

# A Passion to Inspire Upskill Day – 6<sup>th</sup> November – Murrayfield



**Great recipes and a wonderful Inspirational Culinary Adventure**

## **The Craft Guild of Chefs**

<https://craftguildofchefs.org/>

**Special Guests to Speak and Support**

**Daniel Ayton – Director Chefbytes**

**Global Senior Vice President of the World Master Chefs Society and President of the Disciple Escoffier UK.**



An experienced chef with almost 30 year's extensive experience in fine dining as well as banqueting operations. After working alongside such chefs as [Pierre Larapidie](#) of the George V, Paris in Torquay's five star Imperial Hotel, he became a Forte Graduate chef working for chefs such as Paul Bocuse & Gastone Lenotre also hotels such as The Grosvenor House, Park Lane, Browns, Mayfair, The Bath Spa, The Randolph, Oxford, Le Saint Pierre, Normandy, Hotel Des Burgues, Geneva, & the three Michelin starred Paul Bocuse, Lyon. This was then followed positions of sous chef up to executive chef at The Balmoral, Edinburgh; Hilton, Coventry and Newbury and Park Lane London; Powder mills, East Sussex, (2 rosettes four years); Five Lakes, Essex, (2 rosettes one year) and Four star in Brighton, cluster chef at Taj London, le Meridian Piccadilly , and the Tower Hotel.

Born in Torquay, Devon; Daniel started in the industry, washing up in his parents' 120 seated restaurant, whilst still at school earning his 'pocket money' worked his way up through salad hand to pastry chef that is where he found his Passion for food, Daniel uses every opportunity to develop his own skills, often in his spare time, in 2009 qualified as a WACS B grade culinary judge. He is influenced by international cuisines experienced on his travels and has completed an essay on ethnic and authentic food, and a dissertation looking at the Psychosocial Aspects of COELIAC DISEASE and how it

impacts the hospitality industry; this went towards his honors degree. He has also been awarded a graduateship from City and Guilds in recognition of achievement through education and training, and a fellow of Institute of Leadership and Management.

Daniel has been awarded the Palmes Culinaire, Maitrise Escoffier, Cordon Culinaire and Grand Cordon; from the Conseil Culinaire Francoise de Grande Bretagne for services to Catering; is a Fellow of the Craft Guild of Chefs and a member of Master Chefs of Great Britain; as well as being a patron to University of West London; a mentor to Southbank University, and made a fellow of Westminster College in 2021.

Daniel has also been privilege to cook for their Majesties Queen Elizabeth II & Prince Philip, King Charles III & his Queen, along with their guests the President of South Africa and Twelve Heads of State in 2010 on Commonwealth day. <https://www.disciplesescoffieruk.com/>

### **Peter Joyner –Food Development Director – Elior UK**



Peter has working within contract catering sector for over 35 years, the past 12 with Elior UK. During his career he has devoted much of his time with the training and development of chefs; He spent six years as training manager for UK Skills and deputy chief judge for WorldSkills - Switzerland, Helsinki & Japan. During this time he was responsible for the selection of UK chef competitors and developing training programmes to achieve world class standards

He has been awarded the prestigious Craft Guild of Chefs Award on three occasions;

- 2002 -Competition Chef Award
- 2011 – Development Chef Award
- 2014 – Contract Catering Chef Award

#### **Past Experience:**

Executive Chef – Royal Albert Hall, London

Head Chef – Chilworth Manor, Southampton

Head pastry Chef – Heythrop Park, Oxfordshire

Member of the Scottish Culinary Team (1995 – 2001) Competed in International competitions in Berlin, Luxembourg and Erfurt

Chairman of judges for the new product award 'Seafood Prix d 'Elite' at the world's biggest International seafood exhibition in Brussels & Boston

Current Activities: Team manager of the Craft Guild of Chefs – The team competed in the Culinary World Cup November 2022, and are now preparing for the Culinary Olympics, Stuttgart, February 2024  
Judge; Craft Guild of Chefs - National Chef of the Year 2012 - 2023

**Great Student Support from West Lothian College** - Alessia Corolla, Jo Healy, Chloe Heaps and Lidia Polomka

## Tilda Rice

Tilda Foodservice has been proudly providing professional chefs with premium rice since 1994. The Craft Guild endorsed speciality range includes the nutty and aromatic flavours of Easy Cook Basmati and Wild, the naturally Fragrant Jasmine Rice and the deliciously creamy Arborio from Po Valley – to name a few! And of course, the signature grain for Foodservice, Easy Cook Basmati with its elegant and natural appeal. The full range offers high quality, great tasting rice in a variety of formats which most recently includes the Steamed Rice Range offering a quick and hygienic solution to excellent rice, every time!

Visit - [www.tildafoodservice.com](http://www.tildafoodservice.com)

### Working with Chef Kieran – Julie Kelly

<https://www.tilda.com/>



## Grande Cuisine Academy

Steve Hobbs is a Director of Grande Cuisine Limited. In 2021, the company created the Grande Cuisine Academy, a free to access online learning platform for student chefs, apprentice chefs, and chef lecturers.

The Grande Cuisine Academy website contains a host of resources to inspire young chefs and help them learn, even when they are not at college or in the workplace. As well as tutorial videos on a wide range of culinary skills – from knife techniques to fish filleting, creating mother sauces to making pasta - the Grande Cuisine Academy has guidance on topics such as wellness and mental health, in addition to career advice from leading chefs for those students seeking their first job in the industry. It has the backing of the Craft Guild of Chefs whose Vice President, Steve Munkley is the Academy's ambassador.



<https://academy.grandecuisine.co.uk/>

# Kieran Wight

## Head Chef – Scottish Rugby Hospitality – BT Murrayfield Stadium (Elior UK)

My Career started when attending Edinburgh College, at age 15. I joined BT Murrayfield as a Commis Chef a year later at 16, within my first year I was recognised as Elior UK Apprentice of the Year. Since then, I have continued my development and in May 2022, at age 23, I was appointed Head Chef. With a passion for innovation and trends I lead my team in delivering a high quality service. Supported by my core team we work together to deliver outstanding service to our clients, ranging from Delegate Conferences to Hospitality experiences for up to 4500 guests. I am keen to give back to the industry and work closely with the local college to mentor and inspire hospitality students

**Campbells of Linlithgow Cured Salmon & Katy Rodger's Crowdie** Cured Salmon & Crème Cheese Nori – Compressed Cucumber – Pickled Carrot – Herb Oil

### Ingredients

- Smoked Salmon Roulade
- Compressed Cucumber
- Pickled Watermelon & Carrot
- Micro Herbs
- Dill oil
- Sliced radish
- Frizze Leaves
- Katy Rodger's Crowdie
- Salt
- Pepper
- Lemon
- Blackthorn sea salt
- **CuredSalmon-** [https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet\\_51160211.pdf?v=df3a6a9-747e-402d-a410-7ee7bec2fa36](https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet_51160211.pdf?v=df3a6a9-747e-402d-a410-7ee7bec2fa36)

**Borders Fillet of Scotch Beef** (scotch Assured)Scotch Beef Presse - Creamed Potato – Crispy Onions – Campbells of Linlithgow Haggis Arrancini – Hissipi Cabbage – Braised Carrots

- 3oz fillet of Beef
- 4oz feather blade pressed
- crispy onion and onion seed
- Tilda Risotto Rice
- Campbell's Haggis

- Roasted Hissipi Cabbage
- Red Wine Braised Carrots
- Mashed potato
- Jus
- Cream
- Milk
- Butter
- Flour
- Panko breadcrumbs
- Red wine
- Star anise
- Hard herbs
- Salt
- Pepper
- Blackthorn sea salt
- **FilletofBeef-** [https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet\\_5111016A.pdf?v=8f7e25ba-cb19-4c76-ade2-3c8d64214a0b](https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet_5111016A.pdf?v=8f7e25ba-cb19-4c76-ade2-3c8d64214a0b)

## Masaru Watanabe



- Founder and principle, Tokyo College of Sushi and Washoku, London
- Founder and former president, Tokyo College of Sushi and Washoku
- Member of the National Council for Washoku Culture Organisation to Promote Japanese Restaurants Abroad

### Specialised fields:

- Japanese Food Culture
- Japanese History and Anthropology

- Food Science and Chemistry

**Most favourite Japanese food: Inarizushi (sushi made by stuffing vinegared rice into fried tofu)**

I have been an educationist my whole working life; there's nothing more satisfying than the process of researching, then sharing knowledge, especially when it's about food. And food is my passion! The subject of Japanese cuisine is shrouded in mystery, in particular the traditional cuisine known as Washoku. My mission, and that of the Tokyo College of Sushi and Washoku, is to inspire chefs to learn about the art of creating authentic Japanese cuisine, from knife skills and presentation, right through to the correct techniques required to enable the preparation of Kaiseki; a multi-course, intricate meal synonymous with western haute cuisine.

**Tai No Nitsuke (Boiled Sea Bream)**

- (1) To maximise the flavours of the ingredients
- (2) Reduce fat and salt content
- (3) Beautiful plating to enhance appetite

Sea Bream 5 slices, fresh catch  
 Radish 5 slices, peeled  
 Spinach 1/2 bunch  
 Naga Negi (Japanese leek) 2/3  
 Ginger 3 slices

**【Dashi broth】**

Soft water 300ml - Sake (Japanese rice wine) 30ml - Soy sauce (dark) 30ml - Mirin (sweet sake) 10ml - White sugar 1tbsp - "Tamari" soy source 1 small spoon

**【Cooking Procedure】**

- 1 Check the scales on sea bream surface and remove unnecessary bones carefully
  - 2 Marbling the sea bream (pouring boiled water to reduce smells and impurities)
  - 3 Boil the radish and spinach separately in advance
  - 4 Put water, sake and sea bream slices into the pot, then start to heat
  - 5 When boiled, get rid of AKU (Iye=impurities) for a few minutes
  - 6 Add radish, sliced ginger, soy sauce, mirin and white sugar, then keep boiling with inner lid
  - 7 Add "Tamari" for colour and final flavour, and adjust to taste
  - 8 Add spinach, for just a few minutes, to absorb the soup
  - 9 Plating up, adding "shiraga negi" (grey hair cut leek) on top of sea bream
- Welcome to the one of the most beautiful and healthy cuisines in the world! TOKYO COLLEGE OF SUSHI AND WASHOKU LONDON [www.sushi-tokyo.jp](http://www.sushi-tokyo.jp)

Sea Bream - Koshu Reserve - [https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet\\_59500221.pdf?v=52bbb4b6-ddba-4021-be1d-68222fd3b66e](https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet_59500221.pdf?v=52bbb4b6-ddba-4021-be1d-68222fd3b66e)

**Dan Ashmore and Dean Banks**

**Group Executive Chef - Dean Banks Restaurants**

<https://www.deanbanks.co.uk/>

**Oyster, Sea Buckthorn, Jalapeño**

Serves 4  
 24 x oysters  
 400ml sea buckthorn dressing  
 100ml coriander oil

100g diced cucumber

*Jalapeño/Buckthorn Dressing*

500mL buckthorn juice  
1/2 x peeled cucumber  
50g jalapeños  
25ml jalapeño juice  
15g coriander leaves  
10g white sugar  
7g Blackthorn Salt

*Jalapeño/Buckthorn Dressing Method*

Blitz all together in a food processor, pass through a fine sieve and reserve in the fridge until you need

*Coriander Oil*

200g coriander leaves  
200ml grape seed oil

*Coriander Oil Method*

Blend the oil and herbs together at high speed for 10 minutes then pour into a bowl over ice. Pass through a cheese cloth and keep until needed

*Oyster Prep*

Scrub your oyster to remove any loose shell. Carefully open using an oyster knife at the joint of the shell, removing the oyster, and giving a little rinse in lightly salted water to remove any shell debris from opening.

To serve, pour the desired amount of dressing over your oyster, place a few drops of coriander oil and top with a few bits of diced cucumber

Oyster - Riesling - [https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet\\_47041221.pdf?v=86a8a33b-6c8e-4c0d-8881-f475b6c6fcc4](https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet_47041221.pdf?v=86a8a33b-6c8e-4c0d-8881-f475b6c6fcc4)

Tuna - Fleurie - [https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet\\_5031022A.pdf?v=7b173124-9f2a-46a7-b6af-b55c5e003675](https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet_5031022A.pdf?v=7b173124-9f2a-46a7-b6af-b55c5e003675)

**BLACKTHORN**  
SCOTTISH SEA SALT FLAKES

## Blackthorn Salt

<https://www.blackthornsalt.co.uk/>

A wonderful product and such a Great adventure to produce this great ingredient – that most Chefs are using today – and so Happy to have Whirly with us and there stunning model



**Superstars Richard and Sally Russum**

<https://www.russums-shop.co.uk/>

**Adam Smith Executive Chef Coworth Park**

<https://www.dorchestercollection.com/ascot/coworth-park>

**Cornish Crab-** *preserved radish, bergamot, Thai green*

**Components**

- Fresh Crab meat
- Pickled cucumber
- Preserved radishes
- Bergamot gel
- Fresh bergamot
- Nashi pear
- Zallotti flowers
- Thai green dressing
- Coriander oil

**Thai green**

Step 1 – (weigh this out 2 times but keep separate)

- 32ml sesame oil
- 2g ground white pepper
- 2g ground coriander
- 1g salt

Step 2 – (weigh out 2 times but no chilli in one batch)

- 80g banana shallots
- 32g seedless dutch green chilli
- 3g red birdseye chilli
- 65g peeled garlic
- 30g chopped ginger
- 30g galangal
- 6 chopped lemongrass sticks
- 80g chopped coriander leaves and stalks

Step 3

- 40g palm sugar
- 250g dashi
- 120g fish sauce
- 4 kaffir lime zest micro planed
- 4 lime leaves



#### Step 4

- 65g chopped coriander leaves and stalks
- 1 kaffir lime zest micro planed
- 1 lime juice and zest
- Dashi powder
- 500g Coconut boiron

#### Method

- Ensure all steps are weighed out correctly into their separate batches
- Mince both batches of step 2, do not mix
- Cook out one batch of step 1, toasting the spices
- Add the first batch of step 2 with chilli
- Cook out for 5 minutes
- Add step 3, simmer and infuse for 10 minutes
- Pass and squeeze through a muslin cloth
- This is now called the master stock
- Repeat again without the chilli using the master stock to replace step 3
- Squeeze and pass through muslin cloth
- For every 120g of liquid, add 250g coconut boiron
- Bring to boil
- Add lime zest and coriander and infuse
- Pass and squeeze through muslin cloth
- Weigh and season with 2% dashi powder
- Chill in blast chiller – filling out blast chiller form
- Once chilled, season with lime juice and kaffir lime zest.

#### Mushi Sauce

##### Ingredients

- 1.3lt water
- 500ml sugar
- 535ml fish sauce
- 35g garlic
- 85g red chillies
- 65ml Chinese vinegar
- 16g salt

##### Method

1. Chop the chillies and the garlic
2. Bring all to the boil, cling film and infuse for half an hour

#### Preserved Radishes

##### Ingredients

- 150g round radish
- 65ml Mushi sauce
- 50ml rice vinegar
- 14ml lemon cordial

##### Method

3. Bring to the boil
4. Add radish, boil for a further minute, separate and chill
5. Vac radish and liquor back together.
6. Leave this for min 48hr in the fridge

#### Bergamot gel

##### Ingredients

- 210ml fresh lime juice
- 210ml water
- 1 bergamot zest & juice
- 75g sugar
- 18g ultratex

## Method

1. Make a stock syrup with the sugar and water, bring to the boil
2. Add the Bergamot zest & juice, cling film and allow to infuse
3. When still warm, pass it through a chinois and press it.
4. Add the lime juice and pass it
5. When cold, whisk in ultratex and leave to act for ten minutes
6. Pass through a fine chinois, store.

## Pickled cucumber

### Ingredients

- 1 x cucumber
- 300g apple juice
- 30g dill
- 30ml white balsamic
- 20g chardonnay Vinegar
- 6g salt

1. Peel the cucumber and cut into 5mm disc, reserving all of the skin and trimming
2. Blend the skin, dill, apple juice, 2 types vinegar and salt until smooth
3. Pass and chill
4. Vacuum Pac the cucumber and leave in the fridge for 1hr

Crab - Chenin Blanc - [https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet\\_5069122A.pdf?v=dee913ec-fd06-49e5-be1c-613637c122d9](https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet_5069122A.pdf?v=dee913ec-fd06-49e5-be1c-613637c122d9)

## Turbot 'Jubilee'

### Components

- Turbot
- Kombu brine
- Lobster truffle mousse
- Poached lobster
- Maitake mushroom puree
- salsify
- sea purslane
- caviar
- truffled sauce American
- champagne sauce

### Lobster & Truffle mousse

#### Ingredients

- 200g lobster meat
- 1 egg whites
- 200g double cream
- 10g salt
- 20g chopped preserved truffle

#### Method

1. Dice the lobster into 2cm cubes
2. Place into a cold robo coupe with the egg whites and salt
3. Blend until smooth then pass through a drum sieve
4. Into a bowl over another bowl filled with ice
5. Beat the puree with a spatula until shiny
6. Slowly add the cream ensuring to consistently beat
7. Season to taste

8. Add in the chopped truffle and put into a pippin bag

### **Kombu Brine**

#### **Ingredients**

- 1/2 sheet of kombu
- 3L water
- 90g salt

#### **Method**

1. Bring the salt and the water to the boil dissolving the salt
2. Add in the kombu and remove from the heat.
3. Allow to cool then vacuum pack for 24hrs before using
4. Brine the turbot fillet for 90min

### **Maitake mushroom puree**

#### **Ingredients**

- 400gr Maitake mushroom trim
- 180gr button mushroom
- 125g salted butter
- 75ml sherry vinegar
- 75ml madeira
- 4 cloves of garlic
- 1 shallots
- 400mL cream
- 100ml milk

#### **Method**

1. Finely slice both mushrooms
2. Foam the butter and roast the mushrooms until deep golden colour
3. Add the sliced shallot and garlic, cook until soft.
4. Add the madeira and reduce to a glaze
5. Add the cream and milk and reduce
6. Puree, season, pass

## **Champagne Sauce**

#### **Ingredients**

- 3 lobster heads
- 200g turbot bones
- 200g scallop skirts
- 1kg banana shallots
- 1kg clams
- 120g fennel
- 200g button mushrooms
- 5 white peppercorns
- 2 star anise
- 150g butter
- 20g tarragon
- 10g thyme
- 125ml Armagnac
- 500ml white wine
- Chicken stock to cover
- 1.5L double cream
- Lemon juice
- Salt
- Champagne to finish

#### **Method**

1. Cook the scallop skirts in a hot pan with oil until all the moisture is cooked out
2. Add the lobster heads and cook until ruby red
3. Add the butter and when melted, add the shallots, button mushrooms, fennel, peppercorns, star anise, thyme, salt
4. When soft, deglaze the pan with Armagnac, evaporate
5. Add the clean white fish bones, ½ the clams

6. Add the white wine and reduce to a syrup
7. Add the white chicken stock, reduce until strong in flavour, skimming repeatedly
8. Add the double cream, bring back to the boil and simmer for 10 minutes
9. Pull the pan off the heat, add the chopped tarragon and remaining clams, then cling film to infuse for 20 minutes
10. Pass through a fine chinois and double muslin
11. Finish with milk, lemon juice and raw champagne to taste.

### **Lobster Jus**

#### **Ingredients**

- 6 lobster heads
- 2 banana shallots
- 1 large carrots
- 50g tomato puree
- 10g tarragon
- 10g thyme
- 2 bulb garlic
- 2 star anise
- 6 white peppercorns
- 50ml veg oil
- 100g butter
- 250ml brandy
- 500ml white wine
- Brown chicken stock to cover
- Salt
- Lemon juice
- 25g marinated truffle

#### **Method**

1. Roast the chopped lobster heads in a hot pan using the veg oil until deep red
2. Add the anise, thyme, garlic, peppercorns
3. Add the diced butter, when foaming, add the carrots, shallots, salt
4. Cook for 5-10 minutes, keeping it moving, scraping the bottom of the pan
5. Add the tomato puree and cook out for a few minutes
6. Add the brandy and cook until evaporated
7. Add the white wine and reduce down to a syrup
8. Cover with brown chicken stock, simmer for an hour, constantly skimming
9. Reduce until strong in flavour
10. Pass through a chinois and double muslin, adjust seasoning and acidity with lemon juice.
11. Finish by sweating the truffle and adding the base jus before slowly whisking in the cold diced butter

Turbot - Edda - [https://www.hnwiners.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet\\_5203521A.pdf?v=398381e6-42d5-467b-9248-b13de5f73707](https://www.hnwiners.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet_5203521A.pdf?v=398381e6-42d5-467b-9248-b13de5f73707)

## **Ross Sneddon**

### **Executive Pastry Chef -The Balmoral Hotel – Edinburgh**

Quince, white chocolate, pistachios and olive oil

## Components

3 x roasted pieces of quince  
3 x scoops tiny of quince sorbet  
1 x 16cm x 2.5cm Strip of white chocolate flexi ganache  
20g quince gel  
1 x small meringue shards with vanilla powder  
8g Olive oil maltos  
3 x Dice Pistachio cake 2 cm x 2cm  
Pistachio paint  
lemon thyme  
Maldon salt

## Roasted quince Pieces

6 x Quince

### Method

- Peel quince and cut to size
- Place the quince in vac pac bag
- Add the compressing syrup and brandy
- Vac pac and store overnight
- roast the following day in hot oven

## White chocolate flexi ganache

900g white chocolate Felchlin  
1500g double cream  
270g staboline  
150g glucose  
6g salt  
10g sugar  
7g agar  
24g gelatine bloomed  
Seeds from 2 vanilla pods

### Method

- Combine the cream, vanilla seeds staboline and glucose
- Mix the agar , salt and sugar
- Whisk the agar mix into the cream and bring to the boil
- Remove from the heat add the gelatine
- Strain over the chocolate and emulsify
- Pour into a silver tray lined with a guitar sheet and set overnight

## quince gel

1000g quince puree  
300g pear puree  
150g sugar  
20g agar  
6g gelatine bloomed

### Method

- Mix the sugar, agar and X58
- Whisk into the purees
- Bring to the boil , cook for 2 minutes
- Add in the gelatine and strain
- Cover the surface with cling film and set over night
- Thermo until really smooth
- Store in piping bags

## Pistachio cake

200g Butter  
50g Pistachio Paste  
200g Caster sugar  
50g Trimoline  
250g Fresh Eggs lightly warmed  
200g Ground pistachios  
100g Ground almonds  
50g Soft flour

2g Xanthan gum

Method

- Cream butter, pistachio paste , sugar and trimoline
- Add in eggs
- Sieve the flour and xanthan gum together
- Fold in nuts and flour
- Bake in a frame , 4kg per frame at 180c

Olive oil maltos

800g extra virgin olive oil

500g maltos

200g icing sugar

2g salt

Method

- Mix the maltos and the sugar
- Rub the dry powder into the maltos to make a fine crumb

Pistachio paint

100g Pistachio paste

25g Grapeseed oil

Method

- Blend the two together and store until needed

## **Springboard/ Future Chef**

Amanda McDade- Be Inspired and have a wonderful Future

<https://futurechef.uk.net/>

<https://springboard.uk.net/>

## **Zest Quest Asia – Finalists 2023**

**Holly Preston, Finlay Macdonald and Lecturer**

**Simon Rodgers**

<https://zestquestasia.org/>



Our Zest Quest Asia team of 2023 consisted of students Finlay, Holly and Edward assisted by their lecturer Simon Rodgers. We decided to enter the competition as we did not typically do much in Asian cuisines prior. The competitions ethos to inspire and promote Asian cuisine was evident and we took this onboard but aimed to marry our local produce to highlight our region. To make the finals of a national competition is one thing but to be the first Scots team in a Zest Quest Asia final ever was a massive achievement. We competed with colleges that have been involved for years with the competition and

knew the script, this just pushed us on and ultimately with the weeks of work tweaking the dishes, preparing for the presentation, and finessing all we could prior was the reason we did so well on our first attempt. We are currently working on our entry into this year's competition and hope to make the finals again.

## UHI | NORTH, WEST AND HEBRIDES A TUATH, AN IAR IS INNSE GALL



### **Venison Tataki**

Allergens; SOYA, MOLLUSCS, GLUTEN, EGG

200g Venison loin fully trimmed

¼ cup Oyster sauce

¼ cup Soy sauce

### **Ponzu sauce**

¼ cup soy sauce

2 Limes zested and juiced

1 Lemon juiced

1 Orange zested and juiced

1 ½ tbsp Ginger pasted

½ tbsp Garlic pasted

1 tbsp Chilli brunoise

½ Banana shallot brunoise

¼ cup Mizkan Yuzu ponzu

### **Garnish**

3 Egg yolk & 1 cup of Mizkan Shiragiku

2 thinly sliced spring onion (keep in iced water)

6 Flowers

30g micro leaves (availability dependant)

½ banana shallot

Nigella seeds

### **Ponzu jelly**

¼ cup yuzu ponzu and 2 tsp ultratex

Step 1. Trim your venison loin removing silver skin and surface fat. Trim round to make a nice even piece of meat.

Step 2. In a vacuum pack bag add your oyster sauce and soy sauce, next add in your loin and vacuum so the meat is nicely covered in the marinate. Leave to sit in the fridge for around 5 hours.

Step 3. In a bowl add your soy sauce, lime juice and zest, orange juice and zest, lemon juice, pasted garlic, pasted ginger, finely diced chilli, finely diced shallots and the Yuzu ponzu. Mix until everything is combined and cover for later.

Step 4. Add the egg yolk and place into a cup of Shiragiku to cure for half an hour.

Step 5.. When your venison has marinated for the time needed remove it from the bag and place on a red chopping board. Add some oil onto your pan and heat up the pan until piping hot, but not smoking. When piping hot had your venison placing it away from yourself. Sear your venison for 30 seconds and then using tongs flip and keep repeating this till your venison is seared on all sides. When your venison is seared take it off the heat onto a yellow chopping board.

Step 6. Slice your venison thinly and place face down on a flat tray. Now get your ponzu sauce you made earlier and cover your venison and leave to cure for 8 minutes.

Step 7. Whilst your venison is curing thinly slice your shallot and fry to golden and crispy for garnish. In a bowl add ¼ cup of yuzu ponzu and strain ¼ cup of your homemade ponzu into a bowl and add ultratex ½ tsp at a time and beat with a whisk to remove any lumps. Keep adding your ultratex and beating until you have a nice consistency and your gel holds shape. Place the ponzu gel into a squeeze bottle or piping bag.

Step 8. After your venison has had 8 minutes remove it from the tray with liquid on it and place them onto a dry tray and remove any excess sauce from your venison.

Step 9. Get your plate of choice and lay out 6 pieces of venison in a circle. Next place your cured egg yolk in the middle of your venison and add your micro herbs, flowers, crispy shallots, spring onions and nigella seeds. Add some small dots around the dish of ponzu gel.

## Ardgay Game

<https://ardgaygame.co.uk/>





# ARDGAY GAME

## Premium Venison & Game



Arday Game is a second generation family-run business with over 40 years experience sourcing the highest quality venison from the Highlands of Scotland.

**ETHICAL**

Deer are synonymous with the Highlands, they've been a natural food source here for centuries. They have a significant ecological role as the largest and most widespread grazers. To keep the population healthy, and the number of deer in balance with their habitat, the results Arday Game work with manage these populations to provide it is sustainable. While the deer live completely wild, natural lives, behind the scenes they are being expertly and scientifically cared for.

**SUSTAINABLE**

Arday Game produces venison products solely from wild Red, Sika and Roe deer culled across the finest estates in the Highlands and Islands of Scotland. The harvestable surplus within the wild deer population of Scotland provides a wholly sustainable food source with impeccable provenance.

**FLAVOURFUL**

Wild Scottish deer live off nature's organic garden, the Scottish heather heathlands and moorlands are what give it its unique flavour and taste. Wild game meat is higher in protein and lower in fat than any other red meat, including farmed venison.

*"It's never just a piece of meat, it has it's own story to tell"*





**Ruaridh Waugh**  
Managing Director



 [www.ardgaygame.co.uk](http://www.ardgaygame.co.uk)
 01863 766162
  [enquiries@ardgaygame.co.uk](mailto:enquiries@ardgaygame.co.uk)

## Marine Conservation Society

Jack Clarke and Katie Macfarlane

<https://www.mcsuk.org/> - Great Website

The Marine Conservation Society fights for the future of our ocean through people-powered

action – with science on our side. For seas full of life, where nature flourishes and people thrive.

Our Good Fish Guide has been running for over 20 years and empowers shoppers and chefs in making ocean-friendly choices with seafood.

Jack Clarke has worked in sustainable seafood for over a decade and leads on business engagement and outreach for the Good Fish Guide.



## **Culinary Legend Willie Pike**

Please see a very special link to all Chef Willies recipes – simply stunning – when you access this link you will be so Inspired and exited about food and especially – blown sugar fruits.

## Culinary legend Willie Pike's Recipes

By seeing the great recipes – your creative thoughts will expand Also Chef Willie wishes to Inspire lectures from all over Great Britain on Continual Professional Development Culinary adventures with Him – Legend

To learn more please contact Willie on [williepike@btinternet.com](mailto:williepike@btinternet.com) or call him on 07753 578660

Have fun and be inspired 😊

The Art of Pulled and Blown Sugar



With  
Willie Pike

[www.schoolofpulledsugar.com](http://www.schoolofpulledsugar.com)

### **Basic Pulled Sugar Recipe**

|        |   |
|--------|---|
| 1kg    | Granulated Sugar (Tate and Lyle)            |
| 500mls | Water                                       |
| 200g   | Glucose                                     |
| *10    | drops approximately tartaric acid solution* |

\* Tartaric Acid Solution: take 50g tartaric acid crystals and add to 50g of previously boiled water, shake and leave to dissolve overnight, place in a pipette bottle for use.

### 1. Process Steps

### Reasons, Effects & Watch Points

1. Place water, then sugar into suitable pan.
2. Place on low heat stirring occasionally.
3. Remove all scum as it rises to the surface with a strainer.
4. When the solution begins to boil, skim any scum and brush down the sides of the pan with a wet brush.
5. Add glucose and re-boil.
6. Remove any scum and brush down sides.
7. Turn heat up full and place in sugar thermometer.

## **2. Process Steps**

1. Boil the sugar to 280°F/138°C (small crack).
2. Add the ten drops of tartaric acid solution.
3. Continue boiling until the sugar reaches hard crack 310°F/156°C
4. Place the base of the pan immediately into cold water to stop the cooking.
5. Dry the bottom of the pan to prevent drips.
6. Pour onto lightly oiled marble slab or silpat mat.

Using a palette knife or Large Scraper, fold the edges of the sugar into the centre and continue this process until the sugar mass is cooled enough to handle.

Using the tips of the fingers of both hands, pull the sugar into a length of approximately 3 feet long, fold the sugar into the centre and repeat the pulling/stretching process until the sugar begins to become firm and develops a beautiful satin gloss: ***satinisation***  
The sugar may now be cut into even size pieces allowed to fully cool, wrapped in cling film and stored in an airtight container with Silica Gel until required.

Moisture is the greatest enemy of pulled, blown or poured sugar and is abundant in the atmosphere especially on a rainy day.

In order to prevent fingerprinting the finished sugar, I prefer to wear either surgical or specialist sugar pulling gloves, the use of gloves also prevents any moisture from your hands getting on the sugar and therefore keeps a better shine.

When working with sugar it is most important to place the completed parts immediately into an airtight container with Silica Gel as to prevent the sugar from becoming sticky and losing its satin gloss.

Silica Gel is a humectant and absorbs moisture from the atmosphere, it is available from specialist (Info Below)  
It comes either natural or Self Indicating which is coloured orange (the Blue Silica Gel is not suitable for food use)

When using the coloured Silica Gel, it becomes apparent when it has used up its moisture absorbing properties as it changes colour to white/pink and can be reconstituted

The slow heat allows maximum dissolvment of the sugar crystals. If scum is not removed it will boil through the syrup promoting re-crystallisation and a poor quality result.

Glucose is an invert sugar and therefore promotes inversion and helps prevent re-crystallisation.

Brushing down the sides of the pan: is very important as any crystals, which adhere to the inside of the pan, may drop into the syrup and re-crystallise the whole syrup (like a car wind-screen shattering). This brushing down exercise must be

## **Reasons, Effects & Watch Points**

When acid is added to the sugar solution it acts as a catalyst and speeds up inversion. The amount of inversion is responsible for the setting temperature and over all elasticity of the finished sugar. Too little acid will result in a very hot and hard to handle sugar whereas too much will result in a soft sticky mass. The balance of acid is the most important

Fold the cooling sugar into the centre of the mass in order that all the sugar is at approximately the same temperature. If this is not carried out the corners of the sugar will harden and when pulled the sugar mass will have lumps of hard sugar through it.

As the sugar is pulled/stretched, it is continually cooling and develops minute light reflecting crystals especially at the point of setting, it is these minute crystals that gives the sugar its satin gloss. It usually takes around 15-20 pulls to satinise the sugar. Over pulling the sugar promotes re-crystallisation which is undesirable, giving the sugar a greying and dull appearance. Over manipulation should be avoided.

The sugar is now ready to be manipulated to form leaves, petals, feathers, flowers, birds, figures, the list is endless.

Specialist sugar gloves are obtainable from Specialist suppliers.

Most rubber gloves will do the trick with smooth Latex Gloves are best. When blowing lots of sugar good idea to wear cotton waiters gloves underneath the latex glove.

Silica Gel – Gee Jay Chemicals  
01767682774 Orange 3-6 mm mesh size

Tartaric acid crystals can be purchased through the internet, used extensively in home beer /Wine making. I tend to use only two sugars one plain white as above and the other Caramel – I colour the white sugar when required with Sugar Flair paste Colours to suit – for green I tend to use a little Mint Green and a little spruce green. Using this technique allows you to colour and tint as

Tartaric Acid Crystals - Normally comes in 50g tubs – Brand name Young's

### ***Poured Sugar (Clear Coloured)***

#### **Ingredients (Base Recipe):**

|      |     |                  |     |
|------|-----|------------------|-----|
| 1    | kg  | Granulated Sugar |     |
| 500  | mls | Water            | 200 |
| grms |     | Glucose          |     |

Paste\* or powered food colour.

\*[I use Sugarflair Paste Colour] Found in most Cake supply shops or online

#### **Equipment:**

Pan with pouring lip  
Marble Slab or flat surface  
Measuring Jug with water  
Thermometer  
Small Sieve (Tea Strainer)  
Pastry Brush  
Latex Gloves  
Tin Foil  
Scissors  
Silica Gel for Storage

#### **Method:**

1. Place water in the pan and add the sugar. Whisk to disperse the sugar through the water.
2. Place pan on a moderate heat and bring to the boil.
3. Remove any scum that rises from the sugar and brush down the sides of the pan with water.
4. Add the glucose and bring back to the boil. Brush down sides of pan.
5. Turn up heat to full.
6. Mix the colour with a little water and add to the sugar mixture. Temp approximately 118°C or 240°F.
7. Continue to boil until 156°C or 310°F and immediately immerse the base of the pan in cold water to stop the cooking.
8. Allow the sugar to sit for 2-3 minutes to further cool and thicken.
9. Pour the sugar onto the tin foil, which has been crinkled up and laid out flat on the marble slab or flat surface. [ensure that the bottom of the pan is dry before pouring].
10. When the sugar is cold, cut around the tinfoil with scissors wearing plastic/latex gloves to prevent finger printing.
11. Keep in an airtight container until required preferably with silica gel.

For Colouring the poured sugar, I again use Sugar Flair pastes with a little water added although others prefer power colours – for Blue Water Base I use Ice Blue and for reddish Brown base I use Chestnut

When pouring the sugar, especially into a pre-laid out shape, the use of a pan with a pouring lip is useful to accurately direct the molten sugar.

### ***Caramel Sugar for Pulling***

***(Used to create a wood effect for trees and branches)***

***Excellent for Caramel Band / Ribbon for refresher, garnish and pre dessert***

***– Excellent for Coils / dessert Garnish***

#### **Basic Recipe:**

1kg Granulated Sugar  
500mls Water  
200gms Glucose

#### **Method:**

1. Place the water in the pan and add the sugar. Whisk to disperse.
2. Place pan on moderate heat and bring to the boil, removing any scum as it rises.
3. Add glucose and re-boil, again removing any scum and brush down the side of the pan.

4. Turn up the heat to full and cook the sugar until it becomes just beyond golden caramel and begins to smoke and immediately pour onto a lightly oiled marble slab or silpat mat. As the sugar cools, it can be pulled and cut into even size pieces, wrapped in cling film and stored for further use.

**NOTE:**

There is no tartaric acid drops in this recipe but the caramel sugar is still pliable enough to work. This is due to the overcooking (smoking) of the sugar. When the sugar is overcooked, it begins to breakdown (De-Naturalise). This creates inversion resulting in a malleable, workable golden sugar.

**Spraying of Sugar**

Water Colours are best I use Food safe Ecoline Colours

Readily available in good art shops or online.

Best to use hobby / cake airbrush which comes complete with small plug-in electric compressor circa £60 cost

Dessert - Cadillac - [https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet\\_41466132.pdf?v=4a501e5a-0d7e-4116-a704-f8165e2e2d4a](https://www.hnwines.co.uk/Content/Resources/files/GeneratedPdfsFolder/HallgartenProductSheet_41466132.pdf?v=4a501e5a-0d7e-4116-a704-f8165e2e2d4a)

# Willie Pike Masterchef

## 2 Day Residential Craft Training Course



The course is very much hands on with One to One tuition to maximize training.

All equipment and materials will be supplied and participants need only bring appropriate Attire  
i.e. T- Shirt /chefs whites

A folder containing recipes and guidelines will be provided along with Cloud Access for each Delegate

All associated skills and techniques will be demonstrated.

There is great emphasis on the underpinning knowledge to ensure that delegates will be able to reproduce the  
various products in their own workplace

During the 2 day course each student will develop specialist skills in Pulled / Blown Sugar

Accommodation for 2 nights with all meals Provided



## **KFE Limited**

Nikki Williams, Sales Manager

KFE are a family run business that have been supplying premium frying equipment to the fish and chip market for 28 years and are proud to have worked with famous brands such as Kerridge's, Rick Steins and the Mitch Tonks lead Rockfish Group. KFE are excited to be launching the Qook commercial kitchen brand into the UK within the next 12-18 months. This brand is already successful throughout Europe with a full kitchen fit out at the newly refurbished 3 Michelin Star Inter Scaldes restaurant recently completed.

[www.kfeltd.co.uk](http://www.kfeltd.co.uk)  
[www.Qook.kitchen](http://www.Qook.kitchen)