

By popular demand, it's back... the Gazette Cookbook. Chefs from leading restaurants in the Colchester area open up their recipe books to let you in on their secrets. Innovative ideas, fresh ingredients and local produce are all combined to whet your appetite to try these exciting dishes.



Keeping it fresh!

LOCAL produce and continental-style cuisine contribute to the recipe for success for the Lemon Tree restaurant in Colchester.

The freshest of produce is used in the imaginative recipes created by restaurateur and owner Patrik Minder.

Patrik, who runs the restaurant with his wife Joanna, uses local and seasonal food where possible to create contemporary and continental-style cuisine.

Here are two of Patrik's dishes:

PAN-FRIED COD WITH WILD SAMPHIRE GRASS AND BALSAMIC DRESSING

Ingredients:

2x whole cod skinned pin boned and filleted
2tsp Maldon sea salt and cracked black pepper
150g samphire grass, olive oil
50g wild rockette
40ml balsamic vinegar
100g butter
1x fresh lemon 8g of chopped fresh parsley

Method:

Season the cod well and place in a hot non-stick oven-proof frying pan with olive oil and



sear both side until golden brown.

Add the samphire grass and squeeze ½ a fresh lemon and add 30g butter directly on the cod then place in a pre-heated oven.

Once cooked, approx five minutes, take the cod out the oven and place in the centre of plate.

Using the same pan, add the balsamic vinegar and rest of the butter and toss the samphire grass through for the sauce over a low heat for one minute. Add the parsley and gently stir through.

Place the samphire grass around the cod and drizzle the sauce over.

Finish with a few sprigs of wild rockette and a wedge of lemon.

MIXED BERRY BRULEE

Serves 4:

Ingredients:

4 large egg yolks
500ml double cream
50g castor sugar
½ vanilla pod
Selection of mixed berries (strawberries are to be cut into ¼ if used, raspberries, blueberries and small blackberries keep whole)

Method:

Pour the cream into a thick bottomed saucepan and place on a medium heat. Halve and scrape out the vanilla pods and add all to the cream. Stir constantly.

Whisk the egg yolks and sugar together, once the cream has come to the boil, add 1/3 to the egg mix and whisk thoroughly. Now add the egg and cream mix to the remaining



■ The key to success – fresh food and innovative ideas from Patrik Minder.

2/3 of the cream and return to a low heat. Constantly stirring in a figure eight motion, wait for the temperature to rise above 81deg, visually this occurs when the bubbles have gone and the mix begins to turn into itself.

Once temperature is reached, pour the mix into a pouring jug immediately (stop

further cooking which can split the mix). In each of the ramekins add four to five pieces of the mixed berries and pour the brulee mix over equally. Place in the fridge over night and leave to set.

When serving, dust with sugar and caramelise the sugar either under the grill or with a kitchen blowtorch.