



Artisan Chef, Food Writer & Teacher
The Island Chef

RECIPES FOR THE GREAT WIGHT BITE – PAUL BELLCHAMBERS

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MAKING PASTA WITH A FOOD PROCESSOR	3
PASTA, LEMON, ROCKET, AND PARMESAN	5
CHICKEN RECIPES DEMONSTRATION.	6
CHICKEN BREAST WITH BABY SPINACH, ROCKET, TOMATO, AND STRAWBERRY SALAD	6
LEMON CHICKEN PICCATA	7
MASTERCLASS - CANAPES	8
CROSTINI BASE RECIPE	8
THAI CHICKEN AND LEMONGRASS SKEWERS WITH SWEET CUCUMBER DIPPING SAUCE	9
PARMESAN SHORTBREADS WITH BEETROOT PESTO.....	10
WHITE BEAN AND SAGE CROSTINI	11

MAKING PASTA WITH A FOOD PROCESSOR

This is a great alternative to buying dried pasta. You can make this in a food processor, and it is quick and easy to do

Prep Time: 5 minutes

Total Time: 5 minutes

Servings: 3-4 people

Ingredients

275g white flour or “OO” flour (I would use “OO” as it works more easily than plain flour

1 teaspoon salt

3 large eggs

1 tablespoon olive oil

Instructions

Put the flour and salt to the bowl of a food processor then pulse a few times to mix it.

In a bowl, mix the eggs and olive oil with a fork so it is mixed. Pour the eggs and oil over the flour. Using the pulse option, pulse it all several times until the flour, eggs and oil is completely combined. Do this for around a minute or until the dough has gathered into a ball. It may break up and regather together into a ball, several times. The effect is to knead the dough.

Take the pasta dough from the food processor and shape it with your hands into a smooth ball. Put the ball of dough into a bag that you can close and is airtight. Rest it for between 30-60 minutes at room temperature. Use it immediately or refrigerate for up to 1 day.

Notes:

Use the dough with 24 hours. If you do not the dough may discolour. You should use the dough or freeze it within 1 day and use within 1 month.

Most processors will cope with 2 times the quantity, but you will know when you put one quantity of the recipe in your processor. If you want a larger quantity of pasta, then look for a processor that can cope with a kilo or more of ingredients.

When ready to roll to cut your pasta into shapes, divide the dough into quarters. What you don't use you can freeze for a month.

Shapes today are farfalle, “Bow Tie”, and a tagliatelle string. The key is to roll the dough as thin as possible and keep your shapes as small as possible. The pasta will absorb a lot of water. Roll your pasta dough one way then turn it 90 degrees and roll again. Keep doing this until you are happy that is as thin as you can get. You need to ensure it still has flour on the underside or when you cut your shapes it will not lift off the surface.

With the farfalle use a farfalle cutter, like a small pizza cutter with a curly edge. Roll your pastry and when ready cut a square or rectangle, removing the uneven edges. Then roll several cuts vertically and then horizontally, you are looking to get 1.5cm x 2cm approx. rectangles. Then pinch the shape at the middle and bring the two edges together. There you have your Bow Tie.

You could roll the pasta on a large sheet of baking parchment paper but remember to ensure that there is enough flour under the pasta.

With the tagliatelle roll the pasta as before and get it as thin as you dare/can. Ensure that there is flour underneath the pasta. Cut the edges off so you have a square or rectangle. Flour the shape with semolina flour and then fold each side in by a quarter of the width, dust again and fold into the middle line of the shape. You will now have the shape with two concertinaed folds. Using a large knife cut a strip no more than 3mm wide and pull it away from the rest of the pasta. Continue doing this until you have cut as many strips as you can.

When ready, boil some water with salt and when it is bubbling drop the pasta in. The pasta will rise to the top of the water when ready to come out. Drain and drizzle with some extra virgin olive oil and serve with your favourite sauce.



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PASTA, LEMON, ROCKET, AND PARMESAN

This is a wonderful dish for summer, fresh light and tasty! If you use your homemade pasta this one is a good recipe to try your first batch of pasta with.

Serves 3-4 people

INGREDIENTS

500gr Pasta
Extra virgin olive oil
Lemon zest (half lemon or more)
4 tablespoons of Parmigiano Reggiano
A handful of pine nuts
50gr rocket
a few leaves of basil (optional)
salt
pepper

METHOD

Boil your favourite pasta in plenty of water, salted.
Drain it a minute before the cooking time (if using dried pasta packet) keeping some of the cooking water on the side.
Coat the pasta in plenty of extra virgin olive oil, grated Parmigiano Reggiano, lemon zest, rocket, pine nuts and basil if you like!

CHICKEN RECIPES DEMONSTRATION.

CHICKEN BREAST WITH BABY SPINACH, ROCKET, TOMATO, AND STRAWBERRY SALAD

This is a simple recipe, and there is not much preparation required. A chicken breast flattened, pan fried or grilled on a BBQ, served with a simple salad and dressing. Perfect for summer days as a lunch or early dinner. Most of the Isle of Wight farm shops will have the chicken and IOW Tomatoes as well as local salad crops during the summer. The combination of young spinach leaves and rocket make a great tasting base to the salad, peppery and sharp. If you cannot find spinach or rocket, then use your favourite salad leaves.

Sumac is a lovely spice which has a tangy, lemony base note that add something special to a summer recipe like this one. From the genus of the cashew plant it has been used for centuries to add its distinctive flavour to many dishes. The Phoenicians used it before the Romans introduced lemons. Much used in Arabic and Mediterranean cooking, it is also used as a dye and for its medicinal qualities.

You can scale the recipe for the number of people you are serving. I like to serve this with small roasted potatoes, or, crushed and buttered new potatoes, or some pasta coated in olive oil and some parmesan cheese.

The chicken with just the salad, is a perfect summer lunch when served with a cold glass of Pecorino, or Sauvignon Blanc. Enjoy it with your favourite cold drink!

Number of servings, 2

Preparation time: 15 minutes

Cooking time: 10-15 minutes

INGREDIENTS

2 chicken breasts

1 tsp of Sumac to sprinkle on the top of the chicken

1 clove garlic, crushed

Half a red chili (no seeds) finely chopped or ½ tsp of chili flakes

1 tbsp balsamic vinegar

100g/3½oz mix of baby spinach & rocket leaves

175g/6oz strawberries, stalks removed and sliced in half or quarters depending on size

100g/4oz Isle of Wight baby tomatoes, the mixed colour's look great with this recipe

Shavings of Parmesan or Pecorino cheese (or grated) for topping the chicken and salad

4 tbsp of Olive oil

Sea salt and black pepper

METHOD

Put the chicken breasts between 2 pieces of clingfilm, and using a rolling pin, gently bash the chicken to a thickness of 1 cm/½ inch. Rub each of the chicken breasts with olive oil and season with the Sumac, the salt and pepper.

Put the oven on at 180C, 160C Fan, Gas Mark 4, just in case you need to cook the chicken a bit more, and to keep it warm for a few minutes if you are cooking a larger number of chicken breasts.

Now make your dressing. In a small bowl whisk together the finely grated garlic, chili, balsamic vinegar and 3 tablespoons of olive oil. Season with salt and pepper to taste.

Heat up a heavy bottomed frying pan over a medium-high heat. Cook the chicken breasts for around 4 minutes each side, flipping once, until browned and cooked through. You could cook the chicken on a BBQ, cook for 4-5 minutes on either side.

LEMON CHICKEN PICCATA

Lemon Chicken Piccata - a simple yet super impressive chicken piccata in a tasty lemon, butter, and capers sauce. Perfect with pasta for a quick and delicious dinner.

Serves: 4

Preparation: 15 minutes

Cooking: 25 minutes

INGREDIENTS

2 skinless and boneless chicken breasts cut in half lengthwise
salt and pepper to taste
30g flour for coating
60g butter unsalted
2 tbsp olive oil
Juice of 2 lemons
125ml chicken stock or dry white wine (I use wine)
50g capers
20g of fresh parsley chopped
400g dried pasta

METHOD

Season chicken with salt and pepper. Dust chicken in flour and shake off excess.

In a large skillet melt the butter with the olive oil, over medium to high heat.

Add chicken pieces to the skillet and cook for about 3 to 4 min per side until browned. When chicken is cooked, remove chicken from skillet.

Remove skillet from heat. Add lemon juice, chicken stock or wine, capers and scrape up the brown bits from the pan for extra flavour. Return skillet to heat and bring to a boil. Taste the sauce and season with additional salt and pepper if needed. Add chicken back to skillet and simmer for about 5 minutes. Remove chicken to a platter and add remaining butter and whisk for about a minute. Sauce will thicken a bit.

You can return chicken to skillet and garnish with parsley.

Alternatively, you can pour the sauce over the chicken and garnish with parsley.



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MASTERCLASS - CANAPES

CROSTINI BASE RECIPE

This is a simple and tasty canape to make. It also is not expensive to do and therefore is a good filler along with more exotic canapes.

Makes 20 approx

INGREDIENTS

1 x a day-old small baguette, about 5-8cm (2-3in) in diameter
4 tbsp olive oil.

METHOD

Preheat oven to 180°C (350°F/Gas 4).

Cut the baguette into 20 slices (1cm/ ½ in thick) and place the slices on a baking sheet. Brush with the olive oil. Bake until crisp and lightly golden, 10 minutes. Leave to cool on a wire rack.

Can make these 2 weeks ahead, when cool store in an air-tight container.

For additional flavour add a crushed clove of garlic to the oil to add flavour to the bread.

FRESH TOMATO SALSA CROSTINI

Makes 20.

INGREDIENTS

4 ripe plum tomatoes, seeded and finely diced
2 tbsp red onion, finely chopped
2 tbsp olive oil
1 clove of garlic, finely chopped
1 tbsp balsamic vinegar
2 tbsp basil, finely sliced
Salt and pepper

Garnish

Fresh basil leaves

METHOD

Mix all the ingredients, season to taste.

Set out the crostini and spoon the salsa on top of each crostini.

Garnish with a leaf of basil



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THAI CHICKEN AND LEMONGRASS SKEWERS WITH SWEET CUCUMBER DIPPING SAUCE

This is a great canape to do, a little fiddly but worth the effort and it looks spectacular when served.

Makes 20.

INGREDIENTS

11 lemon grass stalks
2 boneless, skinless chicken breasts
2 garlic cloves, chopped
1 red chilli, seeded and chopped
2 tbsp chopped coriander
1 tsp brown sugar 1 tsp salt

FOR SAUCE

125ml (4floz) rice vinegar
125g (4oz) granulated sugar
2 garlic cloves, finely chopped
2 red chillies, seeded and finely chopped
1/2 tsp salt
1/4 cucumber, seeded and finely diced
1 tbsp finely chopped coriander

METHOD

For lemon grass sticks, remove and discard the tough outer skin from the lemongrass. Set 1 stalk aside to flavour the chicken. Cut each of the 10 remaining lemon grass stalks in half lengthwise, keeping the stalks attached by the root. Trim to 12.5cm (5in) lengths.

Place the reserved lemongrass stalk, chicken, garlic, chilli, coriander, sugar and salt in a food processor, pulse to a smooth paste. Divide into 20 equal- sized pieces. With wet hands, roll into oval shapes. Skewer each chicken oval onto the slimmer end of each lemon grass length. Cover and refrigerate for 30 minutes to allow the flavours to blend.

For sauce, bring vinegar and sugar to a boil in a pan over medium heat. Simmer gently until syrupy, 5 minutes.

Pour syrup over garlic, chillies, and salt. in a separate bowl and cool. Stir in cucumber and coriander when cool. Let stand for 15 minutes at room temperature to allow the Flavours to combine. Preheat grill. Alternatively, preheat a ridged cast- iron griddle, grill pan or barbecue. Grill chicken lemon grass sticks until cooked through, 5 minutes on each side. Serve hot, or at room temperature with sweet cucumber dipping sauce.

THINK AHEAD

Prepare and skewer chicken up to 12 hours in advance. Store in an airtight container in the refrigerator. Make sauce without cucumber and coriander up to 3 days in advance. Cover and refrigerate. Add cucumber and coriander up to 3 hours before serving. Keep covered at room temperature.

PARMESAN SHORTBREADS WITH BEETROOT PESTO

This is a lovely recipe with a simple base which is tasty and complements the beetroot pesto. On a white plate these will look amazing!

INGREDIENTS

Shortbreads

60g plain flour
Pinch of salt
2-3 pinches of cayenne
45g chilled diced butter
60g parmesan grated

For the beetroot pesto

200g Beetroot cooked
30g (1oz) toasted pine nuts
45g(1½oz) Parmesan cheese, grated
1 garlic clove
4 tbsp olive oil
Salt and pepper

Garnish

15g toasted pine nuts
10g parmesan shavings
Micro cress

METHOD

For the Shortbreads, put oven on to 180C

Place butter, flour, salt, and cayenne in a processor and gently process until it is mixed into breadcrumbs. Gather it all together into a ball. Move it about to form a smooth dough.

Roll out on a lightly floured surface. The thickness you are aiming for is 4mm. Using a 5cm/2inch cookie cutter to cut around 25-30 shapes.

Place on a lined baking tray and chill in the fridge for 20 minutes. Then place in the oven for 8-10 minutes. When golden remove from the oven and put on a cooling rack.

For the pesto

Place all the ingredients in a processor and pulse until a paste forms and it is all incorporated.

Taste to check the seasoning.

Place a teaspoon on the parmesan shortbreads. Decorate with a shaving of parmesan, pine nuts and cress. Serve at room temperature.

You can make the pesto 2 days in advance and store in the refrigerator.

Roast the pine nuts carefully in a frying pan until lightly coloured. This helps to enhance their flavour. It is best to roast your own. You can use bought cooked beetroot, but not the if it is in vinegar.

WHITE BEAN AND SAGE CROSTINI

A great vegetarian stand-by you can use basil instead of sage if needed
The topping is delicious served either on crostini or as dip.

Makes 20.

INGREDIENTS

3 tbsp olive oil
1 small onion, finely chopped
2 garlic cloves, finely chopped
4 sage leaves, finely chopped
400g tinned cannellini beans, drained
2 tbsp water
salt and freshly ground
black pepper
20 crostini
1 ripe tomato, seeded and diced
extra olive oil for drizzling

METHOD

Heat the oil in a saucepan. Add the onion, garlic, and sage. Cook over low heat until soft, about 5 minutes.

Add the beans, water, and salt and pepper to taste. Cook for about 10 minutes. Mash the beans Use a wooden spoon to make a rough puree.

Spread bean puree on the crostini. Top each crostini with a little diced tomato and a drizzle of olive oil. Serve warm or at room temperature.

GET AHEAD

Make topping up to 3 days in advance. Cover and refrigerate. Return to room temperature before serving. Top crostini up to 1 hour before serving.