



Southern Fried Cauliflower with Maitake and Ranch Dressing

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Alyn worked with some of the biggest names in the business before opening his eponymous restaurant, 'Alyn Williams at The Westbury' in 2011. Alyn's light and progressive cooking style won him the National Chef of the Year 2012 title, along with his first Michelin Star which was retained for seven years, and four AA rosettes.

Ingredients

- 1 cauliflower
- 1 pack Maitake mushrooms
- 300 g coconut (vegan) yogurt
- neutral cooking oil, for deep-frying

Southern fried flour mixture

- 10 g Nutritional yeast flakes
- 100 g gram flour
- 80 g plain flour
- 5 g celery salt
- 2 g table salt
- 1 g black pepper
- 5 g smoked paprika
- 5 g garlic powder
- 8 g onion powder
- 5 g Old Bay seasoning
- 2.5 g baking powder

Ranch dressing

- 300 g firm silken tofu
- 200 g coconut (vegan) yoghurt
- juice 1 lemon
- 10 g onion powder
- 4 g garlic powder
- 20 g sherry vinegar or to taste
- 3 g freshly milled black pepper
- 10 g chopped dill
- 10 g chopped chives
- 10 g chopped flatleaf parsley
- 720 g peach purée
- almond paste

Method

1. Cut the cauliflower into florets. Cut the maitake into large pieces, keeping the root intact. Mix the vegetables with the coconut yogurt and let marinate.
2. **Southern fried flour mixture:** Blitz the yeast flakes in a blender until it is a fine powder, then mix all the ingredients together.
3. **Ranch dressing:** Blitz the tofu in a blender with the coconut yogurt until smooth, then add the lemon juice, onion and garlic powder. Add the sherry vinegar to taste, then the herbs.
4. **Assembly:** Coat the marinated vegetables with the southern fried flour mixture and leave to absorb for 10 minutes.
5. Deep-fry the vegetables at 160 °C until golden brown. Drain on paper towels, then serve.



Agnolotti with Miso Peas, Peach and Morteau Sausage

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Ingredients

- 4 ripe peaches
- Morteau sausage, cut into pieces and frozen
- 100 g small fresh peas in their pods
- pea shoots or foraged common vetch, to garnish

Peach water

- 4 ripe peaches

Pasta dough

- 250 g '00' pasta flour
- 6 egg yolks
- 1 whole egg
- 1 tablespoon olive oil
- 1 ½ tablespoons milk
- fine semolina, for storing

Miso pea filling

- 200 ml full fat milk
- 80 g white miso paste
- 500 g frozen peas (defrosted)
- 50 g crème fraîche
- Maldon sea salt

Method

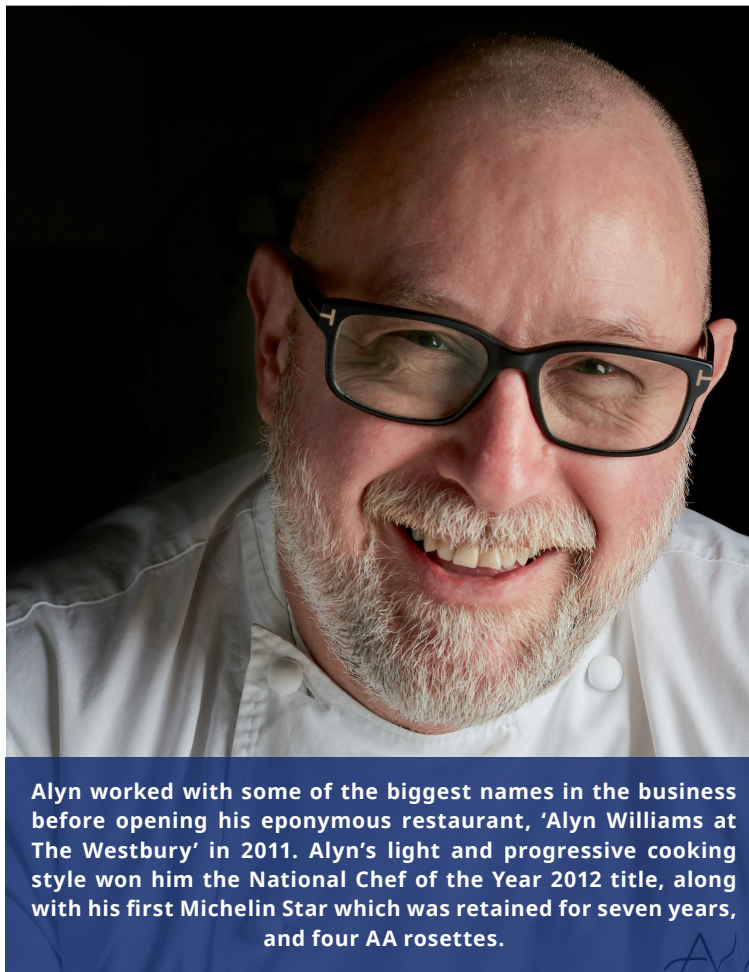
1. **Peach water:** Vac-pac the peaches tightly, place in a hot cupboard for about 12 hours. Drain and reserve the liquid.
2. **Pasta dough:** Put the flour on a work surface and make a well in the centre. Mix the remaining ingredients together and pour into the well. Using a pastry scraper and your fingers, bring everything together and knead well for 5 minutes. Wrap in clingfilm and let rest in the refrigerator for at least 1 hour.
3. **Pea and miso filling:** Mix the milk and miso paste in a pan and bring to a boil. Add the peas, then return to a boil and cook for 2 minutes. Drain and chill, reserving the milk mixture.
4. Return the milk mixture to the pan and reduce until thick, then whisk in the crème fraîche.
5. Blitz the peas to a rough purée in a food processor, then fold in the reduced milk mixture and season to taste. Transfer to a piping bag.
6. **Agnolotti:** Roll out the rested pasta dough to setting #1 on the pasta machine. Cut into 8 cm wide strips, then pipe the filling along one edge 2 cm in. Moisten the edges with water and fold over the pasta to encase the filling. Push down the edges to seal, then pinch the pasta with your thumb & index finger to seal 1 cm parcels.
7. Using a fluted pastry roller, cut edge close to the filling, then cut through the pinched part of the parcels to separate into agnolotti's. Store, uncovered, over a layer of semolina.
8. When ready to serve, cook for 2 minutes in lightly salted boiling water.
9. **Assembly:** Remove the skins from the peaches and cut into chunks about the same size as the agnolotti. Pod the fresh peas, then blanch for a few seconds. Refresh and remove their skins. Plate the dish, then pour over the peach water with a little olive oil. Finely grate over the Morteau sausage before serving.



Fennel-cured Sea Bream, Lime Compressed Watermelon and Elderflower Vinegar

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Ingredients

- 1 punnet bronze fennel fronds
- 1 firm, medium red chilli
- ½ bunch coriander

Pickled elderflower dressing

- 50 g elderflowers
- 200 g caster sugar
- 200 g water
- 200 g chardonnay vinegar
- 10 g Maldon sea salt
- 100 ml olive oil, preferably Arbequina

Fennel-cured sea bream

- 3 whole sea bream, cleaned (about 600–800 g)
- 150 g table salt
- 150 g caster sugar
- 150 g fennel bulb

Compressed watermelon

- 1 ripe watermelon
- 100 ml mirin
- finely grated zest of 1 lime
- Maldon sea salt
- 2 g togarashi

Method

- 1. Pickled elderflower dressing:** Rinse the elderflower in lightly iced water, then drain and carefully dry. Mix the sugar, water, vinegar and salt in a pan, then bring to a boil. Remove from the heat and let cool to 50°C, then pour over the elderflower and let steep for 20 minutes. Remove the stems from the elderflower and discard, keeping the flowers, then add a little of the pickle liquid and stir in the oil.
- 2. Fennel-cured sea bream:** Fillet and pin-bone the fish and put into a tray. Combine the sugar and salt in a bowl, then grate in the fennel and mix well. Cover the fish with the salt mixture and let cure for 90 minutes.
- 3.** Wash the salt mixture from the fish and dry on paper towels. Blowtorch the skin, then let cool. Once cooled, slice the fish.
- 4. Compressed watermelon:** Peel and cut the watermelon into 4 cm thick slices. Drizzle with the mirin and sprinkle with the lime zest and sea salt. Transfer to vacuum-pac bags and compress tightly, then remove from the bags. Cut the watermelon into cubes, avoiding large clusters of seeds.
- 5. Assembly:** Arrange slices of cured sea bream and watermelon cubes on a plate.
- 6.** Slice the chilli very thinly and curl in iced water.
- 7.** Dress the watermelon cubes with elderflowers, fennel fronds and chilli, then sprinkle with togarashi. Finally, drizzle the plate with pickled elderflower dressing and coriander stems.



Glazed Veal Sweetbreads, Tonnato Sauce, Sweet and Sour Lemon, Veal Jus

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Christophe has a wealth of experience including roles at The Grill at the Dorchester Hotel, Restaurant La Cour Jardin and three Michelin-starred Banqueting Plaza Athénée in Paris to name a few. As head of the kitchen at CORD, Christophe works closely with the kitchen team to create menus and ensure all dishes are prepared to the highest standard.

Ingredients

Veal sweetbreads

- 500 g sweetbreads
- ½ garlic clove
- 1 sprig thyme
- 1 sprig rosemary
- rock salt and pepper
- chickpea flour, for dusting
- clarified butter, for pan-frying

Veal jus

- vegetable oil, for roasting
- 1 kg veal trimmings, cut into 4 cm pieces

- ½ veal trotter
- 100 g butter, cubed
- 1 onion, quartered
- 2 garlic cloves
- ¼ bunch thyme
- ½ bunch sage
- dried fennel, to taste (optional)
- 6 g whole white peppercorns
- 1.5 litres chicken stock

Tonnato sauce

- 200 g confit tuna
- 6 anchovies

- 2 egg yolks
- 100 ml chardonnay vinegar
- 20 g mustard
- 40 g capers
- 200 ml vegetable or tuna oil
- salt and pepper

Green sauce

- 1 bunch parsley
- ½ bunch tarragon
- ¼ bunch basil
- 1 soft-boiled egg

- 50 g capers
- 25 g truffle juice
- 150 ml olive oil
- salt and pepper

Lemon:

- 5 lemons
- 100 g lemon juice
- 100 g sugar
- 5 g salt

Method

1. **Veal sweetbreads:** Cook the sweetbreads slowly in cold water with the herbs and rock salt and pepper. When it comes to a boil, cook for 2 minutes, then remove from the heat and let cool for 15 minutes. Clean and remove the skins, Cover in clingfilm and reserve in iced water.
2. When ready to serve, pat the sweetbreads dry with paper towels and roll them in the chickpea flour. Pan-fry in the clarified butter over a medium-high heat until golden brown.
3. **Veal jus:** Add a little oil to a large roasting pan over the hob top, then add the veal trimmings and veal trotter and caramelize over a medium heat. Add the butter, onion, garlic, herbs and peppercorns and reduce the heat to low and cook until the onions are softened. Pour in just enough chicken stock to cover the bottom of the pan and deglaze, then increase the heat to high and cook until caramelised. Repeat this process twice more, adding just enough chicken stock to cover the bottom of the pan each time to concentrate the flavours. Finally, pour in the remaining chicken stock and cook for 1½ hours. Pass through a chinois sieve into a clean pan, then cook until reduced to the desired consistency.
4. **Tonnato sauce:** Put all the ingredients except the oil into a food processor or blender and process until smooth. Slowly add the oil until emulsified, then season.
5. **Green sauce:** Put the bowl from a blender or food processor into the refrigerator to chill.
6. Pick the parsley leaves from their stems and blanch the leaves in salted boiling water, then transfer to an ice bath.
7. Pick the tarragon and basil leaves from their stems.
8. Blitz all the ingredients in the chilled blender or food processor bowl until smooth, then slowly add the oil and blend until emulsified.
9. **Lemon:** Pare the zest from the lemons and add to a pan with the lemon juice and 50 g of the sugar, then cook until softened. Remove from the heat and let cool.
10. Remove the piths from the lemons so you are left with the flesh only. Cut the flesh into pieces, then add to a clean pan with the remaining 50 g of sugar and salt and cook until reduced to a paste-like consistency. Remove from the heat and let cool.
11. Combine the cooled mixtures in a bowl and blitz with a blender or food processor until smooth.



Johnny Cakes, Scotch Bonnet Mayo and Crab

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Le Cordon Bleu alumnus Kerth Gumbs boasts almost two decades working in the kitchens of some of the world's finest establishments, including head chef at Ormer Mayfair. Kerth was crowned champion of the London and South East region in BBC's Great British Menu 2020, and recently he has been a judge for BBC's new Young MasterChef.

Johnny Cakes

Ingredients

- 600 g self-rising flour, plus extra for dusting
- 50 g cornmeal
- 11 g dried instant yeast
- 440 g water
- 180 g sugar
- 50 g butter, melted
- 20 g Maldon sea salt
- 3 g baking powder
- vegetable oil, for deep-frying

Method

1. Put the flour, baking powder, cornmeal and dried yeast into the bowl of a freestanding mixer fitted with a dough hook.
2. Warm the water, sugar, butter and salt in a pan, being careful not to let it get too hot.
3. Pour the warmed mixture over the flour and knead with the dough hook until a dough forms.
4. Cover with a damp cloth and let prove for 1–2 hours, or until doubled in size.
5. Knead again until smooth, then shape into 40 g balls. Place the balls onto individual squares of parchment.
6. Let prove for 1 hour, then fry at 170 C in vegetable oil until cooked through.

Scotch Bonnet Mayo

Ingredients

- 200 g red onion, peeled and chopped
- 600 g ketchup
- 10 g Maldon sea salt
- 120 ml lemon juice
- 160 g sriracha
- 1 kg mayonnaise

Method

1. Put the onion, ketchup, salt, lemon juice and sriracha into a high-powered blender and blend until smooth. Pass, then whisk into the mayonnaise.

Crab

Ingredients

- 1 fresh crab, cooked
- lime juice
- olive oil
- 30 g scotch bonnet chillies, diced
- 100 g bunch coriander, leaves removed and chopped

Method

1. Using picked white crab meat only, mix with chillies and coriander, adding lime juice and olive oil to taste.

Assembly

Add a spoonful of sriracha mayonnaise to the centre of a small plate. Slice the top off a johnny cake to create a flat surface and then place the johnny cake on top of the mayonnaise.

Top the johnny cake with a generous spoonful of the crab mix and garnish with salmon roe and corn flowers.



Peach and Verbena

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After learning his craft in pastry kitchens, including Michel Kayser's two Michelin-starred Restaurant Alexandre in Southern France, Nicolas moved to Paris in 2007 where he took on a position at Hôtel Le Bristol. Now, Nicolas can be found at The Connaught in London's Mayfair, where he leads a team of pâtissiers and oversees The Connaught Pâtisserie.

Ingredients

Peach espuma

- 150 g whipping cream
- 25 g sugar
- 15 g gelatine mass
- 250 g peach purée
- 35 g lemon juice

Peach condiment

- 2 peaches, cut into 1 cm brunoise
- 4 fresh verbena leaves, finely chopped
- 5 g redcurrant purée
- 2 g grated fresh ginger
- 1 g lime zest

Blown sugar peach

- 250 g sugar
- 250 g isomalt
- 174 g water
- 24 g glucose
- 2 g cream of tartare
- 1 g orange food colouring

Verbena granita

- 340 g sugar syrup (made with equal parts water and sugar)
- 250 g crushed ice
- 260 g water
- 26 g fresh verbena
- 130 g lime juice

Peach sorbet

- 120 g sugar
- 3 g stab 2000
- 130 g water
- 12 g lemon juice
- 720 g peach purée
- almond paste

Garnish

- peach slices
- verbena
- lime zest

Method

- 1. Peach espuma:** Warm the cream and sugar in a pan, then add the gelatine. Pour the warmed cream mixture over the peach purée and lemon juice and blitz with a hand blender.
- 2. Peach condiment:** Put all the ingredients into a bowl and gently stir together.
- 3. Blown sugar peach:** Put the sugar, isomalt, water and glucose into a pan and bring to a boil. Add the cream of tartare and orange food colouring and cook to 170°C. Use the mixture to prepare the blown sugar peaches.
- 4. Verbena granita:** Put all the ingredients into a food processor until well incorporated. Put into a container and freeze. Remove from the freezer every 15 minutes and scrape the mixture into flakes using a fork. Repeat until it becomes a crystallised slush.
- 5. Peach sorbet:** Combine the sugar and stabilizer in a pan. Add the water, then bring to a boil and cook for 1 minute. Let cool, then add the lemon juice and peach purée. Blitz, then churn in an ice cream machine until frozen.
- 6. Assembly:** Fill the blown sugar peach with the peach espuma, peach condiment and peach sorbet and close the peach with a little more espuma. Use the almond paste to close the hole.
- 7.** Spread the verbena granita onto a serving plate, then gently place the filled blown sugar peach on top. Garnish with fresh peach slices, verbena and lime zest.



Crab Stuffed Courgette Flower

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Le Cordon Bleu alumnus Woongchul Park moved to London from South Korea in 2020 to open Sollip with wife and fellow alumni Bomee Ki. Sollip introduces Korean-influenced cooking interspersed with European techniques via a single tasting menu, and provides an unparalleled dining experience which earned it a Michelin star in 2022.

Ingredients

Pine nut milk

- 10 g olive oil
- 10 g sesame oil
- 50 g shallot, sliced
- 12 g garlic, sliced
- 12 g rice
- 380 g Dashima (Korean kombu) stock or water
- 40 g pine nuts, toasted
- 12 g sesame seeds, toasted
- salt

Stuffing

- 1 courgette flower
- 10 g crabmeat, steamed and picked
- 10 g Dubu Korean tofu, cooked and squeezed
- 3 g pomelo flesh
- 2 g pine nuts, toasted and chopped
- 1 g chives, chopped
- pine nut milk, to taste
- Maldon sea salt

Crab broth

- 1 kg chicken stock
- 1 kg water
- 20 g Dashima (Korean kombu) stock
- 20 g garlic, crushed
- 10 g ginger, sliced
- 550 g crab shells
- 120 g daikon, diced into large pieces
- 60 g leek, halved lengthwise
- 3 g Korean chilli flakes
- fish sauce, to taste
- salt

Basil oil

- 2 bunches basil
- 200 g pomace olive oil

Pomelo gel

- 100 g lemon's skin
- 100 g pomelo's skin
- 100 g pomelo's flesh
- 200 g lemon's juice
- 180 g sugar syrup
- 1% agar agar

Method

- 1. Pine nut milk:** In a pan, cook the shallot and garlic slowly in the olive oil and sesame oil. Once cooked, add the remaining ingredients and a pinch of salt. Cook very gently for 10 minutes, or until the rice is tender, then put into a blender and blitz until fine. Pass through a sieve and season.
- 2. Stuffing:** Mix all the ingredients together and season. Fill the raw courgette flower with the mixture, filling the flower deeply while taking care not to overstuff them. You should be able to twist the tip of the flower closed and then fold them over themselves to seal.
- 3. Crab broth:** Put all the ingredients into a pan and boil, skim and simmer for about 40 minutes. Season, then strain and keep hot.
- 4. Basil oil:** Quickly blanch and then shock the basil in iced water. Squeeze the liquid from the basil and add to a blender with the oil. Blitz, then pass through a muslin cheesecloth.
- 5. Pomelo gel:** Blanch the lemon and pomelo skins 3 times, then blend with the sugar syrup, pomelo flesh and lemon juice. Blitz until fine, then add agar agar to thicken. Pass through a fine sieve and leave to set in the refrigerator. Once set, blitz again.
- 6. Assembly:** Steam the stuffed courgette flower for 5 minutes. Once steamed, brush with the basil oil and add a little salt. Add to the bottom of a deep bowl, then pipe pomelo gel on top. Garnish with Thai basil (so that it sticks to the gel) and add some extra basil oil around the flower. Pour the hot crab broth at the table, just before serving.



Gamtae Sandwich

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Ingredients

- 10 slices thinly sliced brioche or white bread
- 10 sheets Gamtae or kim/gim seaweed
- 100g cultured butter, at room temperature
- 100g Duckett's Caerphilly or strong mature Cheddar
- Sunflower oil

Method

1. Preheated the oven to 180°C fan.
2. Cut 2 and a half of the Gamtae sheets to match the shape of your bread so that you will have 10 slices. Chop the trimmings and 2 and a half more sheets of Gamtae finely or use a blender or food processor. Reserve all the rest of the Gamtae sheets for wrapping afterwards.
3. Fold the trimmed seaweed through the butter until smooth, and the butter is a uniform light green colour.
4. Using a sharp knife, cut the cheese to the shape of the bread and seaweed sheets, trimming off the rind and any excess.
5. Spread a thin layer of seaweed butter on one side of each bread slice and lay the seaweed sheets on top, then lay a slice of cheese on top and assemble.
6. Heat sunflower oil in a pan over a medium-high heat. Add the sandwich and brown on both sides, then transfer to oven and cook until the edges are gooey. Remove from the oven and wrap with the remaining seaweed sheets.