

Recipes
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Scottish Chefs Conference

Brandade – Arbroath Smokie – avocado – citrus dressing – apple salad

Arbroath Smokie brandade

250g	flaked Arbroath Smokie (free from skin and bones)
75g	Crowdie cheese (Mascarpone or cream cheese could be used)
50g	potato puree (warmed)
150ml	double cream (whisked to soft peaks)
1 tbspn	lemon juice
½ tspn	smooth Dijon mustard
1 tspn	creamed horseradish
	salt

Place all ingredients in a bowl and combine to make a thick smooth mixture, season with salt

creamed avocado

1	ripe avocado
1 tspn	crème fraiche
½	lime juice
	salt

Puree avocado flesh, crème fraiche and lime juice in thermo mixer. Pass through fine sieve and season with salt.

oatmeal base

100g	oatcakes
¼ tspn	thyme and rosemary (finely chopped)
15g	unsalted butter (melted)
pinch	celery salt

In Thermomix blitz oatcakes to a fine crumb then add remaining ingredients.

citrus dressing

2	oranges
1	lemon
	clear honey to taste
120ml	olive oil

Segment orange and lemon, place in Thermomix with honey, with machine running slowly add the oil and season. Pass into bowl and correct sourness with a little more honey if required.

Basil crisp

4 basil leaves
olive oil

Rub basil leaves with olive oil and lay on plate stretched taut with cling film, microwave until crisp and bright green.

Air dried ham tuile

4 slices of air dried ham

Cut four rectangles of ham 10cm x 2cm, place between two sheets of silicone, then between two wire racks to form wave shape. Place in hold o mat or low oven and dry out over night until crisp.

Garnish

¼ green apple (julienne)
micro cress (picked)

Presentation

1. Line four small rings with acetate and place on tray lined with silicone.
2. Pack 3mm of the oatcake mixture into base of moulds.
3. Pipe or spoon brandade on top leaving 3mm from the top then smooth with the creamed avocado.
4. Place in fridge to set then de mould and garnish with the remaining elements.

Scotch Beef –slow cooked featherblade – seared fillet – vanilla parsnip turnip fondant – shallot confit

slow cooked featherblade

1	Scotch beef Spaul (featherblade)
	mirepoix (carrot, onion, leek, celery)
1 head	garlic
1 bottle	Pinot Noir
2	bay leaf
sprig	thyme
1500ml	roast chicken stock
1500ml	veal stock

Trim beef featherblade and place in a large bowl, marinade in red wine for 24 hours. Drain, dry, season and seal until dark brown.

Remove beef, add vegetables and cook until golden.

Add reserved red wine and reduce to a glaze, add stock, thyme and bay. Bring to the boil, simmer then add beef. Cover with cartouche and lid then braise for 3 hours.

Allow to cool for 40 minutes, remove beef, pat dry and wrap tightly in cling to a barrel shape, chill in fridge overnight.

Slice into medallions and pay fry in oil and little butter.

Reserve cooking juices for sauce.

seared fillet

2	150g scotch fillet steak
	cocoa fat
	butter
	seasoning

Place in vacuum bag and cook 64 °C for 25 minutes place in ice water to cool rapid, chill and allow to rest in fridge. Place in bath 52 °C for 10 minutes at which it will hold all service. Remove from bag pat dry season and sear in cocoa fat and little butter.

vanilla parsnip

1kg	parsnip (roughly chopped)
200g	unsalted butter
1	vanilla pod (split)
	seasoning

Place all ingredients in a vacuum bag seal and cook in water bath @ 90 °C or in a steamer 40 min approx until tender. Remove pod and blitz in Thermomix until smooth, correct seasoning.

parsnip crisp

peel long thin strips of parsnip, deep fry and place on kitchen paper under halogen lamps, season with salt prior to service.

turnip fondant

1	turnip (cut into 8cm dia x 3cm discs)
piece	pancetta
250ml	apple juice
100g	unsalted butter
4clove	garlic
sprig	thyme

Place all ingredients in a pan, boil 2-3 mins then finish in oven until golden and tender.

confit shallot

900kg	shallots
100g	soft brown sugar
3tbsp	sherry vinegar
1½tbsp	crème de cassis
40g	unsalted butter
2tsp	salt

Brown butter in pot, add sliced shallots and sweat lightly. Add remaining ingredients and cook on a low heat for 90min.

Pinot Noir sauce

Strain cooking liqueur pass through damp double layered muslin, Monte au beurre and hold in flask, will hold all service.

Place featherblade on turnip fondant.

Served half a fillet per portion and set on a spoon of shallot confit.

Place spoon of parsnip on plate and drag back.

Serve with Pinot Noir jus and parsnip crisp

Soufflé – pear – chocolate - marzipan ice cream

pear base puree

1kg Boiron pear puree
 caster sugar (to sweeten)
3 level teaspoons of powder pectin

Reduce pear puree to 500ml, dissolve in a little caster sugar to sweeten, slowly rain in powder pectin and whisk until it starts to thicken, place in bowl.

soufflé

300g pear base puree
100g egg white
 soft butter
 finely grated chocolate couverture

1. prepare soufflé moulds with butter and grated chocolate.
2. whisk egg white to soft peaks
3. place warm puree base in a bowl and mix in a spoon of egg white then fold in the remaining
4. butter and sugar moulds, fill with soufflé mixture, spread smooth with palette knife, run around rim with edge of cloth and bake @ 180 °C for 8-10 minutes

marzipan ice cream

500ml milk
50ml double cream
140g caster sugar
125g marzipan

Place all ingredients in Thermomix , blend and heat to 90 °C. Allow to cool then churn.

Caramelised pear

2 medium sized pear
75g dark soft brown sugar

Peel, core and cut pear into macedoine. Place on tray and sprinkle with sugar, caramelize under salamander then chill.

tuile

1 pear
300ml stock syrup
caster sugar

Slice thinly on meat slicer, dip in stock syrup, place on silpat lined tray and sprinkle with a little caster sugar. Dry out in Hold o Mat or low oven until crisp.

Tonka bean anglaise

6 egg yolks
60g caster sugar
250ml double cream
250ml full fat milk
1 tonka bean

Whisk egg yolks and sugar with finely grated tonka bean, add cold milk and cream. Place in vacuum bag, seal and shake. Cook in water bath @ 86 °C 30 minutes approx. (shake bag every 10 minutes during cooking process) This keeps up to two weeks in the fridge.

chocolate croquant wafer

300g caster sugar
80g liquid glucose
25g extra brute cocoa powder
40ml milk
100g nibbed almonds
80g unsalted butter (melted)

Combine sugar, glucose, cocoa and milk, mix until smooth. Lightly toast almonds, cool then add to mixture. Add butter, mix until fully incorporated then chill. Pipe small bulbs on Silpat lined tray, bake @ 180 °C for 8 min. Remove from tray and allow cooling.

chocolate sauce

150ml water
125g caster sugar
40g cocoa powder
300ml double cream

Bring water, sugar and cocoa to the boil stirring at all times. Add cream, return to boil and simmer for 2-3 minutes. Cool slightly, serve

