



Artisan Chef, Food Writer & Teacher

Great Wight Bite- A Brief Journey through the World of Food!

I am excited about being back to do some cookery demos at the 2024 Great Wight Bite on the 7/8 September 2024.

This culinary journey takes you through three distinct food styles, each showcasing a unique blend of flavours and cooking techniques from different cultures.

1. **Traditional French:** The journey begins with **Chicken Sauté Normandy with Apple**. This dish highlights the classic French style, combining tender chicken sautéed in a creamy sauce with the subtle sweetness of apples, creating a rich and comforting flavour profile that represents the elegance of French cuisine. My favourite French pasty also makes an appearance!
2. **Moroccan and Middle Eastern Flavours:** Next, the journey moves into the vibrant spices of North Africa and the Middle East. **Moroccan Spiced Swordfish Brochettes** offer a taste of Morocco with swordfish marinated in a blend of aromatic spices, then grilled to perfection. Following that, **Mint Marinated Lamb Kebabs with Tahini and Honey Dip** combine the freshness of mint with the richness of lamb, complemented by a creamy, slightly sweet tahini and honey dip, encapsulating the bold and earthy flavours of Middle Eastern cuisine.
3. **Asian Inspirations:** The last leg of the journey takes us to Asia, beginning with **Ginger Orange Pork Skewers**. These skewers feature a tangy and slightly spicy ginger-orange marinade that infuses the pork with a zesty Asian flair. The journey concludes with **Thai Chicken and Lemongrass Sticks with Sweet Cucumber Dipping Sauce**, where the fragrant and citrusy notes of lemongrass enhance the savoury chicken, perfectly balanced by a refreshing and sweet cucumber sauce.

This trip through diverse culinary traditions provides a delightful exploration of flavours, from the creamy richness of French cuisine to the bold spices of Moroccan and Middle Eastern dishes, and finally, the vibrant and fresh tastes of Asian cooking.



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CHICKEN SAUTÉ NORMANDY WITH APPLE

INGREDIENTS

50g butter or 50ml cold pressed rapeseed oil
8 skinless chicken thighs (get thigh with bones, remove the bones, use to make a quick stock)
2 tablespoons of Calvados (for flambe)
6 shallots, sliced
4 celery sticks, chopped
300ml apple juice (or cider)
300ml good-quality fresh chicken stock, hot
200ml crème fraîche
4 eating apples, such as Cox's or Braeburn, peeled, cored, and cut into wedges
3 tbsp chopped fresh chives, to serve

METHOD

Using a ridged iron skillet over a high heat, seal the skinless side of the chicken thighs. Ensure they are well marked. Add the calvados and flambe until the alcohol has burnt off. Keep to one side in the skillet. Heat the butter or oil in a deep frying pan or large pan. Add the shallots and celery and cook for a few minutes. Pour over the apple juice and stock and season to taste. Bring to the boil, then cover tightly with lid or foil and cook for 20 minutes, or until the juices run clear when the chicken is pierced. Stir in the crème fraîche and bring to the boil, then simmer gently for 1 minute.

Peel and core the apples. Cut into wedges, oil a skillet, and put on a high heat. Put the apple wedges on the skillet to line and do both sides of the wedges. Keep warm and add to the chicken as you serve

Tip

Freeze any leftover cooled casserole, then defrost overnight in the fridge and reheat at 180C/fan160C/gas 4 for 30 minutes until piping hot. Keep it tightly covered with foil during cooking, though.

OTHER

Serves 4

Preparation time - 30 minutes

Cooking time – 30 minutes





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MOROCCAN SPICED SWORDFISH BROCHETTES

INGREDIENTS

350g (12oz) swordfish steak, 2.5cm (1in) thick

For the marinade

1 red pepper, quartered and seeded

1 red chilli, seeded and chopped

2 garlic cloves, chopped

2 tbsp chopped coriander

2 tbsp chopped parsley

½ tsp ground coriander

½ tsp Harissa spice

1 tsp runny honey

Grated zest and juice of ½ lemon

2 tbsp olive oil

1 tsp salt and

¼ tsp freshly ground black pepper

½ tbsp oil (optional)

Essential equipment 20 wooden skewers (15cm/6in) pre-soaked in cold water

METHOD

Cut the swordfish into 20 cubes (2.5cm/1in).

For the marinade, grill and peel the pepper quarters. Place peeled pepper quarters, chilli, garlic, fresh herbs, ground coriander, Harissa, honey, lemon, oil, and salt and pepper in a food processor or blender. Pulse to a thick paste.

Toss swordfish and marinade together in a glass bowl to coat each piece well. Cover and refrigerate for at least 30 minutes.

Thread 1 swordfish cube on to each pre-soaked skewer.

Preheat grill. Alternatively, preheat a heavy frying pan with oil. Either grill or fry swordfish brochettes until cooked through, for 2-3 minutes on each side. Serve hot or warm.

GET AHEAD

Marinate swordfish up to 4 hours in advance. Store in an airtight container in the refrigerator.

Skewer up to 2 hours in advance. Store in an airtight container in the refrigerator.

Skewers can be grilled or seared 1 hour in advance, placed on an oven tray, covered with foil, and reheated in a hot oven for 5 minutes to serve.

VARIATION

If swordfish is not available, monkfish, king prawns or other firm fish can be used.

MINT MARINATED LAMB KEBABS WITH TAHINI AND HONEY DIP

MAKES 20

INGREDIENTS

350g (12oz) lean boneless lamb

FOR MARINADE

30g (1oz) mint, finely chopped

2 garlic cloves, crushed

1 tsp Harissa spice

1 tbsp runny honey

2 tbsp lemon juice

2 tbsp olive oil

FOR DIP

2 tbsp sesame seeds

2 tsp runny honey

juice of 1 lemon

5 tbsp tahini

125ml (4fl oz) Greek-style yoghurt

3 tbsp water

Salt, black pepper to taste



ESSENTIAL EQUIPMENT

20 -15cm (6in) wooden skewer pre-soaked in cold water

METHOD

Cut lamb into 20 - 2.5cm (1in) cubes.

For marinade, combine half of the chopped mint, garlic, honey, lemon juice, oil, salt, and pepper. Add lamb and toss to coat each piece well. Cover and refrigerate. Leave to marinate for at least 1 hour.

For dip, toast seeds in a dry pan over low heat until nutty and golden, 3 minutes. Combine seeds, honey, lemon, tahini, yoghurt, and water. Add salt and pepper to taste. Cover and refrigerate. Leave for 30 minutes for the flavours to blend.

Thread 1 lamb cube on to each pre-soaked skewer. Preheat grill. Alternatively, preheat ridged cast iron griddle, grill pan or barbecue. Grill lamb kebab until browned but still pink and juicy inside,

3 minute on each side. Garnish each kebab with a sprinkling of the remaining mint. Serve hot with chilled tahini and honey dip.



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THINK AHEAD

Make dip up to 2 days in advance. Cover and refrigerate. Marinate lamb up to 1 day in advance. Skewer lamb up to 12 hours in advance. Store in an airtight container in the refrigerator.



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GINGER ORANGE PORK SKEWERS

MAKES 20

INGREDIENTS

350g (12oz) lean boneless pork

FOR MARINADE

5cm (2in) piece fresh ginger, grated

grated zest of 1 orange juice of ½ orange

2 tbsp Hoisin sauce

2 tsp runny honey

1 tbsp balsamic vinegar

2 tbsp light soy sauce

4 tbsp olive oil

1 tsp salt

½ tsp black pepper

5cm (2in) piece fresh ginger for garnish

ESSENTIAL EQUIPMENT

20 -15cm (6in) wooden skewers pre-soaked in cold water

METHOD

Cut pork into 20 - 2.5cm/1 inch cubes.

Combine 'grated ginger, orange, mustard, honey, vinegar, soy, oil, salt, and pepper in a non-metallic bowl. Add pork and toss to coat each piece well. Cover and refrigerate for at least 1 hour.

For garnish, preheat oven to 200°C (400°F) Gas 6. Cut ginger piece for garnish into fine slices. Cut ginger slices into julienne (thin strips) Bring a pan of water to a boil over high heat. Add ginger julienne and boil for 1 minute. Drain. Spread ginger julienne in a single layer on a baking sheet. Bake until crispy and dry, 5-10 minutes. Cool.

Preheat grill. Alternatively, preheat a ridged cast-iron griddle, grill pan or barbecue. Grill pork skewers until cooked through, 5 minutes on each side. Sprinkle each skewer with crisp ginger garnish. Serve hot.

THINK AHEAD

Make crisp ginger garnish up to 2 days in advance. Store in an airtight container at room temperature.

Marinate pork up to 1 day in advance. Store in an airtight container in the refrigerator. Skewer pork up to 12 hours in advance. Store in an airtight container in the refrigerator.

THAI CHICKEN AND LEMONGRASS STICKS WITH SWEET CUCUMBER DIPPING SAUCE

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, deseeded and finely chopped
½ tsp salt
¼ cucumber, deseeded 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 lemon grass 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. Wrap each chicken oval on to 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 on a medium heat. Simmer gently until syrupy for 5 minutes. Pour syrup onto the 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, warm or at room temperature with sweet cucumber dipping sauce.



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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

If you need more information, please go to theislandchef.co.uk . There are more recipes and other cookery advice available there.

If you would like to contact me, please email paul@theislandchef.co.uk I would be happy to help and if you would like to arrange some cookery lessons I can provide you with a quote for that too.