibly tender. They will produce a lovely sticky gravy. If you are not a fan of oysters, simply leave them out.

Preheat the oven to 120°C. Place a frying pan over a high heat, add the oil and the ox cheeks and colour well on both sides. In the same pan, colour the shallots. Transfer the cheeks and shallots to a deep roasting tray, and cover with the red wine and chicken stock. Put the onion, carrot, leek, thyme and garlic on the muslin, pull up the sides and tie with string to create a sachet. Put the sachet in with the ox cheeks and wine, cover with foil and bake in the oven for 3-4 hours until tender. Remove the ox cheeks and shallots from the liquid and allow cooling. Preheat the oven to 180°C.

Meanwhile, bring a large pan of salted water to the boil, add the potatoes and cook for 5 minutes and set aside to cool. In a casserole, melt the butter. Add the flour and cook for 5-7 minutes until golden. Pour in the ox cheek liquor and whisk until the sauce is smooth. Cook gently for 15 minutes.

Meanwhile, cut the ox cheek into large pieces and add them to the sauce, along with the shallots. Remove from the heat. Spread the oysters throughout the sauce in the casserole. Thinly slice the blanched potatoes and arrange neatly, [remembering to leave a hole in the centre for steam to escape] on top of the meat and onions until they are covered. Brush the potato with the melted butter, bake until golden and serve.

WINE MATCH  
**RIOJA RESERVA VIÑA  
 ARDANZA 2004 LA RIOJA ALTA**

Complex and perfumed primary and secondary aromas of earth, spice and red fruits with a long, elegantly structured medium weight body of spicy tannins and layers of flavour.

## BROCCOLI SOUP WITH CHARGRILLED PURPLE SPROUTING BROCCOLI

THIS SOUP IS MADE ALMOST ENTIRELY OF BROCCOLI.  
THE CHARGRILLED PURPLE SPROUTING BROCCOLI ADDS  
A NICE CONTRAST AND A SMOKY EDGE TO THE FRESH SOUP.

**:: Serves 6-8**  
**:: Cooking time 25mins**

- 3 Heads of broccoli
- 25 Purple sprouting spears
- 1 Onion, finely chopped
- 1 stick of celery
- 20g Butter
- 1 ½l Vegetable stock or water
- Extra virgin olive oil
- Salt
- Fresh black pepper

Trim any large leaves from the purple sprouting broccoli and keep the stems nice and long. Cook them for three minutes in a large pan of salted boiling water. Remove and plunge them into a large bowl of iced water to arrest the cooking. Once cooled, drain the broccoli and allow to dry on a clean kitchen cloth.

Put the butter in a medium-sized saucepan over a medium heat. When the butter starts to bubble, add the onion and celery and cook for 2 minutes until translucent. Season with salt and pepper. Add one litre of the stock or water and bring to the boil. Heat up a griddle pan or oven grill for the purple sprouting.

Meanwhile, using a small knife, cut the florets off each broccoli stalk [keep the stalks for another purpose, eg. peeled, blanched and grilled with a lamb dish]. Add the florets to the boiling stock and cook until just cooked [about 4-6 minutes] and still bright green. While the broccoli is cooking, place the purple sprouting in a bowl, lightly coat with olive oil and season. Place on the griddle or under the grill and allow to char lightly. Remove the broccoli and stock from heat and blend with a stick blender as quickly as possible. Pass through a sieve, check the seasoning and pour into individual bowls. Garnish each soup with the purple sprouting and some olive oil. If the soup is too thick add some of the remaining stock (warm) to let it down to the consistency you like.

*[This soup can be made in advance; in that case pass the hot soup into a wide shallow tray and place in a fridge to cool so that it retains its vivid colour. Reheat without boiling to serve.]*

### WINE MATCH SOAVE CLASSICO 2012 INAMA

From lower yields and the best slopes in the region this wine is generous, revealing apricots, honey, flowers and almonds. Generous acidity and a rich texture enforce the elegant finish this wine has.



## GINGER CAKE

I GOT THIS RECIPE FROM A CHEF FRIEND AND I'M SURE IT WILL CONTINUE TO BE PASSED ON AND ON. THE TRICK HERE IS TO WRAP THE CAKE IN CLINGFILM WHILE IT IS STILL WARM AND ALLOW THE FLAVOURS TO DEVELOP FOR A COUPLE OF DAYS.

**:: Serves 8**  
**:: Cooking time 1hr**

- 225g Plain flour
- 55g Dark brown sugar
- 1tsp Sodium bicarbonate
- 1 ½tsp Mixed spice
- 2 ½ teaspoon ground ginger
- 110g Butter
- 170g Black treacle
- 80g Golden syrup
- 125ml Milk
- 1 Medium egg

Grease and line two 15cm x 10cm [about 8.5cm deep] cake tins and set aside. Gently melt the butter, treacle and syrup and stir to combine.

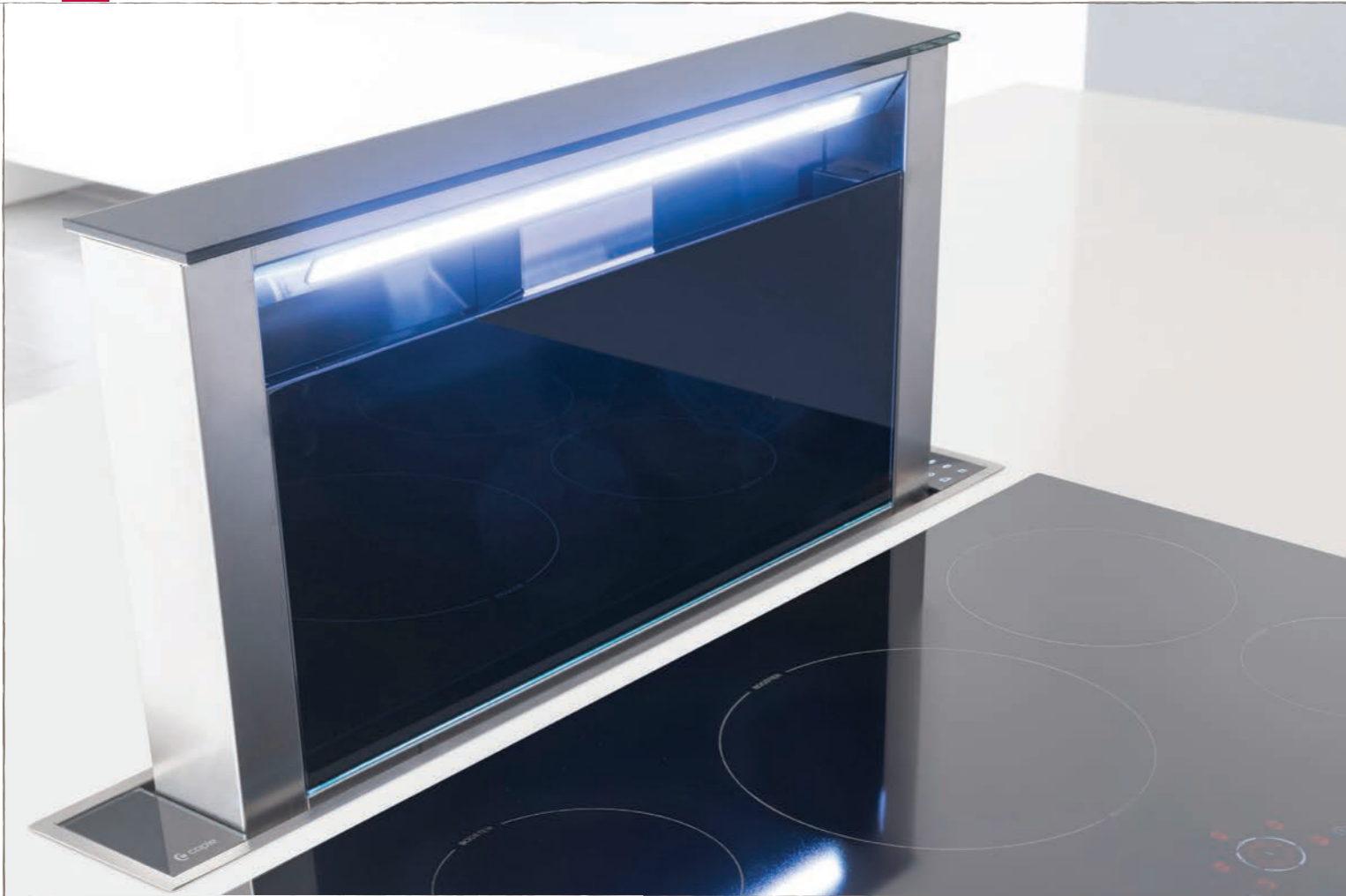
Place in the bowl of a mixer with the paddle attached. Sieve the flour, mixed spice, ginger and sodium bicarbonate together and gradually add to the syrup mix until well combined. Add the milk and then the egg.

Divide the mix between the cake tins and bake for approximately one hour or until a wooden skewer comes out of the cake clean. Allow to cool for 5 minutes then remove from the tins and wrap neatly in clingfilm.

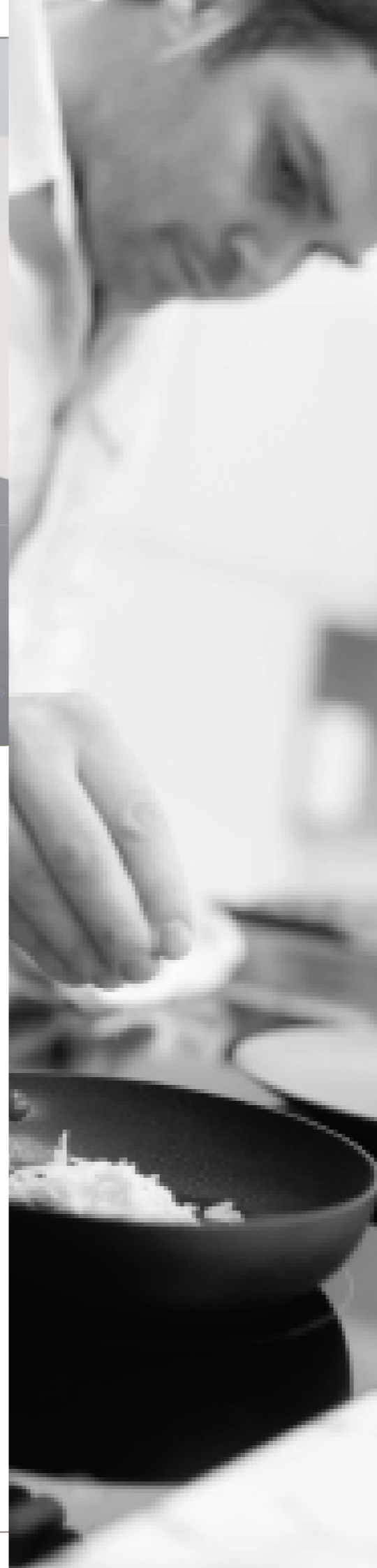
This is perfect with a cup of tea or try it with our matched wine.

### WINE MATCH ROYAL TOKAJI 5 PUTTONYOS 2008 HUNGARY

A medium amber colour with a nose of orange peel, figs and cinnamon. The sugar on the palate is well-balanced by the fine acidity, leading to a clean, refreshing finish.



"AESTHETICALLY  
STUNNING WITH  
ELEGANT LIGHTING  
AND SOFT TOUCH  
FEATURES."



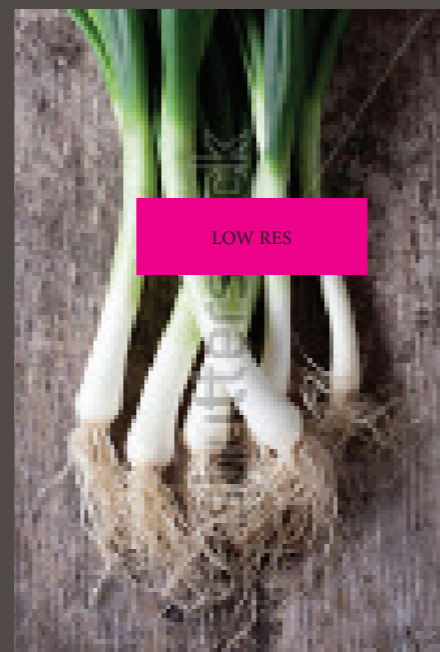
## DOWNDRAFT FEATURES

Powerful extraction and a seamlessly integrated centre piece the Sense Premium downdrafts demonstrate innovation and sophistication at their best.

### Smooth operator

Caple downdraft extractors are the epitome of intelligent thinking in kitchen design. With an ingenious under-counter installation, wall space is kept clear and if integrated into an island unit, views across the kitchen remain uncluttered. At the push of a button, the extractor rises smoothly up from its flush, retracted position.

For even more seamless extraction our DD920BK model offers a unique 'flip lid' operation for optimum efficiency and performance.



APRIL

WHAT'S  
IN SEASON?

SPRING HAS FINALLY SPRUNG AND THE NEW SEASON'S DELICIOUS PRODUCE WILL TANTALISE OUR TASTE BUDS. BRIGHTEN UP YOUR PLATES WITH PLENTY OF COLOUR AND INDULGE IN THE FLAVOURS OF FRESH FRUIT AND VEGETABLES.

HAZLENUTS

HAKE

CHICKEN

ORANGE BLOSSOM

SALMON

PARSLEY

SPRING ONIONS

MUSTARD

B I R D I S T H E  
W O R L D



## CHICKEN KIEV + PURPLE SPROUTING BROCCOLI WITH HAZELNUTS

THE MORE GARLIC THE BETTER – YOU CAN DEEP FRY THIS IF YOU LIKE OR JUST PAN FRY AND FINISH IN THE OVEN.

**:: Serves 4**  
**:: Cooking time 40mins**

### FOR THE KIEV

- 4 Free range chicken breasts
- 200g butter, softened
- 3 Cloves of garlic
- 100g Flat-leaf parsley
- 2 Eggs
- 150g Flour
- 150g Panko [Japanese] bread crumbs
- 100ml milk

### FOR THE BROCCOLI

- 1.2kg of purple sprouting broccoli, woody bottoms trimmed
- 100g of hazelnuts
- 75ml of hazelnut oil
- 25ml of olive oil
- St Lorenzo sea salt

Crush the garlic and chop the parsley, then place in a food processor with the softened butter and blend until a bright green colour is achieved. Place in a suitable container and set aside.

Remove the skin from the chicken breasts and discard it. Using a very sharp knife, cut a pocket in a breast either from the top or the side. Be careful not to pierce through the flesh all the way. Take 50g of the garlic butter, form it into a pellet shape with your hands and insert it into the pocket so that it runs parallel with the length of the breast. Repeat with the remaining breasts. Roll each breast up tightly in a double layer of clingfilm to form a cylinder shape, and put them in the freezer for 15 minutes.

Whisk the eggs and milk together in a medium bowl, put the flour and a pinch of salt in another bowl and the breadcrumbs, a pinch of salt and some black pepper in a third. Remove the breasts from the freezer and carefully unwrap them. One at a time, pass the breasts through the flour, then the eggs and then the breadcrumbs. Put them through the eggs and breadcrumbs a second time to ensure a good even crumb.

Heat up the cooking oil to 180°C. Make sure the oil is deep enough to easily accommodate two chicken breasts. Fry the breasts in two batches until golden and then transfer to the oven for 10-15 minutes to finish. Serve cut in half with steamed greens and roast potatoes.

Bring a large pan of salted water to the boil [tasting like the sea]. Cook the broccoli in the salted water for 3-4 minutes until the stem is just tender, then place into cold water to stop the cooking immediately. After 5 minutes drain well, it should still have a crunch.

Toast the hazelnuts in a pan, then remove from the pan and roughly chop. Add to the hazelnut oil.

Toss the broccoli in olive oil and season with Maldon salt, place under a hot grill and turn after 1-2 minutes.

Don't worry if some of the leaves start to burn just a little, the bitter notes are good. Once hot and slightly charred, dress with the hazelnuts and serve.

### WINE MATCH HEGGIES CHARDONNAY 2011 EDEN VALLEY

The careful handling of oak means this wine has a subtle toasty character which mingles well with the ripe apple and pear fruits. A creamy roundness completes the finish.

## SALMON + HAKE FISH CAKES

UNLIKE THE TRADITIONAL METHOD, THE FISH IN THESE FISHCAKES ARE ADDED RAW, JUST LIKE IN MY FISH PIE. BECAUSE OF THIS, THE FISH WILL BE JUST-COOKED AFTER FRYING AND WILL HAVE A MUCH BETTER TEXTURE.

**:: Serves 4**  
**:: Cooking time 45mins**

- 300g Salmon and 300g Hake, both skinned with bones removed
- 4 Large Maris Piper [or similar] potatoes
- 1tbs Wholegrain mustard
- 20g Each chopped flat-leaf parsley, coriander + chives
- 10g Chopped tarragon
- Juice of 2 lemons
- Juice of 2 limes
- 6 Spring onions [green + white parts], finely sliced
- Salt
- Fresh black pepper
- 2 Eggs
- 250ml Milk
- 100g Plain flour
- 150g Panko [Japanese] breadcrumbs
- Vegetable oil for deep frying

Peel and chop the potatoes, place in a pan, cover with cold water and add salt. Bring to a simmer and cook until just done. Drain the potatoes, mash them and allow cooling. Cut the fish into neat cubes of about 1cm. Put the fish in a bowl with the mustard, herbs, citrus juice and spring onions. Add half of the mash and fold it in very gently. Repeat with the rest of the mash and season with salt and pepper.

Divide the mixture into eight and shape into neat balls with your hands. Get 3 medium-sized bowls. Place the flour in one, panko in another and the eggs, lightly beaten with the milk, in the last bowl. One or two at a time, roll the fish balls in the flour, then the egg and then the bread crumbs. Shape neatly with your hands to finish. Heat up a medium-sized pan of vegetable oil to 180°C and fry two fish cakes at a time until golden. Place them on a roasting tray and finish cooking in the oven – about 10 minutes.

### WINE MATCH RUSTENBERG SAUVIGNON BLANC 2011 WESTERN CAPE

Aromas of green peppers, asparagus and gooseberry fill the nose, while the palate displays a riper character, with underlying pineapple and passionfruit notes providing a layered feel.



## AHMAD ORANGE BLOSSOM PANNA COTTA

THIS IS A VERY SIMPLE PANNA COTTA RECIPE THAT CAN BE ADAPTED WITH A LOT OF OTHER FLAVOURS. CARDAMOM CAN BE ADDED TO THE INFUSION; VANILLA OR RUM.

**:: Serves 4**  
**:: Cooking time 15mins**

- 500ml Double cream
- 100ml Milk
- 120g Sugar
- 2 Gelatine leaves
- 3tbsp AHMAD orange blossom tea

Put the milk in a saucepan and bring to the boil over a medium heat. Put the tea in the milk, set aside and allow to infuse for 10 minutes, then strain into a jug.

Put the cream in a clean pan and stir in the sugar. Place over a medium heat and remove. Meanwhile, soak the gelatine in water for 3 minutes. Whisk the gelatine into the cream, then whisk in the tea infused milk.

Pass the mix through a fine sieve into a clean jug; pour into individual glasses and allow at least 5 hours setting time.

### WINE MATCH BROWN BROTHERS ORANGE MUSCAT + FLORA 2012 VICTORIA

Aromas of orange blossom, fresh citrus and spice, with a textured and rich palate, a crisp acidity balances the sweetness of the palate and leads on in a zesty finish.



## "STEAM OVENS ARE GREAT FOR TASTE..."

All the modern technology you want, in one oven. Conventional fan-assisted oven and grill combined with energy efficient steam cooking ensures that your food not only looks great, but is healthier and tastes great too.

### Easy cooking, seamless design

Perfect for cooking vegetables and fish to their nutritious and delicate best, steam cooking adds a touch of class to your kitchen. As well as minimising odours, defrosting and reheating settings add to the full complement of fuss free functions.

## S0209 Combination Steam Oven

Energy class

A-20%



### :: Oven features

- 11 Functions:
  - Light
  - Fan heat
  - Turbo grill
  - Grill + fan
  - Grill
  - Steam 100°C
  - Steam 130°C
  - Steam + fan heat
  - Steam pulse
  - Clean
  - Auto
- 100 Preset cooking recipes
- Variable steam cooking temperature 40°C - 100°C
- 2 Preset steam temperatures [cooking 100°C + reheating 130°]
- Steam cooking pause function
- Touch control programmable electronic timer
- Audible minute minder
- 34 Litre capacity

### :: Features

- Stainless steel or White glass
- Stainless steel, black-spot feature bar handle
- Stainless steel interior
- Touch control with LCD display
- Electronic clock
- Removable 1.54 Litre water tank
- Tangential cooling fan
- Interior halogen light

### :: Cooking output

- Fan cooking 1500W
- Steam cooking 1100W
- Grill 1500W

### :: Accessories

- 1 Perforated tray
- 1 Chrome grid
- 1 Stainless steel tray

### :: Optional accessories

- Stainless steel gastro-tub and lid [GTUB]
- Tempered glass tray [GTRAY/SO]

### :: Electrical connection

- Rated load 3.2kW
- Fuse rating 20A

### AUTO setting

Choose from 100 preset recipes displayed on the LCD panel. Includes food weight and temperature for optimum results. You can also create and save your own customised programmes.

### Injection steam

Creates a consistent temperature for better results.

### Steam recovery system

Water is collected during the cooling process and recycled to reduce the amount of water used.

### Clean function

Option to clean the inner cavity, and steam system.



MAY

WHAT'S  
IN SEASON?

THE SUMMER IS ON ITS WAY AND THE FOOD IS BURSTING WITH FLAVOR. LEAN MEATS AND FRESH FISH ARE PERFECT FOR BUILDING TASTE COMBINATIONS WITH DESSERTS THAT LEAVE YOUR MOUTH WATERING FOR MORE SUMMERTIME SENSATIONS.

JUNIPER BERRIES

SAFFRON

THYME

CORNICHONS

RED CABBAGE

STRAWBERRIES

CRAB

MASCARPONE



# R U L I N G   T H E R O O S T



## SPATCHCOCK CHICKEN

THE CHICKEN IS BRINED TO CREATE AN EXTRA LAYER OF SEASONING AND TO HELP RETAIN MOISTURE. IT TAKES A LONG TIME, BUT IT IS WELL WORTH IT...

**:: Serves 2**  
**:: Cooking time 20mins**

- 1 Spatchcock spring chicken
- ½ quantity of brine

### BRINE

- 2 Litre of water
- 200g Caster sugar
- 300g Sea salt
- 5 Juniper berries
- 5 Cloves
- 8 Black peppercorns
- Zest of 1 orange + lemon
- 2 Large bay leaves
- 2 Sprigs of thyme

### COLESLAW

- 200g Carrot
- 200g Red cabbage
- 1 x Banana shallot
- 50 g Flat leaf parsley
- ½ Lemon
- 50ml Olive oil

To make the brine, place the sugar, salt and water in a medium pan and stir to dissolve the dry ingredients. Add the rest of the ingredients, cover the pan and bring to the boil over a high heat. Remove the pan from the heat, uncover and allow cooling. Pass the liquid through a sieve and discard the rest of the ingredients. Store the brine in the refrigerator for up to two weeks.

3 hours before – submerge the spring chicken on the brine.

Turn the BBQ on so that it is hot.

Season the chicken in cracked black pepper. No salt is needed as it has been brined. Rub with olive oil then colour on both sides on the BBQ for 5 minutes.

Once coloured move up to a higher shelf on the BBQ, close the lid and reduce the temperature of the BBQ and cook for a further 20 minutes. If you have a temperature probe, stick it in the chicken thigh. The temperature should be between 63°C-65°C. Alternatively, check to see that the juices are running clear from the leg joint by inserting a knife.

To make the coleslaw, slice the carrots as thinly as possible and then cut them again into matchstick sized pieces. [Julienne]

Thinly slice the shallot and thinly shred the red cabbage. Chop the parsley. Toss all ingredients together in a bowl with salt, pepper, olive oil and lemon juice. Leave to souse for 3 or 4 minutes and then serve with the chicken.

### WINE MATCH

**PORCUPINE RIDGE VIOGNIER  
GRENACHE BLANC 2013**

The Viognier's aromas of ripe apricots and spicy floral notes dominate the nose, while the palate is made crisper by the Grenache Blanc, with a streak of minerality.

## CRAB WITH ROAST GARLIC + SAFFRON MAYONNAISE

THE WHITE MEAT IS VERY CLEAN AND FRESH AND IS COMPLEMENTED BY THE ROAST GARLIC AND THE PARSLEY. THE BROWN MEAT IS MUCH RICHER – USE IT LIKE BUTTER, SPREAD IT ON TOAST WITH THE WHITE MEAT ON TOP.

**:: Serves 4**  
**:: Cooking time 15 mins**

- 300g Hand-picked white crab meat
- 1 Small shallot, very finely diced
- 150g Brown crab meat
- A pinch of saffron
- 100g Mayonnaise
- 4 Cloves of garlic
- 20g Fresh parsley, chopped
- Salt
- Fresh black pepper
- Olive Oil
- 4 Slices of sourdough or multigrain bread
- Pickled cucumber
- 60g Cornichons

Turn the oven on to 180°C. Wrap the white crab meat in a piece of muslin or a kitchen cloth and squeeze out any excess water. Place the crab meat in a bowl and carefully pick through it and remove any shells. Set aside. Put the brown meat in a separate bowl and pick through it for shell too.

Put the garlic in a small roasting tray with a squeeze of olive oil, cover in foil and roast at the top of the oven for 15 minutes. Meanwhile, put the saffron in a small jug, pour over 25ml of boiling water and leave to cool. While the garlic cloves are still warm, squeeze them out of their skins into a bowl and mash with a fork. Add the mayonnaise and the saffron water and mix well to combine. Add the white crab meat, the shallot and the coriander. Season and mix well. Toast the bread until golden and dress with olive oil. Spread the brown meat on the toast. Generously pile the white crab meat on top and garnish with the cucumber and cornichons.

### WINE MATCH LOUIS ROEDERER BRUT PREMIER NV

From the maker of Cristal, a deliciously rich Champagne, with an overt fruitiness and nutty, yeasty notes. A long, complex and rewarding finish is a hallmark of the house style.



## STRAWBERRY CHEESE CAKE

YOU GET THE BEST OF BOTH WORLDS WITH THIS CHEESECAKE – THE TEXTURE OF A CHILLED CHEESECAKE AND THE RICHNESS OF A BAKED ONE.

**:: Serves 10-12**  
**:: Cooking time 1hr**

### FOR THE BASE

- 100g Digestive biscuits
- 150g Caster sugar
- 100g Toasted hazelnuts
- 76g Butter, melted

### FOR THE FILLING

- 450g Cream cheese/mascarpone
- 75g Caster sugar
- 150g White chocolate
- 3 Eggs

### FOR THE STRAWBERRY GLAZE + GARNISH

- 300g Fresh strawberries
- 300ml Water
- 2 Leaves of gelatine
- 75g Caster sugar
- Butter for greasing

### WINE MATCH 2013 MOSCATO

This is the cutest little sparkler and it weighs in at only 5.5% alcohol thanks to the luscious lick of candyfloss-like sweetness and cherry notes. To be drunk with light, chocolaty or fruit-based puds.

Pre-heat the oven to 140°C.

Put the white chocolate into a glass bowl and put it in a pan of simmering water until melted – do not allow the bottom of the bowl to touch the water. Put the cheese, the sugar, the eggs and the chocolate in a food processor and blend on full speed for three minutes until the ingredients are very well combined. Line a small baking tray with a double layer of clingfilm and spoon the cheese mix into the tray and spread evenly. Bake in the centre of the oven for 40-50 minutes or until just set. Allow to cool to room temperature and then refrigerate for 1 hour.

Put the sugar in a heavy based saucepan and place over a medium heat. Allow the sugar to melt without stirring. Put a large piece of baking paper on a tray, and when the sugar turns to a deep brown caramel pour onto the baking paper to allow it to cool and set. Put the cooled caramel, caster sugar and biscuits in a food processor and gently pulse until all the ingredients are mixed in a coarse crumb. Pulse in the melted butter. Grease the base of a 20cm springform cake tin with butter and line with a disc of baking paper. Spoon the biscuit mix into the tin and spread evenly with the spoon. Use the back of the spoon to push down on the mix until the base is compact. Place in the refrigerator until needed.

Spoon the cooked set filling into a food processor and blend until smooth. Remove the cake tin from the refrigerator and fill with the topping. Use a hot pallet knife or fish slice to smooth the top of the cake. Return the cake to the refrigerator.

Put the water, sugar and strawberries in a saucepan and place over a medium heat. Meanwhile soak the gelatine in cold water for 3 minutes. Bring the strawberries up to a simmer and cook for 4 minutes then remove from the heat. Carefully blend the strawberry liquid with a stick blender or in a food processor until smooth. Whisk in the gelatine and pass the mix through a sieve into a bowl. Discard the pulp. When the mixture is room temperature, carefully spoon it over the cheese filling to a layer about 5mm thick. Return to the fridge to set for at least an hour.

To remove the cake from the tin, lightly heat up the ring with a blowtorch before releasing it from the base. Garnish with the remaining strawberries.



## WINE CABINET

Our wine cabinet incorporates simple, yet effective design elements to make sure nothing spoils the enjoyment of your wine.

WC470  
In-Column Wine Cabinet

Energy class

C



### :: Features

- Stainless steel
- Full touch controls
- No frost compressor cooling technology maintains a consistent temperature
- Digital temperature display
- UV/heat-free internal blue LED lighting [switchable]
- Quiet operation 44dB
- Side-opening door [right hand opening]
- Toughened UV protected glass door telescopic runners
- Removable light wood shelves
- 3 Wooden telescopic shelves, one base shelf
- Black interior
- Child lock

### :: Performance

- Temperature range 5°C-20°C
- Ambient temperature 10°C-35°C

### :: Capacity

- Net capacity 50 Litres
- Gross capacity 52 Litres
- Max. 24 Bordeaux style wine bottles 750ml

### :: Electrical connection

- Rated load 0.01kW
- Fuse rating 3A



### DRINKS MATCH

#### TAKE A LOOK BACK AT...

the drink recommendations on each recipe. They make a perfect accompaniment to your meal, that can also be beautifully housed in a Caple wine cabinet!

LOOK OUT FOR  
OUR NEXT ISSUE

WITH BRILLIANT SUMMER RECIPES FROM JOSH PLUS  
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