

Abertawe

# CROESO

Swansea

## Hangfire BBQ - Blackened Chicken & Maque Choux



### Blackened Chicken

#### Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tbsp unsalted butter, melted
- 2 tbsp smoked paprika
- 1 tbsp cayenne pepper (adjust for heat preference)
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp dried thyme
- 1 tbsp dried oregano
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp white pepper
- 1 tsp cumin
- ½ tsp sugar
- 2 tbsp vegetable oil

### Maque Choux (Creole Corn Dish)

#### Ingredients:

- 4 ears fresh corn (or 3 cups frozen corn)
- 1 tbsp butter
- 1 tbsp vegetable oil
- 1 small onion, finely chopped
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 cloves garlic, minced
- 1 small tomato, diced
- ½ cup heavy cream (optional, for richness)
- ½ tsp smoked paprika
- ½ tsp cayenne pepper (optional, for heat)
- ½ tsp salt
- ½ tsp black pepper
- 2 green onions, sliced (for garnish)

### Blackened Chicken

#### Method:

1. **Prep the Chicken:** Pat the chicken breasts dry with paper towels. Brush each piece with melted butter.
2. **Make the Blackening Seasoning:** In a small bowl, mix all the spices together.
3. **Coat the Chicken:** Generously coat each chicken breast with the spice mix, pressing it into the surface.
4. **Heat the Pan:** Place a heavy cast-iron skillet over high heat until smoking hot. Add the vegetable oil.
5. **Blacken the Chicken:** Sear the chicken for 2-3 minutes per side until a dark crust forms. Reduce the heat to medium-low and continue cooking for another 5-7 minutes until the internal temperature reaches 75°C (165°F).
6. **Rest & Serve:** Let the chicken rest for 5 minutes before slicing. Serve hot with maque choux.

### Maque Choux (Creole Corn Dish)

#### Method:

1. **Prepare the Corn:** If using fresh corn, cut the kernels off the cob and scrape the cob with the back of a knife to release the corn milk.
2. **Sauté Vegetables:** Heat butter and oil in a large skillet over medium heat. Add the onion, bell peppers, and garlic, cooking until softened (about 5 minutes).
3. **Cook the Corn:** Stir in the corn and diced tomato. Cook for another 5 minutes, stirring occasionally.
4. **Add Cream & Seasonings:** Pour in the cream (if using) and season with smoked paprika, cayenne, salt, and black pepper. Cook for another 3-5 minutes until the mixture is creamy and slightly thickened.
5. **Finish & Serve:** Garnish with sliced green onions and serve hot with blackened chicken.



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**Lamb's Heart, Radicchio, Spring Onion and Aioli**  
**Jonathan Woolway – The Shed**

## Aioli

**Season: All Year**

**Yield: 1kg**

### Ingredients:

- 40 cloves of garlicks (peeled and left whole)
- Olive Oil
- Sea salt and black pepper (to taste)
- 100g Pasteurised Yolks
- 700ml extra virgin olive Oil
- 1 Lemon (juice)
- Water

### Method:

- 1.Wrap 30 Cloves Of in a 1/6 with a pinch of salt and enough Oil to cover the cloves then cover with foil
- 2.Confir garlic at 120C an hour tender (You don't want to the garlic to colour at all, this cannot be done at a higher temp to speed up the process)
- 3.Pass Off the Oil and reserve, and place garlic in the fridge to cool
- 4.Put the 10 raw cloves of garlic into a blender with a pinch of salt and blitz until fine
- 5.Add the yolks and blend again to incorporate with the garlic
- 6.Then add in the Confit garlic
- 7.While blending, slowly trickle in the olive oil until it is emulsified
- 8.Once emulsified add half the lemon juice and a pinch of black pepper
- 9.Taste and adjust with salt, more lemon juice and pepper, and a little water to let it back, if needed

### Serving:

Serve as a condiment can also be dropped onto a plate and served with braises and slow-cooked meats. Also with grilled meats and Fish.

### Lamb's Heart:

Take the heart and lop off its fatty top, then trim off any additional fat around the opening. Keep this aside for rendering. Make a slit down one side and open it out like a book, cutting through the internal ventricles to lay it flat and wiping out any blood clots that may remain. Slide a long, fine knife along the open surface to slice off the sinew and ventricles. You will now have a perfect sheet of pure, lean meat: how you cook this will depend on the size, which in turn depends on the animal.



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## Raj's Kitchen - Chicken Makhni – The Real Chicken Tikka Masala

### Ingredients

#### For the Chicken:

- 2 lb (910 g) chicken thighs, skinless and boneless, cut into 1-inch (2.5 cm) cubes

#### For the Marinade:

- ½ cup (120 g) plain unsweetened thick yoghurt
- 2 Tbsp fresh lemon or lime juice
- 1 Tbsp grated garlic
- 1 Tbsp grated ginger
- 1 Tbsp homemade garam masala
- 1 tsp ground Kashmiri red chilli
- 1 tsp dry kasthori methi
- ½ tsp turmeric powder
- ½ tsp sea salt

#### For the Butter Chicken Sauce:

- ½ stick (55 g) Welsh butter
- 1 Tbsp vegetable oil
- 1 Tbsp Kashmiri red chilli powder
- 2 tsp ground toasted cumin
- 1 Tbsp grated garlic
- 1 Tbsp grated ginger
- 1 tsp garam masala (homemade or store-bought)
- 1 green chilli, deseeded and finely sliced
- ¾ cup (180 g) tomato paste (made from fresh blanched tomatoes)
- 1 cup (240 ml) single cream
- 1 Tbsp fresh lemon or lime juice
- Fine sea salt (to taste)
- 2 Tbsp chopped cilantro (tender stems and leaves)
- 1 Tbsp salted butter for garnish (optional)
- 1 tsp Welsh honey

### Instructions

#### Marinate the Chicken:

1. If using bone-in chicken thighs, make 2 to 3 deep gashes in the chicken; skip this if using boneless pieces.
2. In a medium bowl, mix all the marinade ingredients until smooth. Add the chicken and coat completely. Cover and refrigerate for at least 1 hour, preferably overnight.

#### Cook the Chicken:

3. Preheat the oven to 400°F (200°C). Alternatively, cook in a tandoor if available.
4. Lay the marinated chicken pieces on a baking dish or roasting pan. Roast in the oven until the internal temperature reaches 164°F (74°C):
  - o Boneless chicken: ~20 minutes
  - o Bone-in chicken: 30–45 minutes
  - o Rotate the dish halfway through cooking.
5. Transfer the baking dish to the upper rack and broil over high heat for 2 to 4 minutes, until the chicken develops slightly charred spots. Remove from the oven.

#### Prepare the Sauce:

6. At the 20-minute mark of cooking the chicken, start the sauce.
7. Melt the butter in a medium Dutch oven or saucepan over low heat. Once it begins to foam, stir in the vegetable oil.
8. Add the Kashmiri chilli powder, toasted cumin, garlic, ginger, garam masala, and chopped green chilli. Stir until fragrant (30 to 45 seconds).
9. Add the tomato paste and cook until it darkens slightly (5 to 6 minutes), ensuring the raw taste disappears.
10. Add the cooked chicken along with any remaining juices from the baking dish. Stir to coat well.
11. Stir in the lemon juice, season with salt, and bring to a boil over medium-high heat. The fat should be separated from the sauce.

#### Final Touches:

12. Remove from heat. Garnish with chopped cilantro and salted butter if desired.
13. Serve hot with rice or naan.

### Storage:

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Enjoy your delicious homemade Chicken Makhni!

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Top Tir potatoes - Sam Rust, The Grove, Narberth

## Ingredients:

### Leek and potato sauce

- 25g butter
- 200g leeks greens
- 150g potatoes
- 1 onion
- 100g three cornered leek
- 200g white wine
- 50g wasabi paste
- 750g potatoes dashi cooking liquor
- 50g three cornered leek bud pickling liquor
- 50g parmesan
- 50g cream
- 100g three cornered leek oil
  
- Dashi cooked new potatoes
- 750g new potatoes
- 1500g water
- 10g dashi stock
- 15g salt

### Charred and braised leeks

- Wilted three cornered leeks
- Crispy onions
- Three cornered leek flowers

## Method:

1. Put potatoes all in a pan and simmer till a knife slides through.
2. Sear leeks till almost black on each side. Peel away the outer layer and slice to serve.
3. Three cornered leeks are stir fried for no more than a few seconds to wilt them.
4. Crispy onions and potatoes you can buy in the shops as they are.
5. The egg yolk is covered in the three cornered leek salt (which is made by blending salt and the leeks together) and left till solid all the way through.. usually 24 hours or so..

## Sauce

1. Sweat the onions and potatoes in the butter till the onions are translucent.
2. Add stock and cook till potatoes are falling apart.
3. Add the cream and bring back to the boil. Then add everything bar the three cornered leek oil, then place it all in the blender.
4. Whilst blending emulsify the oil slowly.
5. Check the seasoning and pass through a sieve.



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## Leo Niehorster - Queer Flavours Beer-battered fish tacos with seared leeks and jalapeños, pickled apples, onions and tequila lime cream sauce

### Ingredients:

For 12 tortillas/4 servings

#### Fish

- Cod fillets - 500-600g cut in to 30-50g pieces
- Beer - 150ml
- Plain flour - 100g
- Cornflour - 100g
- Baking powder - 2tsp
- Turmeric - dash
- Bottle of frying (vegetable/sunflower) oil

#### Seared Greens Garnish

- Leeks cut into disks - 9
- Jalapeños cut in quarters lengthways and de-seeded - 20

#### Crunchy Garnish

- Diced Granny Smith Apples - 3
- Diced Red Onion - 3
- White wine vinegar - 300ml
- Water - 200ml
- Sugar - 100g
- Bay leaf - 2
- Lime rind
- Peppercorns - tbsps
- Coriander seeds - tbsps
- Diced Gem Lettuce - 4

#### Creamy spicy sauce:

- Tequila - 50ml
- Lime juice - 2 tbsps
- Mayonnaise - 250ml
- Cumin - tsp
- Chopped Parsley - small handful
- Diced Gherkin - tbsps
- Diced Capers - tbsps
- Diced Garlic - tsp

### Recipe:

1. Empty the bottle of oil into a pan and turn the heat on, bringing it to 180 degrees.
2. Put on a griddle pan and heat until it's smoking.
3. Make the pickle - bring the vinegar, water, sugar and seasoning to a boil in a pan.
4. Toss the leeks and jalapeños in some oil, salt and pepper. Using tongs, place the leeks and jalapeños on the griddle pan and griddle until they have black grill marks then place to the side.
5. Put the apples and onions into a jar or heat-proof container and pour the liquid and spices over them.
6. Make the sauce by whisking everything together
7. Make the batter - mix flour, cornflour, baking powder and turmeric in a bowl then slowly whisk in the beer.
8. Heat the tortillas - In a dry pan, fry for a few seconds on each side until warm through and little brown spots appear. Once cooked, place between a clean tea towel to steam a little while finishing dinner prep.
9. Roughly chop the now-cooled leeks and jalapeños so they are easy to put in the tacos.
10. Cook the fish - Using tongs, dip a fish piece in the batter and ensure it has an even coating, then transfer in to the oil. Once the batter is puffed up and golden, take it out and place it on some tissue paper to soak up the oil.
11. Drain the apples and onions and mix in a bowl with some diced gem lettuce for crunch.
12. Serve - First place a piece of fish in the warm tortilla then garnish with the leeks and jalapeños, crunchy garnish and tequila lime cream sauce.



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**Georgie Grasso - Great British Bake off Winner**  
Pistachio cake with raspberry ripple mascarpone

## Ingredients:

- 130g ground pistachios
- 140g cake flour
- 1 tsp baking powder
- ¼ tsp bicarbonate of soda
- ½ tsp salt
- 85g unsalted butter soft room temp
- 175g caster sugar
- 75g egg whites
- 60g plain yoghurt
- 1 tsp vanilla bean paste
- ½ tsp almond extract
- 120ml whole milk

## For the topping

- 250g mascarpone cheese
- 100ml double cream
- Squeeze of lemon juice
- 50g icing sugar
- 100g raspberries
- 50g pistachio cream

## For the compote

- 100g raspberries
- 50g icing sugar
- Juice of half a lemon

## To decorate

- Fresh rosemary sprigs
- 8-10 Fresh raspberries
- Dried rose buds
- Some of the crushed pistachios
- Fresh edible flowers

## Method:

1. Grease and line a 9 inch pan
2. Preheat oven to 180C fan
3. Place pistachios, flour, baking powder, bicarbonate of soda, and salt in a bowl, combine then set aside
4. In another bowl, cream the sugar and butter with hand whisk until creamy
5. Beat in the egg whites until fully combined for about 1 minute
6. Beat in the yoghurt, vanilla and almond extract till just combined, don't overmix
7. On low, add in the dry ingredients until JUST combined
8. Then slowly add in the milk while the mixer is running.
9. Scrape down the side to make sure everything is incorporated.
10. Pour into tin and bake for 25 minutes, until a toothpick comes out clean.
11. Cool the cake fully before adding the topping. - will have a pre-made cake to do demo.
12. While the cake is baking, move onto your frosting - In a bowl use a spoon to soften the mascarpone
13. In another bowl whip the double cream to soft peaks, then add into the mascarpone and fold in
14. Add in a squeeze of lemon juice and about ½ tsp vanilla extract.
15. Once the cake has cooled, rustically dollop and swirl the cream over the top of the cake.
16. Next take the raspberry compote and pistachio cream and swirl it into the cream to make a beautiful ripple.
17. Using your toppings to decorate, make a wreath design around the top of the cake.





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## Matt Waldron - Private Dining Aged Beef Sirloin, Parsnip, Roast Red Onion, Wild Garlic

### Ingredients

#### Parsnip Puree

- 5 large parsnips
- 200ml milk
- 100ml water
- 50gr butter

#### Red Wine Jus

- 100gr chopped shallot
- 3 tsp sugar
- 500ml red wine
- 500ml port
- 50ml crème de cassis
- 1L jus

#### Beef

1/5 of a sirloin from the rib end, cut in half lengthways and rolled in cling film to keep the round shape.

#### Roast Parsnip

3 parsnips (peeled)

#### Red Onion

2 Red onions cut in half horizontal

#### Parsnip Crumb

200gr parsnip small diced  
100gr potato small diced

Oil for frying

### Method

#### Parsnip Puree

1. Peel and slice the parsnips and cook in vac bag with butter until tender.
2. Drain then blend until smooth with the butter and if needed some of the cooking liquor.

#### Red Wine Jus

1. Reduce the shallot, sugar, red wine, port, crème de cassis by half (you can leave the cassis out).
2. Add to the jus.
3. Check the consistency.

#### Beef

1. Unwrap the beef and portion in to 4 pieces.
2. Sear in a hot pan and place in a hot oven and cook to your preference. ( 3 minutes medium rare, 5 minutes medium).
3. Leave to rest for 8 minutes.

#### Roast Parsnip

1. Cut the parsnip into quarters then remove the woody core.
2. Place in a tray and sprinkle salt and drizzle a little rapeseed oil on and cook in a hot oven for around 15 minutes until golden brown and crispy.

#### Red Onion

1. Hot pan on the stove with oil colour the cut side of the onion until golden brown turn the heat down add the sugar and butter and allow the onions to caramelise.
2. Deglaze with the port then turn the onions over and carry on cooking for a further 5 minutes until soft.
3. Remove from the pan and reserve for later. (keep the juice from the pan to put back on the onion when you reheat).

#### Parsnip Crumb

1. Dice potato and swede quite small then half fill a blender with the diced vegetables and cover with water.
2. Blend until it resembles sand.
3. Squeeze dry in a cloth and heat oil to 140 °C then fry off until golden brown.
4. Drain on cloth to absorb any extra fat.

### Plating

In a hot pan put a knob of butter and allow to start foaming, add the beef and some sprigs of thyme then turn the heat down and allow to heat through in the foaming butter. Warm up all the garnishes and on warm plates, put the puree on, followed by the onion, then the beef can be cut into two pieces then arranged on the plate follow with the parsnip. The crumb can be put onto the puree then dress with a few wilted leaves of wild garlic and the sauce. I serve this dish with a braised shin pie with banging truffle mash potato on top. Enjoy!



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Koala Tree – Cocktail making demonstration

### Caramel Koala

- Vanilla Vodka
- Merlin Cream Liquor
- Kahlua
- Coconut Milk
- Baileys Cream
- Caramel

### Penderyn Cherry Sour

- Lemon Juice
- Lime Juice
- Sugar Syrup
- Penderyn Whisky
- Muddled Cherries

### Lemon Sip

- Limoncello
- Vodka
- Cointreau
- Lemon Juice
- Sugar Syrup

### Raspberry No No Hito

- Muddled Raspberries
- Appletiser
- Lime Juice
- Sugar Syrup





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**Selwyn's and Gower Inn - Cockle and Laverbread Gnocchi, pan fried Sea Bass, samphire and tarragon butter**



## Ingredients:

### Gnocchi (for 2 portions)

4 medium Maris Piper potatoes  
20g/¾oz finely grated Parmesan  
1 large free-range egg  
80g/2¾oz '00' flour, plus extra for dusting  
Salt and white pepper

### Cockles and Laverbread

100g diced bacon / pancetta  
300g cockles  
300g Laverbread  
75g salted butter  
Glug olive oil  
50g crème fraîche  
Black pepper (optional - to taste)  
50g focaccia crumbs  
15g grated parmesan

### Sea Bass and Samphire

Two sea bass fillets (preferably wild)  
90-100g samphire  
½ lemon (Juice)  
Large glug olive oil  
Salt and pepper (to taste)

### Tarragon Butter

250g Salted Welsh butter  
Bunch fresh tarragon

**Note :** If you are not feeling adventurous enough or simply do not have enough time to make your own gnocchi then of course you can buy this in most if not all major shops

## Method

### Tarragon Butter

Remove the butter from the fridge for about 2 hours or until completely softened.  
Finely chop a bunch tarragon leaves (leaving some for garnish) Zest approximately half a lemon – should be around a teaspoon to a teaspoon and a half of zest. Mix ingredients together in a bowl. Either form a sausage shape (to slice later) using parchment paper or leave mixed as is in the bowl – this will keep several days in the fridge or can be frozen. (You can add garlic to this as well if you want). Place the butter back in the fridge until required for use.

### Cockles and Laverbread

In a medium sized sauté / frying pan heat the oil and 50g of butter on medium high heat, add the diced bacon and sauté until starting to brown and crisp lightly. Add the cockles, laverbread and a pinch of black pepper (if using), stir until fully mixed and allow to heat through. Once this has started to bubble lightly add the crème fraîche and stir thoroughly into the mixture. Bring to the simmer again for two minutes and its ready.

Meanwhile in another frying pan melt the remaining butter and add the breadcrumbs. Cook until they have absorbed a most of the butter and are starting to turn light brown then take off the heat and put into a bowl with the parmesan and mix together.

Now that the gnocchi, cockles, laverbread and the focaccia crumb are ready it's time to bring them together. Empty the gnocchi into a large bowl pour over the cockle mixture and mix thoroughly; once satisfied that this is done – place a generous portion into each serving bowl and sprinkle the crumb over the top until moderately coated.

### Seabass Fillets

Use a sauté or frying pan big enough to fit both your seabass fillets comfortably, heat pan on a high heat until very hot, then add a glug of olive oil, lightly season (bearing in mind this dish will be very salty you may not want to add any salt to the fish) and add the Sea Bass Fillets skin side down (you can if you like score the skin, but there is no real need in this instance), reduce to medium high heat, squeeze on some lemon juice and leave the fish to cook for 3-4 mins until the skin is crispy underneath and the fillet has just cooked through. Remove fillets from the pan and allow to rest on a board skin side up for 2 mins. Add the samphire (woody bits trimmed off) and the tarragon butter to the pan and cook over a medium heat for 2-3 minutes until the samphire is changing colour to a bright green and is starting to go tender. Make sure to adjust the temperature to avoid burning the butter. Whilst the samphire is cooking, place the Bass fillets over the gnocchi in the serving bowls, place the samphire on top of the bass fillets and pour over the tarragon butter, garnish lightly with the remaining fresh tarragon leaves and serve immediately. Do all the prep in advance, get the gnocchi water boiling, once that is boiling start the cockles and the sea bass, once the sea bass is out of the pan, once the bass is about halfway cooked put the gnocchi in the water and once they are ready the Bass should be coming out at about the same time, then put the samphire on to cook. Mix the gnocchi and the cockles together, immediately place the rested seabass fillet on top and by the time that is done the samphire will be ready to finish the dish off!

## Gnocchi

Preheat the oven to 200C/180C Fan/Gas 6. Bake the potatoes for 40–60 minutes until soft and cooked through. Once cooked and still hot, remove the skins, then push the potato through a fine sieve or potato ricer. Weigh out 250g/9oz of this potato mash and place onto a clean surface. Add the Parmesan to the hot potato with plenty of salt and pepper and mix. Make a well in the centre of this mixture and crack the egg into the middle. Use your hands to mix everything together.

Once fully combined, add in half the flour and mix again to start forming a dough. When it starts to come together, add in the remaining flour. As soon as the dough is no longer sticky, stop kneading. Cut the dough into four pieces. Take one piece of the dough and roll it into a long even-shaped sausage on a lightly dusted work surface, then use a knife to cut even-sized pillows of soft gnocchi, about 2.5cm/1in long, pinching each piece in the middle slightly to get that classic shape. You can leave them like this or roll the gnocchi down the back of a fork to make ridges. Repeat this process with the rest of the dough. To cook the gnocchi, fill a large deep saucepan with salted water and bring to a boil. Once the water is boiling, add the gnocchi and cook for around 1–2 minutes over a high heat – they are ready when they float to the top. Drain and set aside to mix with the cockle and laverbread sauce.