



GORDON RAMSAY TEACHES COOKING II:

ELEVATED HOME RECIPES

— MASTERCLASS —

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Cooking at home is the new going out.



Chapter Review

Many of the recipes in this class are based on dishes from Gordon's flagship restaurant, Restaurant Gordon Ramsay, which has held three Michelin stars for 17 years and running. Gordon is going to teach you many of the same methods he teaches chefs in his professional kitchens. He'll walk you through the cooking and plating of each dish, and once you've mastered his version, he looks forward to seeing your unique spin as you gain confidence and creativity in the kitchen.

The recipes in this workbook are designed to serve four to six people but are often scaled down to a single serving in the video lessons so that you can get a close look at Gordon's technique without missing any details. Start your practice at a small scale and build up to cooking multiple courses for a group of dinner guests.

About This Workbook

- For each chapter, we've created a cooking timeline that will help you visualize the order of operations in the kitchen and show you which steps can be done simultaneously.
- The Preparation section indicates what recipe elements can be prepared ahead of time. Whenever you prep something, label it with the date it was cooked and when it will expire so that you don't lose track of freshness.
- The Ingredient Notes section offers you workarounds if you can't find specific ingredients at your local store. You can also try to find specialty ingredients online.
- The Dietary Restrictions section notes modifications that can be made to accommodate dietary restrictions like vegan or gluten-free.
- Got leftovers? Some chapters include additional recipes that can put your leftovers to good use. Note that these are not part of the video lessons.
- Each chapter is also accompanied by a beverage pairing.



A Note on Essential Ingredients

- Gordon loves to use Maldon sea salt in his cooking for its flakiness, crunch, and clean flavor. It's from the UK but available in many stores worldwide. Fleur de sel or kosher salt can also be used in its place.
- Invest in a good pepper mill and whole black peppercorns. The flavor of fresh cracked pepper is more vibrant and powerful than pre-ground pepper.
- Always use fresh garlic that you chop or mince yourself. The pre-chopped garlic found in grocery stores doesn't have the sweetness or potency of fresh garlic and can impart bitterness into the dish.
- All of the recipes that call for cubed butter do so because it is easier to handle in smaller pieces. Cube your butter in bulk. Cut butter can be stored in the refrigerator for one month.
- Many of Gordon's recipes call for fresh herbs. Fresh herbs are good for about five days. The easiest way to store fresh herbs is wrapped in damp paper towels kept inside ziplock bags in the vegetable crisper. Watch for discoloration and drying of the leaves at the grocery store and while the herbs are stored in your fridge.



Chapter Two

RED WINE POACHED EGG, ASPARAGUS, AND MUSHROOMS



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

RED WINE POACHED EGG, ASPARAGUS, AND MUSHROOMS



A poached egg [is] that final royal coating across the asparagus that just takes this dish to its zenith.

How to “feel for the asparagus”

Starting from the bottom of the spear, run your knife edge over the top of the stem feeling for when it gives away easily to the knife—that’s where you’ll make your cut, about 2 inches from the bottom. Although you don’t want to eat them as-is, the stems are full of flavor and great for stocks.

Once you’ve taken off the woody parts, you’ll trim another inch or so off the bottom of each asparagus spear for use in the purée. The tips of the asparagus are the sweetest part of the vegetable, so you’ll sauté those, and use the bottom parts in the purée.

Chapter Review

Asparagus are often steamed or boiled, leaving all of their flavor in the cooking liquid. Gordon prefers to “starve them of water” to intensify their flavor. He blisters them in a hot cast-iron pan and leaves the flavorful skins intact. The woody stems still need to be removed through the process of “feeling for the asparagus.”

Gordon likes the contrast between white and green asparagus in this dish. The white is more naturally sweet with a creamy texture and the green is more earthy and bright. But white asparagus has a very short season of seven to eight weeks; if you can’t find it, simply use all green asparagus.

The sweetness of the purée comes from gently sweating the asparagus and aromatics. Gordon uses shallots over white onion because they have a more mellow flavor and won’t overpower the flavor of the asparagus. Browned garlic and onions will change the color of the purée and browned asparagus can end up tasting bitter, so take your time sweating the vegetables.

Gordon calls trumpet mushrooms the “cheap porcini”—full of flavor, but not as expensive. Scoring the mushrooms helps keep the centers from getting spongy. Always lay ingredients into hot oil away from you so that the oil doesn’t spray toward you. Get color on the mushrooms before you turn them. Browning means that the water has had time to cook off, intensifying the mushroom flavor.

Poaching the egg in red wine flavors the wine, and the seasoned wine can be used to poach over and over again. Pass the liquid through a sieve and store in the refrigerator for up to a week. There’s no need to use expensive wine, a house red is fine. Gordon uses room temperature eggs because cold eggs right out of the fridge create a denser yolk and he’s looking for a silky yolk to coat the asparagus.

When Gordon plates the dish, notice how he uses one hand to hold the bottle of purée and the other to steady his hand for precise movement.

RECIPE TIMELINE



RED WINE POACHED EGG, ASPARAGUS, AND MUSHROOMS

*Prep*

- If you choose to make your own vegetable stock for this dish, it can be made ahead of time, refrigerated for up to five days, and frozen for up to a month.

Ingredient Notes

- Green asparagus is harvested from February to June in the US. It can sometimes be found year-round but the quality is not always as good. If you have asparagus that is lacking color, especially when puréed, just add a handful of blanched spinach a little at a time to brighten the purée to deep green.
- If you use store-bought stock, make sure it is unsalted so that you have control over the seasoning in the dish.
- Room temperature eggs are the best to poach with because they won't drastically lower the temperature of the poaching liquid. Gordon uses brown eggs in this dish but white eggs can be used as well.
- White asparagus is generally is found in the US from April to June. It is the same as green asparagus but grown without sunlight and the flavor is slightly sweeter. If you can't find the white variety, use all green.
- Cremini mushrooms can be substituted for trumpet mushrooms.
- If you cannot find lemon thyme, use regular thyme mixed with the zest from half a lemon.
- Meyer lemons are a Chinese citrus hybrid of a lemon and a mandarin orange, so they are sweeter than a regular lemon with a floral aroma. If you can't find them, regular lemons are an equal substitute.

Red Wine Poached Egg, Sautéed Asparagus, and Purée With King Trumpet Mushrooms

Serves 4

Lemon Salt

- 3 Meyer lemons
- 3 tablespoons Maldon salt

Zest Meyer lemons into a mortar and pestle and add Maldon salt. Crush the zest and salt together until fragrant and broken down. Store in an airtight container, in a plastic or ceramic container wrapped tightly with plastic wrap, or a ziplock bag in a cool, dry place for up to two weeks.

Sautéed Asparagus

- 1 bunch thick green asparagus
- 1 bunch white asparagus
- Fresh, coarsely ground black pepper to taste
- Lemon salt to taste
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 1 cup vegetable stock

Trim the woody ends off all of the bunches of white and green asparagus and set aside for stock. Then cut about 1/2 inch's worth of thin slices off the remaining asparagus starting from the trimmed end. Slice until both the white and green asparagus spears reach about 5 inches long. Reserve thin slices for asparagus purée.

Heat a large cast-iron pan over medium-high heat. Season the asparagus spears liberally with black pepper and lemon salt. Add olive oil into the hot pan and let it start to smoke. Add the asparagus spears in an even layer along with any remaining seasoning from the tray. Sauté for 90 seconds or until the green of the asparagus brightens and the white begins to char. Flip the spears, add the butter, and shake the pan so the butter can melt to the bottom of the pan. Let the butter brown and the asparagus spears char for another 90 seconds.

Deglaze the pan with vegetable stock. Turn off the heat and place a folded piece of aluminum foil on top of the asparagus to steam for 2 to 5 minutes. Check for doneness with the edge of your knife. If you feel resistance, let the asparagus simmer on low heat for another 2 minutes. If your knife slides through the asparagus fairly easy, remove from heat and reserve for plating.

Red Wine Poached Egg, Sautéed Asparagus, and Purée With King Trumpet Mushrooms

Serves 4

Green Asparagus Purée

Scraps from the trimmed green and white asparagus
 2 tablespoons unsalted butter, cubed
 1 tablespoon olive oil
 2 tablespoons shallot, small dice or brunoise
 1 garlic clove, chopped
 4 sprigs lemon thyme, leaves picked
 1 to 1½ cups vegetable stock
 4 tablespoons heavy cream
 Maldon salt and fresh cracked black pepper to taste

Melt the butter in a large, shallow saucepan over medium-low heat. Add shallots and garlic with a tablespoon of olive oil and sauté for 3 minutes or until translucent and slightly tender. Do not get any color on the shallots and garlic. Add asparagus slices, season with two pinches of salt, a dash of pepper, and lemon thyme. Stir together with a wooden spoon and sauté for another 3 to 5 minutes or until the asparagus is softened. Be sure not to get any color on the asparagus. The green asparagus should have a vibrant green color—if it starts to gray it is overcooked.

Deglaze the pan with enough vegetable stock to submerge the cooked vegetables and let the liquid come to a simmer. Turn the heat off, cover with a lid, and let rest for 2½ minutes. The asparagus should be soft when pinched between your thumb and finger and tender to the bite.

Remove the lid and bring the heat back to medium. Add the cream and bring to a boil for 1 to 2 minutes. The purée will separate if the cream is cold when blending. Taste and season with more salt as needed.

Transfer asparagus mixture to blender. If you still have a decent amount of cooking liquid in the pan, do not pour all of it in to the blender. Reserve to begin and add as needed or you may end up with soup instead. Start blending on low speed, then gradually increase to medium and blend for 1 minute to emulsify all of the ingredients. The purée should be silky smooth and hold to the spoon when scooped. Taste and season with more salt as needed.

If your purée is not coming together, add a few tablespoons of the reserved cooking liquid to the blender to thin it out. If you don't have extra cooking liquid, use vegetable stock instead. Cool down slightly and pour into an 8-ounce squeeze bottle.

Red Wine Poached Egg, Sautéed Asparagus, and Purée With King Trumpet Mushrooms

Serves 4

King Trumpet Mushrooms

8 king trumpet mushrooms
2 tablespoons olive oil
2 garlic cloves, crushed
½ bunch thyme sprigs
Maldon salt and fresh cracked black pepper to taste

Heat 1 tablespoon of olive oil in a large skillet over medium heat. Slice the trumpet mushrooms in half lengthwise. Use the tip of a paring knife to score the cut side of the mushrooms on the bias moving diagonally across the flesh. Repeat the process again in the opposite direction to create a crosshatch pattern.

Place mushrooms cut side down in the sauté pan and cook for 3 to 5 minutes or until the scored side starts to become golden-brown. The mushrooms will have absorbed all of the oil so add the remaining olive oil to the pan and flip the mushrooms over. Add garlic and thyme sprigs and cook until fragrant, about 2 minutes. Drain the mushrooms on a plate lined with paper towels.

Red Wine Poached Egg

1½ quarts red wine (like cabernet sauvignon or Burgundy-style red)
4 large eggs, at room temperature
1 tablespoon Maldon salt
2 teaspoons cracked black pepper
4 garlic cloves, crushed
6 thyme sprigs
2 bay leaves, dried or fresh

In a medium saucepan over medium heat, bring red wine, bay leaves, and crushed garlic to a rolling boil. Crack an egg into a small glass bowl. To poach, use a whisk to create a whirlpool in the center of the simmering wine, then carefully spill the egg into the center of the whirlpool. Poach until whites are firm and the yolk is just starting to set, about 2 to 2 ½ minutes. Make sure the wine stays at a rolling boil. If it starts turning into a rapid boil, turn the heat down a notch, and if the wine stops boiling, turn the heat up a notch.

To test for doneness, remove the egg from the wine with a slotted spoon and lift it high enough for you to examine the egg. If the egg flattens itself out on the spoon it is still raw in the center and you'll need to place the egg back into the simmering wine for another minute. If the egg holds a domed shape on the spoon and feels slightly soft under your finger it is done. If the egg holds a tight, firm domed shape it is overcooked. Using a slotted spoon, transfer eggs to a plate lined with napkins to absorb the excess poaching liquid. Repeat the poaching process for the remaining eggs. The red wine poaching liquid can be strained, refrigerated, and reused 2 to 3 more times.

Red Wine Poached Egg, Sautéed Asparagus, and Purée With King Trumpet Mushrooms

Serves 4

Plate + Garnish

Lemon salt

Lay 3 to 5 of both colors of sautéed asparagus in the center of the plate in a V shape so the ends meet together at the bottom and the spear tops point to the top of the plate. Place the mushrooms on and around the asparagus with a random feel. Squeeze several dots of the asparagus purée around the edge of the plate. Finish by placing the poached egg on top of the bunched end of the sautéed asparagus and lightly season with lemon salt.

RED WINE POACHED EGG, ASPARAGUS, AND MUSHROOMS



INGREDIENTS

1 tablespoon elderflower cordial

2½ tablespoons Martini Ambrato

½ teaspoon of grapefruit bitters

1 bottle of lemon tonic water

1 to 2 cups of ice cubes (depending on glass size)

2 to 3 slices of dehydrated or fresh grapefruit, to garnish

METHOD

1. Add a generous amount of ice cubes into a wine glass.
2. Add all the liquid ingredients into the glass.
3. Stir all together and garnish with dehydrated or fresh grapefruit slices.

Take It Further

- Begin a tasting notebook that you will use throughout the class. For your first entry, start learning about your palate by recording where and how greatly you adjusted the seasoning of the dish. Record any ideas about where the dish might fit into a three-course meal or any concept that you want to research or practice further. Keep up this practice as you make each dish.
- The finished purée is only one step away from being made into a beautiful asparagus soup. Practice sweating asparagus and making a purée, and then adding vegetable stock to take your purée into a soup. You can also use this technique with other vegetables like parsnips, carrots, broccoli, or butternut squash.
- Use the leftover woody stems to make a simple asparagus stock to build out a spring vegetable risotto. Follow Gordon's recipe on the following pages.
- Try making your own vegetable stock by adding equal parts carrots, celery, and onions to water. The amount of water should double the volume of vegetables. Add fresh parsley and thyme. Simmer and cook for about an hour. Then, strain and chill the stock rapidly and store in plastic quart containers for easy use.

Beverage Pairing

- Gordon recommends you pair this dish with a light, refreshing cocktail like his Street Spritz, following the recipe on the left.



Chapter Three

CRISPY DUCK, RED ENDIVE,
AND SPINACH



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

CRISPY DUCK, RED ENDIVE, AND SPINACH

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[Duck is] the one beautiful protein that everyone loves ordering off the menu but they get really nervous cooking it. I'm going to show you how to nail it.

Chapter Review

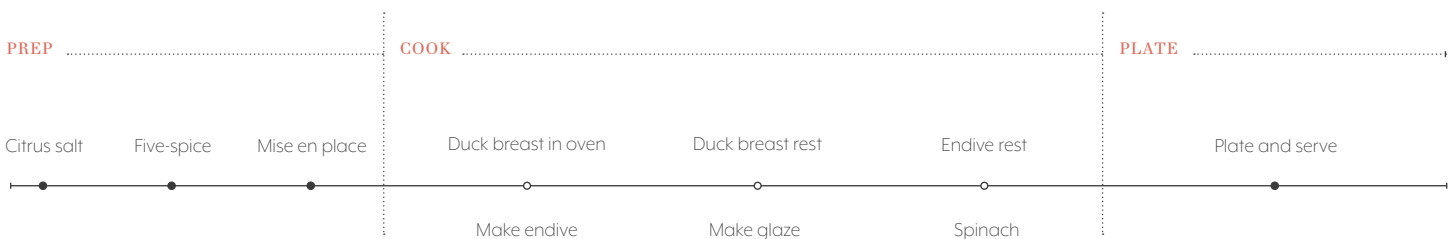
This dish is a harmonious play of bitter and sweet, earthiness and richness. The duck breast, crisped in its own rendered fat is the hero, the cherries add sweetness that plays against the bitter endive, and earthy spinach grounds the dish.

Duck has a naturally fatty skin that melts flavor into the meat as it cooks, so always start it with the skin side down. That way the fat can render against the hot pan and when you turn the meat it will sear the skinless side in its own flavorful fat. Salting the skin before you start cooking helps to draw out moisture so that the skin cooks up crisp as the fat renders out. When trimming duck, you can save the bits of fatty skin to top the duck during cooking as Gordon demonstrates, or save it to render the fat and use in another dish. Gordon loves to use duck fat when sautéing vegetables—especially mushrooms.

Letting the meat rest before slicing is essential so that the juices have time to recirculate into the meat. A good rule to follow is to let the meat rest at least as long as it took to cook in the oven. For this dish, the 8 minutes in the oven equals an 8-minute rest before slicing to plate.

Although endive is often used in salads, Gordon uses a salt and sugar marinade to caramelize them and bleed out the bitterness. As you sauté, watch for liquid to come out of the endive—that is the bitterness on its way out. When the endive has caramelized, the cut side should have edges that look like the top of a crème brûlée and the centers will give little resistance to the tip of your knife.

RECIPE TIMELINE



CRISPY DUCK, RED ENDIVE, AND SPINACH



Prep

- The black cherry glaze can be made up to five days ahead of time. Store refrigerated in an airtight container.
- If you're cooking for a large party, the duck breasts can be seared ahead of time to render out the fat. Undercook the meat slightly and finish cooking to medium rare when you're ready to serve.
- The spinach can be sautéed the day before and warmed when you are ready to serve.

Ingredient Notes

- If you can get duck from your butcher, use within three to five days or freeze for up to six months. Frozen duck breasts from the grocery store are a good substitute but keep in mind that once a protein is frozen and thawed it cannot be re-frozen.
- Frozen cherries can be used instead of fresh cherries but keep in mind that frozen cherries hold more water content, so thaw and strain before use.
- If you can't find red endive use radicchio cut into wedges. Use one radicchio wedge in place of the three red endive halves for plating.
- Gordon mentions that traditional sauces can take days to prepare, from roasting bones to caramelizing mirepoix to several hours-long reduction stages in order to concentrate the flavor and achieve a consistency similar to that of a glaze. The thickening agents in classic sauces are usually demi-glace, tomato paste, roux, or fat. The cherry glaze in this recipe was designed to take far less time than a sauce but achieve a similar depth of flavor. It uses honey as a natural thickener.

Dietary Restrictions

- To make this dish gluten-free, replace the soy sauce with tamari—a fermented soy sauce that uses little to no wheat. Be sure to check that the brand you buy does not contain wheat.

Crispy Five-Spice Duck, Black Cherry Duck Glaze, Caramelized Red Endive, and Sautéed Spinach

Serves 4

Five-Spice Seasoning

- 2 tablespoons star anise seeds
- 2 tablespoons cinnamon seeds
- ½ tablespoon fennel seed
- 1 teaspoon cloves, whole
- ½ tablespoon Szechuan peppercorn
or black peppercorn
- 2 tablespoons kosher salt

Lightly toast each spice individually in a sauté pan on medium heat, or on a sheet tray in an oven at 375°F for 4 to 8 minutes or until each spice is fragrant and lightly golden-colored. Remove from heat and let the spice cool completely. Crush each spice in a mortar and pestle to a medium-fine consistency and mix with salt.

Orange Salt

- 2 navel oranges
- 3 tablespoons Maldon salt

Zest oranges into a mortar and pestle and add Maldon salt. Crush the zest and salt together until fragrant and broken down. Store in an airtight container, in a plastic or ceramic container wrapped tightly with plastic wrap, or in a ziplock bag in a cool, dry place for up to two weeks.

Crispy Five-Spice Duck Breast

- 4 9-ounce duck breasts
- 2 tablespoons kosher salt
- Maldon salt to taste
- 4 tablespoons five-spice seasoning
- 16 thyme sprigs
- 6 garlic cloves, crushed
- Salt and pepper to taste

Preheat oven to 375°F. Lay the duck breasts skin side down on a cutting board. Use a sharp knife to trim off the excess skin so that the remaining skin is the same shape as the breast. Reserve the trimmings for cooking.

Lightly score the skins of the duck breasts using a sharp paring knife to score the skin diagonally ¼ to ⅓ inches apart down the skin. Then rotate the breasts 90° and score again intersecting the previous lines to make a crosshatched pattern.

Sprinkle salt and five-spice onto a sheet tray or baking pan. Lay the duck breasts skin side up into the pan. Season heavily with more five-spice and salt and pepper to taste. Rub the duck breasts evenly in the salt and five-spice seasoning and let rest for 2 minutes before searing.

Crispy Five-Spice Duck, Black Cherry Duck Glaze, Caramelized Red Endive, and Sautéed Spinach

Serves 4

Crispy Five-Spice Duck Breast *continued*

Heat a large cast-iron pan on low for 3 minutes. Lay the duck breasts in, skin side down, and gradually increase the heat to medium. Add the skin trimmings into the pan. Sear skin side down for 3 to 5 minutes or until most of the fat has rendered and the skin is golden brown, flipping the breast over occasionally. Do not cook breasts on high heat or the skin will shrink a tremendous amount and get chewy instead of crispy.

Add the thyme sprigs and garlic cloves and sauté for 1 minute. Set the thyme, garlic, and duck skin trimmings evenly on top of the breasts with the skin side down so the thyme and garlic can absorb into the meat while roasting. Place in the center rack of oven and roast for 8 to 10 minutes, or until slightly springy when pressed. The internal temperature should reach 135°F for medium rare. Transfer to a sheet tray or plate to rest 8 to 10 minutes before slicing.

Caramelized Red Endive

6 heads red endive
4 tablespoons powdered sugar
1 tablespoon aged balsamic vinegar
1 orange for zest and juice
2 tablespoons olive oil
4 tablespoons chicken stock
Salt to taste

Peel off the outer two leaves of the endive and use a paring knife to trim off a small amount of the stem. Make sure to only cut off the tough stem—too close to the leaves and they will fall off during cooking. Cut the trimmed endive in half lengthwise. Place on a sheet tray cut side up and sprinkle with salt. Dust all over with powdered sugar, turning to cover every side. Drizzle the cut sides with aged balsamic vinegar and finish with the zest of half the orange.

Heat 1 tablespoon olive oil in a large nonstick sauté pan over medium heat. Place the endive cut side down into the hot pan and caramelize the endive until golden brown, about 1 to 2 minutes. Dust any remaining powdered sugar into the pan. Flip the endive over and deglaze the pan with orange juice. Add the remaining olive oil and orange zest. Braise gently for 2 to 3 minutes until the endive is slightly soft and the liquid becomes the consistency of a glaze. Taste and season with more salt if needed.

Crispy Five-Spice Duck, Black Cherry Duck Glaze, Caramelized Red Endive, and Sautéed Spinach

Serves 4

Black Cherry Duck Glaze

3 tablespoons honey
1½ tablespoon soy sauce
3 tablespoons red wine vinegar
6 ounces chicken stock
1 cup black cherries, pitted and halved

Drain the pan from cooking the duck breasts and add the honey to the pan over medium heat.

Caramelize the honey for 2 minutes or until it slightly thickens and begins to darken. Deglaze the pan with red wine vinegar, shaking the pan frequently so the liquid can constantly coat the pan and receive even heat.

Once the vinegar is almost evaporated and the liquid is a syrupy consistency, add the chicken stock and let the liquid cook down again for 3 to 5 minutes, or until most of the chicken stock has reduced. Add soy sauce and reduce until thickened again to a syrupy consistency. Add any juices gathered from the resting duck. Taste and adjust the seasoning if needed. Finally, add the cherries and cook for 1 to 2 minutes. Remove from heat and let the cherries finish cooking in the glaze off the heat.

Sautéed Spinach

4 cups spinach
1 tablespoon olive oil
1 tablespoon shallots, minced
1 garlic clove, minced
Salt to taste

Heat a large sauté pan with olive oil on medium-high heat for 2 minutes. Season the pan with a pinch of salt before adding in the spinach. Add the spinach and season with another pinch of salt and a crack of black pepper. Let the spinach cook for 10 seconds and add the garlic and shallots over the top. Use a large spoon or tongs to flip the spinach over so the shallots and garlic can cook in the bottom of the pan. Make sure not to brown any of the ingredients. Toss the leaves every few seconds to have all of the spinach touch the hot surface of the pan, no longer than 20 seconds. Take the spinach off the heat when all the leaves are wilted and vibrant green.

Crispy Five-Spice Duck, Black Cherry Duck Glaze,
Caramelized Red Endive, and Sautéed Spinach

Serves 4

Plate + Garnish

Orange salt

Fan three endive across the top center of the plates with the core ends touching the center of the plate and spoon any excess cooking liquid over the endive. Place a heaping spoonful of the sautéed spinach slightly down center of the plates. Pull the tenderloins off each of the duck breasts and place on top of the spinach. With the duck breasts skin side down on the cutting board, slice the breasts into 4 to 5 pieces. Lay the sliced breasts shingled over the spinach. Spoon 2 to 3 spoonfuls of the cherries around the bottom of the plate. Spoon glaze over the cherries and duck breast. Finish with a pinch of orange salt.

CRISPY DUCK, RED ENDIVE, AND SPINACH



INGREDIENTS

- 2½ tablespoons Ketel One vodka
- 1½ tablespoons Chambord
- 2 teaspoons Cointreau
- 2½ tablespoons cranberry juice
- A touch of grenadine syrup
- Egg white from one egg
- Edible gold powder, to garnish
- Edible flowers to, garnish

METHOD

1. Add the vodka, Chambord, Cointreau, cranberry juice, grenadine syrup, and egg white into a cocktail shaker.
 2. Shake the cocktail until there is a white foam on top.
 3. Pour the shaken cocktail onto ice to keep it cool.
 4. Serve the cocktail in a goblet or balloon glass, with more ice at the bottom.
 5. Add the edible gold powder and a few edible flowers on top to garnish.
- Take It Further*
- Spices were not a big part of cooking in Gordon's upbringing, but as he began to learn more about them he was excited about how much they could change a dish. Read Gordon's Basic Spice Kit on the following pages for more on each component of the five-spice blend, as well as the other spices Gordon considers essential for your pantry.
 - This amount of five-spice yields about ½ cup so if you plan on making this dish often, multiply the batch. If you store this homemade five-spice in an airtight container in a cool, dark place it will retain prime freshness for six months (but can still be potent for two to three years).
 - Dish soap is not a friend of cast-iron. When you're done cooking, clean your cast-iron pans according to Gordon's preferred method. Clean them while still warm to make it easier to remove any food stuck to the bottom or warm over low heat before you start the cleaning process. First add a little vegetable oil and a tablespoon or so of kosher salt into the pan and scrub with a sponge. Then rinse the pan with hot water and dry thoroughly to prevent rust spots. Lastly add a teaspoon or so of vegetable oil or shortening and use a paper towel to season the pan by rubbing the oil into all of the inside surfaces. This helps build a nonstick quality over time and maintains a barrier between moisture and the metal.
 - Gordon instructs you to bring the duck breast "to temp" (meaning to room temperature) before cooking—and that goes for any protein. This helps with even cooking because if the center of the piece of meat is at room temperature rather than fridge temperature when you're ready to cook, it will take less time for the center to reach the desired internal temperature. As the heat works its way from the outside of the meat (the thinnest part) toward the center (the thickest part), both parts will cook at a similar rate, resulting in evenly cooked, juicy meat.
 - Use leftover duck breast in place of the duck legs in Gordon's salad recipe on the following page.

Beverage Pairing

- Gordon recommends you pair this dish with his version of a tiki classic—the Bird of Paradise, following the recipe on the left.

CRISPY DUCK, RED ENDIVE, AND SPINACH

CRISPY DUCK SALAD

Additional recipe / Courtesy of Gordonramsayrestaurants.com

Serves 6

Dressing

Thumb-sized piece of fresh root ginger, peeled

1 lemongrass stalk, cut in half

1 red chili, halved

Juice of 1 lime

Juice of 1 lemon

1 tablespoon dark soy sauce

3 tablespoons extra virgin olive oil

Salad

4 duck legs

Juice of 1 large orange

6¼ ounce ketchup

3 tablespoons runny honey

2 tablespoons + 2 teaspoons soy sauce

2 tablespoons + 2 teaspoons sesame oil

3½ ounce watercress

½ red chili, seeded and julienned

½ green chili, seeded and julienned

Thumb-sized piece of fresh root ginger, peeled and julienned

½ daikon, julienned

10 radishes, sliced

Large handful cilantro, leaves picked

1 bunch of spring onions, trimmed and sliced

2 tablespoons mixed black and white sesame seeds, toasted

Sea salt and freshly ground black pepper

1. Preheat the oven to 375°F (190°C) fan/Gas 5.
2. Place the duck legs on a baking tray, season with salt, then cook in the oven for 2 hours until tender and crispy.
3. While the duck legs are cooking, make the dressing. Put the ginger into a bottle or jar with the lemongrass and chili halves. Pour the lime and lemon juices into the bottle, add the soy sauce and olive oil, season with salt and pepper, then put the lid on and shake the bottle well. Leave to infuse until you are ready to serve. Strain before using.
4. When the duck legs are completely crispy, remove from the oven and leave to cool. Once they are cool enough to handle, pick the meat from the bones, discarding any soft fat. Use two forks to do this—the meat should come away from the bones very easily. Place the picked meat in a bowl.
5. Mix the orange juice, tomato ketchup, honey, soy sauce and sesame oil together in a bowl. Add this sauce to the shredded duck and stir through until well mixed.
6. Combine the watercress, chilies, ginger, daikon and radishes in a separate large serving bowl, add the salad dressing (minus the aromatics) and toss to mix. Add half of the coriander leaves, spring onions and toasted sesame seeds and toss to mix.
7. Serve the salad on a platter or individual plates with the crispy duck on top, then sprinkle with the remaining coriander, spring onions and sesame seeds.

CRISPY DUCK, RED ENDIVE, AND SPINACH

Basic Spice Kit

From *Gordon Ramsay's Home Cooking*, reproduced courtesy of the author and Hachette Book Group, USA.

We're probably all guilty of having a few jars of spice festering at the back of our cabinets, but you should really have a clear-out at least every 12 months. Spices deteriorate very quickly, and after six months they'll have lost most of their flavor, especially if they are already ground. So the first rule is not to buy in bulk. Only purchase what you think you will need within the next six months or so. Keep them in an airtight container, away from direct sunlight and heat (a tin is better than a jar for this reason). Whole spices will stay fresh longer than ground ones, so, where possible, buy whole and grind as and when you need them. Listed opposite are the basic spices I keep on hand.

SALT

I never have refined table salt in my house, not even for salting vegetable water. I always use sea salt, fleur de sel from Brittany out of preference, but Maldon salt is very good too. I find the minerals in it give it a more complex flavor, and again you need less of it. If you watch Italians cooking pasta, you'll see them actually taste the boiling water to make sure it is seasoned properly. They will use 2 teaspoons for every quart of water. It should be a similar ratio for boiling vegetables.

PEPPER

All pepper is not the same either, although the three types—black, green, and white—all come from the same bush. Black peppercorns are fully mature and have the strongest flavor. Green peppercorns are immature berries that are either dried or brined. They are milder and much used in Asian cooking. White peppercorns are black ones with the husk removed. They tend to have a more nose-prickling quality but lack the brute strength of black ones. They are generally used for aesthetic purposes in a white sauce, for example, where you might not want to have black specks. You certainly don't need to worry about stocking both, but, as with all spices, it is better to keep them whole and grind them as and when you need them. The recipe for Szechuan Dan Dan Noodles uses Szechuan pepper, which is not actually pepper at all, but the pod of an Asian berry. It has a mild lemony flavor and causes a slight tingling around the mouth when you eat it.

CARDAMOM

A versatile spice with a warm, sweet flavor. You can either add the pod whole, or crush it to extract the seeds, which can then be ground if you like.

Chiu Powder

Made of ground dried chilies, the powder can vary in potency, so treat with caution. Cayenne pepper is specifically from the cayenne chili.

CINNAMON

The rolled bark of a Sri Lankan tree, cinnamon goes particularly well with sugar. It's also used a lot in meaty savory dishes such as Moroccan tagines.

CLOVES

These dried flower buds, with their medicinal flavor, are essential in dishes as diverse as roasted ham, apple crumble, and mulled wine. Go easy with them, as they can easily overpower.

CORIANDER

These dried berries have a sweet aromatic flavor that bears no similarity to the herb that produces them. Great with cumin in homemade burgers or poaching liquor for fish.

CUMIN

These small seeds have a strong, pungent aroma that lends a familiar backnote to many Indian and Mexican dishes. A little goes a long way.

CRISPY DUCK, RED ENDIVE, AND SPINACH

FENNEL SEEDS

The seeds of the fennel plant have a more pronounced anise flavor than the bulbs and go particularly well with pork.

FENUGREEK

A bitter Mediterranean seed used in curry powders, with an aroma similar to celery. An essential part of homemade ras el hanout, a Moroccan spice mix also containing cinnamon, cloves, coriander, and cumin.

GINGER

I use fresh ginger where possible because it has a much more lively, zingy flavor. But ground ginger is also useful, particularly in baking.

MUSTARD SEEDS

We are used to seeing these in grainy mustard. Their natural fieriness is tempered when they are roasted and they become nuttier in flavor. Essential in Indian cooking.

NUTMEG AND MACE

Both these spices come from the nutmeg tree, mace being the outer lattice covering of the nutmeg seed. Both have a warm, earthy, aromatic flavor, but mace is slightly stronger and sweeter; it works particularly well in custard-based desserts. Nutmeg is essential in a traditional white sauce or rice pudding.

PAPRIKA

A bright red powder made from dried peppers. It can be sweet or hot, smoked or unsmoked, and is a characteristic feature of Spanish and Hungarian cooking.

STAR ANISE

I love star anise more than any other spice. It has a fragrant, slightly sweet anise flavor and is a key ingredient in Chinese five-spice powder. It lends itself to everything from lamb casserole to tarte tatin.

SUMAC

A dark reddish spice, sumac is widely used in Middle Eastern cooking, imparting a tangy, lemony flavor.

TURMERIC

A bright yellow spice that comes from a dried root. It gives curry powder its hallmark color and has an earthy, mustardy flavor.



Chapter Four

POMME PURÉE



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

POMME PURÉE

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The secret behind any great mash is in the waxy potato, because they hold the most amazing amount of cream and butter.

Chapter Review

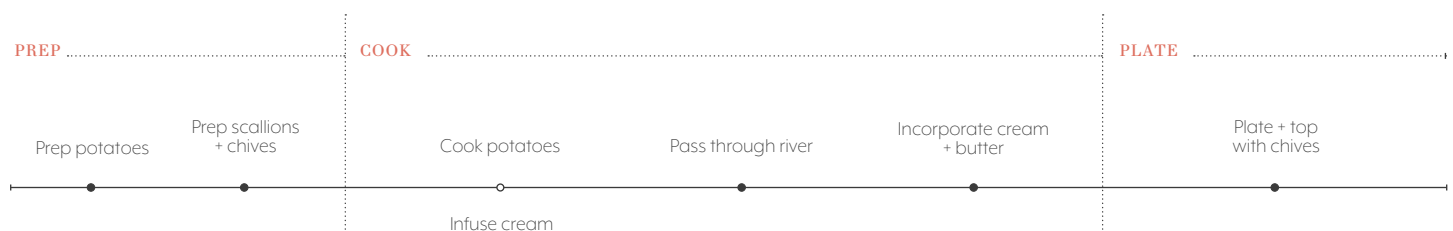
When Gordon learned to perfect pomme purée in Paris, the mix was about 60 percent potato and 40 percent butter and cream. If you use dense, waxy potatoes and cook them following Gordon’s modernized method, you can up the potato flavor and only use about 10 percent fat. Waxy potatoes are high in moisture, low in starch, and maintain a dense texture well when cooked. Starchy potatoes are low in moisture, high in starch, and have a floury texture when cooked. Red, white, and yellow potatoes are waxy, while brown potatoes tend to be starchy.

Yukon Gold potatoes (yellow) are the best varietal for pomme purée—and they’re easy to find. Dice the potatoes for even cooking. Start the seasoned, diced Yukon Golds in cold water, bring to a rapid boil, then turn down to simmer for a gentle cook. If the potatoes are cooked at a rapid boil the outsides finish before the centers resulting in either a watery potato or raw centers. Draining and steaming to finish helps pull out any remaining water for a fluffy final texture. Make sure to season the potatoes at each step of the process—while they’re simmering, when you purée them, and to finish.

Gordon thinks of the seasoned, infused cream as the “varnish” of this dish—it adds a silkiness and shine to the final purée. Gordon likes to use young garlic with small cloves, as it is less harsh than mature garlic and won’t overpower the flavor of the potatoes. Just crack the garlic cloves to allow them to release their flavor into the cream.

Chives are a delicate herb both in flavor and texture. Gordon explains that if you’re mincing chives correctly, there should never be any green left behind on the cutting board. Use a sharp knife, let it do the work, and you’ll make nice, clean slices without smashing the delicate green stems. Their delicate oniony flavor will play up the flavors in the infused cream and add a pop of color to the presentation.

RECIPE TIMELINE



POMME PURÉE*Prep*

- Potatoes can be peeled and diced up to five days ahead of use. Make sure to rinse the diced potatoes in cold water, cover in cold water, and store in in the refrigerator in an airtight container. Check the water as the days go by. If it turns brown and starch settles to the bottom, drain the potatoes, rinse, and replace the water.
- You can make the pomme purée up to a few hours ahead of time and store in a warm place in a saucepot wrapped in plastic and then cover with a lid. When you're ready to serve, heat the purée low and fold in more heavy cream to loosen it up if needed.

Ingredient Notes

- Double cream is common in the UK but hard to find elsewhere. Substitute with whipping cream (or heavy whipping cream in the US). Double cream has a slightly higher fat content but whipping cream can be used as an equal substitute.
- The excess duck fat can be cooled and refrigerated for later use cooking vegetables or potatoes, or to confit.
- Gordon likes to serve this version of pomme purée with fish dishes; whereas he often makes a basil-infused version to serve with steak. Try infusing the cream with different herbs such as basil, parsley, or rosemary to pair with different proteins. Take notes in your tasting notebook about your favorite combinations.

Dietary Restrictions

- This dish is gluten-free and vegetarian. Vegan versions of cream, milk, and butter can be substituted but will give the end result a different flavor profile.

Pomme Purée

Serves 8 to 12

Infused Cream

1½ cups heavy cream
1 teaspoon nutmeg
2 bay leaves
12 garlic cloves, crushed
Salt and black pepper to taste

In a medium saucepan over medium heat, add the heavy cream, bay leaf, oil, and garlic. Bring to a boil and reduce the cream by one fourth. This should take 3 to 5 minutes. Season lightly with salt to taste. Strain the cream through a sieve into a small saucepot to keep warm. Smash the garlic into the sieve to expel as much flavor as possible.

Potatoes

3 large or 6 small waxy potatoes
(Yukon or Kennebec), peeled and diced
1 tablespoon salt, plus more to taste
¼ cup unsalted butter, cubed and chilled
¼ cup scallions, thinly sliced

Pour the diced potatoes into a medium saucepot. Add 3 quarts cold water or enough to completely submerge the potatoes. Add 1 tablespoon of salt. Cover and bring to a boil over medium-high heat. Taste the water to check the salt level. If it isn't seasoned enough, add more salt little by little until reaching your desired seasoning. Turn heat down to medium-low and bring to simmer. Cook 7 to 8 minutes, or until a diced potato can easily be smashed on a cutting board by the back of a spoon. Be sure not to let the water come back to a boil or you will end up with watery, mushy potatoes.

Pour the cooked potatoes into a strainer and allow to drain for 30 seconds to fully release excess water, then add back into the saucepot. Cover and bring to medium heat to let the potatoes steam for 1 to 2 minutes. Scoop cooked potatoes into a ricer and press over a medium-sized bowl. Repeat until all the potatoes have passed through the ricer. Slowly fold a third of the infused cream into the riced potatoes with a rubber spatula. Lightly whip the potatoes and add another third of the infused cream. Fold in a few knobs of cubed butter at a time until all of the butter is incorporated. Whip the potato mixture and taste for seasoning. Add more salt and/or infused cream if needed. Finally, fold in the sliced scallions. This purée should be aerated, light, fluffy, and able to run off the side of a spoon or rubber spatula.

Pomme Purée

Serves 8 to 12

Plate + Garnish

½ bunch chives, thinly sliced

1 tablespoon extra virgin olive oil

Spoon the purée into two 16-ounce serving bowls or use as a component in a plated dish. Sprinkle a generous amount of chives over the top of the potatoes and finish with a drizzle of extra virgin olive oil.



Chapter Five

CAULIFLOWER STEAK, OLIVES,
AND MUSHROOMS



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

CAULIFLOWER STEAK, OLIVES, AND MUSHROOMS

“

This is bringing cauliflower into the 21st century. Gone is that cauliflower mornay, gone is that gray, boiled cauliflower. This is a welcome return for the humble cauliflower.

Chapter Review

Gordon created this dish for his daughters, who demanded vegetables instead of meat. It works as a stunning dish with great depth of flavor, but it is also satisfying and beautiful enough to stand as a vegetarian main course.

To prep the cauliflower, break off the thick leaves and slice off the stem so that the bottom of cauliflower is flat and stable on the cutting board. This technique is useful for safely cutting through any large-scale wobbly veggies like winter squash. Slicing into thick “steaks” ensures that the cauliflower doesn’t break down into florets while cooking, and slicing into equal sizes allows for even cooking—a rule that works across the board with all veggies and proteins.

Brown the butter in the pan and baste the cauliflower steaks with it just like you would a rib eye. Gordon refers to the browned butter by its French name, “beurre noisette,” which translates to hazelnut butter. The nutty flavor of the milk solids in the gently cooked butter is how it got its name.

Gordon plates this dish so that it evokes a feeling of being in a garden. Chive flowers nestled into the olive pistou visually remind the diner of a garden and bright, fresh lemon transports them through aroma. While plating throughout the class, think not only about how a dish looks, but how presentation can transport people to a different place or mood.

RECIPE TIMELINE


CAULIFLOWER STEAK, OLIVES, AND MUSHROOMS



Prep

- All of the vegetables in this dish can be cleaned and cut up to three days ahead. Cover tightly with plastic wrap or store in airtight plastic containers.
- Green olives discolor within a day when cut unless held in olive oil. The pistou can be made ahead of time and stored in glass jars and refrigerated for up to a month.
- The cauliflower steaks can be marinated in olive oil, harissa, and seasoning a day ahead and stored in ziplock bags.

Ingredient Notes

- Harissa is a North African blend of spices and chilis. Gordon uses the dried version and it further toasts as it hits the pan. It's common to find it in a paste, or you can make your own. It can vary from place to place with some versions using smoked chilis, sun-dried tomatoes, or even rose petals. If you used the paste instead of the powder, spread a light layer over the cauliflower steaks after the initial searing or right before it goes into the oven to prevent it from burning.
- Fresh porcinis ("ceps" in the UK) are sometimes hard to find. Shiitake mushrooms have the same meaty, umami flavor and are more affordable. King trumpet mushrooms (also used in Chapter Two) are another good substitute for their similar size and texture to porcinis and are also more affordable.
- Meyer lemons have a unique perfumed, floral aroma but regular lemons are fine.
- Chive blossoms: research what edible flowers might be growing in your region. Herb flowers like fennel and basil, squash blossoms, and nasturtiums are all common edible flowers.

Dietary Restrictions

- This dish is gluten-free and vegetarian. To make this dish vegan, replace the butter with olive oil.

Charred Cauliflower Steak With Olive Pistou and Porcini Mushrooms

Serves 4 as a main, 8 as an appetizer

Charred Cauliflower

2 medium heads of cauliflower (each should be large enough to produce 2 "steaks")

5½ ounces (or 11 tablespoons) olive oil

4 tablespoons harissa powder

1 lemon for juice and zest

4 tablespoons unsalted butter, cubed

½ cup vegetable stock

Preheat oven to 325°F. Peel the leaves off the cauliflower and cut the stem leaving 1 inch or enough for the florets to stay intact. This will leave the base flat and stable on the cutting board and make it easier to cut into the cauliflower evenly. Wet your chef's knife liberally before cutting the steaks to make the knife slick and nonstick when making contact with the vegetable. Cut 1 inch off the left and right edges of the cauliflower leaving about 2 inches of the center intact. Then slice the remaining portion in half, resulting in two 1-inch steaks from each head of cauliflower. The more even the steaks, the more evenly they will cook.

Drizzle a sheet tray or glass baking pan with 4 ounces (or 8 tablespoons) of olive oil. Sprinkle 2 tablespoons harissa powder and 2 pinches of Maldon salt over the oil. Rub one side of the steaks in the olive oil/harissa mix and pour 1 ounce of olive oil and the remaining harissa powder over the other sides. Finish with another 2 pinches of Maldon salt.

Heat two large cast-iron skillets on medium-high heat with 1 tablespoon of olive oil in each. Once the pans are smoking, place the steaks in the hot pan and let brown on one side for 90 seconds or until the edges begin to char. Turn the steaks over gently, add 2 tablespoons of butter to each pan, melt, and brown to give the steaks a nutty flavor. Baste the steaks with the browned butter. When the butter is frothy, split vegetable stock into the pans and let it come to a boil. Remove from the stovetop and place side by side on the middle rack of the oven. Roast for 8 to 10 minutes. Use a paring knife to test the doneness of the cauliflower. If you feel resistance, continue cooking; if it pushes into the flesh easily, it is finished cooking. Transfer to a platter to rest.

Charred Cauliflower Steak With Olive Pistou and Porcini Mushrooms

Serves 4 as a main, 8 as an appetizer

Olive Pistou

¼ cup extra virgin olive oil
1 navel orange for juice and zest
1 lemon for juice and zest
1 cup Castelvetrano green olives, pitted and quartered
1 cup Niçoise olives or Kalamata olives, pitted and quartered
2 tablespoons flat leaf parsley, rough chopped
Salt and pepper to taste

In a medium bowl mix the quartered olives with olive oil, orange juice, orange zest, lemon juice, lemon zest, and parsley. Season to taste with salt and pepper.

Porcini Mushrooms

8 porcini mushrooms
4 garlic cloves, thinly sliced
2 shallots
4 tablespoons olive oil
1 tablespoon unsalted butter
Zest of 1 lemon
8 mint leaves
3 tablespoons nonpareil capers
Maldon salt or kosher salt and cracked black pepper to taste

Heat a large sauté pan on medium-high heat with 2 tablespoons of olive oil. Cut the porcinis in ¼-inch slices lengthwise and move to the side of the cutting board. Cut the shallots in half lengthwise then turn them onto the cut side for stability to thinly slice.

Add the porcinis to the pan and cook for 3 to 5 minutes. Season with salt and pepper. Add the shallots and garlic into the pan and continue to cook, stirring occasionally for 5 minutes, or until the shallots and garlic are translucent. Zest lemon into the pan and add the olive pistou. Stir together.

Lower the heat to medium-low. Chiffonade the mint and sprinkle over the mushrooms. Add the capers and stir in to incorporate. Turn off heat and season to taste with more salt and pepper if needed.

Plate + Garnish

2 tablespoons extra virgin olive oil
2 packs garlic or chive blossoms
1 Meyer lemon for zest and juice

Plate 2 steaks with the cores facing each other. Spoon the olive pistou/mushroom mixture over the steaks. Finish with a drizzle olive oil, lemon zest, and lemon juice and tuck the garlic or chive blossoms into the mixture atop the steaks. Plate cauliflower steaks individually if serving as a main.

CAULIFLOWER STEAK, OLIVES, AND MUSHROOMS

**INGREDIENTS**

- 6 ounces vodka
- 1 dash dry vermouth
- 1 ounce brine from olive jar
- 4 stuffed green olives

METHOD

1. In a mixing glass, combine vodka, dry vermouth, brine, and olives. Pour into a glass over ice. Either drink on the rocks, or strain into a chilled cocktail glass

Take It Further

- Gordon never wastes a scrap in his kitchen and mentions that the leftover cauliflower can be made into a soup or salad. Try his recipes for cauliflower soup and cauliflower salad on the following pages.
- Gordon uses red harissa in this dish, but you can use any harissa variation. Make green harissa using Gordon's recipe on the following page, and note how it changes the dish.

Beverage Pairing

- Gordon recommends you pair this dish with a dirty martini, a spirituous cocktail of gin (or vodka), vermouth, and olive brine following the recipe on the left.

CAULIFLOWER STEAK, OLIVES, AND MUSHROOMS

CAULIFLOWER SOUP + HAM CHEESE TOASTIE

Additional recipe / Courtesy of Gordonramsayrestaurants.com

Serves 6

Soup

1 head cauliflower
 2¼ cups milk
 1¼ cups chicken stock
 1 sprig thyme
 Salt and pepper for the toastie
 Butter, for spreading and frying
 8 slices white bread
 12 slices Bayonne or Parma ham
 1.4 ounces Montgomery cheddar or other strong traditional cheddar cheese, for the garnish

1. Remove almost all the leaves from the cauliflower and cut it into even-sized pieces, including the stem.
2. Put it in a large saucepan and cover with the milk and stock. Add the thyme and some seasoning and bring to a boil over a medium-high heat. Simmer steadily until the cauliflower is soft.
3. Strain the cauliflower, reserving the cooking liquid.
4. Tip the cauliflower into a blender or food processor and blend until smooth. Carefully add the cooking liquid, adjusting the consistency to your preference.
5. Taste and add more salt and pepper as necessary, then pass the soup through a sieve into a saucepan and keep warm until ready to serve.

Toastie

Butter, for spreading and frying
 8 slices white bread
 12 slices Bayonne or Parma ham
 1.4 ounces Montgomery cheddar or other strong traditional cheddar cheese

1. Butter each slice of bread on both sides. Lay 3 slices of the ham on each of 4 pieces of bread. Grate the cheese and sprinkle it evenly over the ham. Sandwich with the remaining bread.
2. Heat some butter in a heavy frying pan and, once melted, lay 1 sandwich in the pan. Cook until golden on each side, pressing gently to help the layers stick together.
3. Remove the toastie from the pan, press gently together once more and keep warm in a low oven while you cook the remaining sandwiches, using extra butter as necessary.

Garnish + Serve

About 2.6 to 3.2 ounces ceps, or 4 chestnut mushrooms
 2 tablespoons butter, for frying

1. Cut the ceps into bite-sized pieces. Melt a knob of butter in a small frying pan and cook the ceps, stirring occasionally, for a few minutes, until browned.
2. Divide the soup between 4 bowls. Top each with a spoonful of the ceps. Cut up the toasties as preferred then put them on base plates or side plates and serve.

CAULIFLOWER STEAK, OLIVES, AND MUSHROOMS

CAULIFLOWER SALAD

Additional recipe / Courtesy of Gordonramsayrestaurants.com

Serves 4

Caramelized Almonds

7 ounces almonds
4 teaspoons sugar
1 egg white
Pinch of salt
1 tablespoon cajun spice mix

1. Mix the almond with sugar, egg white, pinch of salt and cajun spicemix.
2. Put the mixture on a baking tray and into the oven, pre-heated to 180C, for 5 minutes.
3. Mix the almonds again and cook 5 more minutes, then cool before roughly chopping.

Vinaigrette

6¾ ounces olive pomace oil
3½ ounces olive oil
3½ ounces apple cider vinegar
1 garlic clove (blanched 3 times to remove the acidity)
½ shallot
1 tablespoon honey
1 branch of thyme
Couple of black pepper corns and coriander seeds

1. Mix together all the ingredients except the honey.
2. Tightly seal with cling film and let the mixture mature for 3 days at room temperature.
3. After 3 days, pour the vinaigrette through a sieve, and mix the honey in.
4. Using a hand blender, blend together until it emulsifies.

Cauliflower Purée

1 head of shredded cauliflower
3½ ounces (or 7 tablespoons) unsalted butter
3½ ounces milk
Pinch salt
Juice of 1 lemon

1. Put the butter in a large pan and melt slowly without burning.
2. Add the shredded cauliflower, season with salt, mix it well, and cover the pan.
3. Cook the cauliflower for 5 minutes at a low heat, moving the pan constantly so that it doesn't get color.
4. After 5 minutes, take off heat and allow to cool slightly.
5. Put the cooked cauliflower in a blender with lemon juice and blend for 20 minutes or until it becomes very smooth.
6. Taste for seasoning. Add more lemon juice or salt if needed.

CAULIFLOWER STEAK, OLIVES, AND MUSHROOMS

CAULIFLOWER SALAD CONTINUED

Additional recipe / Courtesy of Gordonramsayrestaurants.com

Serves 4

Salad

1 head cauliflower

Zest of 2 lemons

3½ tablespoons chopped caramelized almonds

2 teaspoons chives

2 teaspoons dill

Maldon salt, to taste

Vinaigrette

1. Put the cauliflower purée in the bottom of the serving plate.
2. In a mixing bowl, mix together the shredded cauliflower, chopped chives and dill, lemon zest, and chopped almonds.
3. Season with vinaigrette and Maldon salt, if needed.
4. Serve salad on the top of the purée.
5. Finish the salad with grated Parmesan cheese and few chopped almonds.

GREEN HARISSA PASTE

Additional recipe / Courtesy of gordonramsayrestaurants.com

Green Harissa Paste

5.3 ounces (or 10½ tablespoons) deseeded jalapeños

3.5 ounces (or 7 tablespoons) coriander leaves

2.8 ounces or 5½ tablespoons parsley leaves

2 garlic cloves, peeled

1 tablespoon spring onions, chopped

2 teaspoons cumin seeds, toasted

1 tablespoon ground cumin

Zest and juice of 1 lemon

3½ ounces olive oil

3½ ounces grapeseed oil

Food processor / pestle and mortar

1. Either place everything in a food processor and blitz until smooth or finely chop everything by hand and mix together. After, season with salt to taste.



Chapter Six

RACK OF LAMB WITH
THUMBELINA CARROTS



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

RACK OF LAMB WITH THUMBELINA CARROTS

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This is the ultimate dinner party showstopper. It's glamorous, it hits the table, it's got that wow factor.

Chapter Review

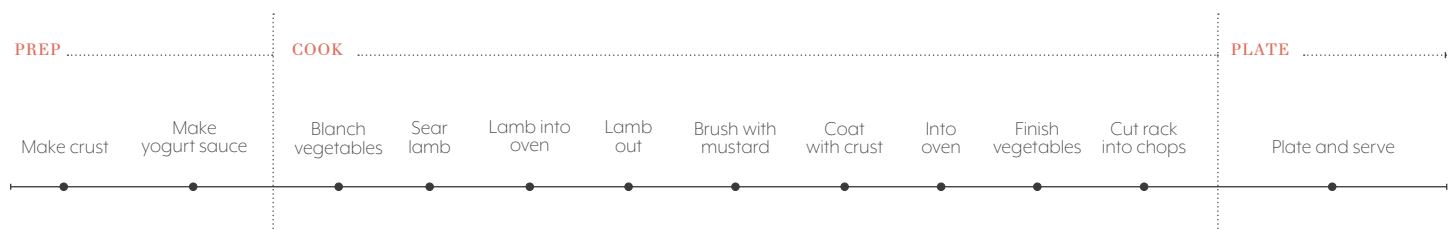
Rack of lamb is a tender, lean cut with most of the fat along the line of the bones. Because there isn't a lot of fat to protect the meat in a hot pan, gently sear the meat over high heat. If the pan is too hot, a hard sear will develop and the meat will tear when you slice the rack into chops. Ask your butcher for a French trim to get the clean bones Gordon uses as a handle to turn the rack in the pan. Gordon uses a cast-iron pan because it retains even heat that finishes the lamb during the resting period.

Gordon's version of rack of lamb is lighter and brighter than some of the traditional preparations. He uses lemon thyme during the sear instead of the classic rosemary and updates the mint jelly commonly paired with lamb with a mint yogurt sauce. The bright flavor of mint lifts the lamb and the cooling yogurt sauce helps mellow the heat of the mustard rub and basil crust.

The crust will protect the lamb during cooking, caramelize in the oven, and add flavor. Brushing the lamb with mustard while hot allows the mustard to seep into the meat to lighten the gamey flavor of lamb and gives the crust a way to stick to the meat. The breadcrumbs give the crust structure and Parmesan seasons the crust and helps it meld together. If you're using this recipe as a course in a meal, you can stop once the lamb is coated with crust, clear your guests' plates, and then get the lamb back in the oven. Make the crust and yogurt sauce ahead of time so you can plate quickly and spend more time with your guests.

Gordon uses a combination of carrots for their natural sweetness and turnips for their earthiness. Thumbelina carrots have a unique, teardrop-like shape similar to the turnips. Whatever type of carrots and turnips you use in this dish, be sure they are cut to a similar size for even cooking. The caramelization process will create a salty/sweet, candy apple-like flavor profile, balanced by the earthiness of the turnips; the star anise and cinnamon will surprise your guests with a new flavor profile of familiar ingredients.

RECIPE TIMELINE



RACK OF LAMB WITH THUMBELINA CARROTS



Prep

- The basil crust can be made and stored in airtight containers in a cool dark area for up to one week.
- The yogurt sauce can be made without the mint 3 to 5 days in advance. (The acids in the yogurt and the lemon juice will turn the mint gray.) Add the mint the day of.

Ingredient Notes

- Colorado lamb racks are much larger than New Zealand lamb racks. If using Colorado racks, plate only two Colorado lamb chops per plate. They also take longer to cook so sear the sides 2 minutes longer each to help speed up the cooking process. When slicing your lamb, if it is bleeding at all, dab the lamb chops on paper towels before plating.
- Panko is made from Japanese white bread that has no brown crust. Italian seasoned bread crumbs cannot substitute for panko. You can make your own panko by removing the crust from a loaf of plain white bread and shredding in a food processor with the shredding attachment. Spread the shredded bread in an even layer on a sheet tray and bake at 300°F for 5 to 10 minutes. The bread crumbs have to be stirred and rotated at least twice times throughout the drying process to make sure every piece is exposed to the heat. Once cooled, seal the dried bread crumbs in an airtight container or vacuum sealed bag. You can store them in a cool, dry cabinet for a few weeks, or freeze for several months.
- Greek yogurt is the recommended yogurt for this sauce because it has less water content than regular yogurt. If you can't find Greek yogurt you can strain regular yogurt in a cheesecloth-lined sieve.
- Any small, waxy potato can be used in place of new potatoes like fingerlings or small or diced Yukon Golds or Kennebecs.
- You can substitute baby carrots or dice regular carrots for the Thumbelina carrots and diced turnips for the Tokyo turnips. If you don't like turnips you can modify the dish with another root vegetable cut to a similar size.
- Gordon uses lemon thyme to brighten up this lamb dish, but a variety of herbs and aromatics can be used. Rosemary is a classic choice because its pungent flavor is strong enough to hold up to the wild, gamey flavor of the lamb.

RACK OF LAMB WITH THUMBELINA CARROTS

Dietary Restrictions

- This dish can be made gluten-free by using a gluten-free brand of panko.

Beverage Pairing

- Gordon recommends you pair this dish with a young Bordeaux-style red wine.

Basil Crusted Rack of Lamb With Glazed Thumbelina Carrots, New Potatoes, and Mint Yogurt Sauce

Serves 4

Basil Crust

½ cup basil leaves, packed

¼ cup fresh flat leaf parsley, packed

8 ounces panko bread crumbs

2 tablespoons kosher salt

½ cup Parmesan, grated

Pulse all of the ingredients in a food processor or blender until bright green and evenly processed. Taste and add salt or more Parmesan if needed.

Rack of Lamb

2 New Zealand rack of lamb, 14 to 16 ounces,
7 to 8 bone, frenched, fat cap removed

2 tablespoons grapeseed oil

Salt and pepper to taste

4 garlic cloves, crushed

1 bunch thyme

2 tablespoons butter, cubed

4 tablespoons Dijon mustard

Preheat the oven to 375°F. Place the lamb racks on a sheet tray and season all sides liberally with salt and pepper. Press all sides of the the meat into the remaining seasoning on the sheet tray to evenly coat.

Heat two medium cast-iron pans over medium-high heat. Add grapeseed oil and let the pan begin to smoke. Add the lamb racks to the pan bone side up with the racks resting on the edge of the pans. Use the bones as a handle to turn the lamb and sear each side for 60 seconds or until browned. Add the thyme, garlic, and butter to the pan and baste for another minute moving the toasted thyme and garlic to the back of the lamb racks. Transfer to oven and roast for 4 to 5 minutes or until the lamb is rare (125°F internal temp).

Transfer lamb to a sheet tray bone side down. Set the cast-iron pans aside for later use. Use a pastry brush to brush the flesh sides of the lamb generously with Dijon mustard. Let the mustard absorb into the meat for 2 minutes then brush with a second coat. This will act as an adhesive for the bread crumbs.

Pour the basil crust onto a flat pan or plate. Holding onto the lamb racks by the bones, dip the lamb into the crust mixture and turn to coat. You can use your hands to sprinkle the crust in between the bones. Lightly shake off any excess.

Basil Crusted Rack of Lamb With Glazed Thumbelina Carrots, New Potatoes, and Mint Yogurt Sauce

Serves 4

Glazed Carrots and Turnips

8 Thumbelina carrots, peeled
8 Tokyo turnips, peeled
4 star anise
4 cinnamon sticks
2 tablespoons honey
3 tablespoons unsalted butter, cubed
¼ cup chicken stock
Maldon or kosher salt to taste

Bring a medium pot of water to a boil and add enough salt to the water to be able to taste it easily. The salt will permeate into the vegetables so each bite of the finished product will be seasoned throughout. To make an ice bath, fill a large mixing bowl halfway with ice and add cold water to cover.

Once the water is at a boil, blanch the carrots for 2 minutes. If the sizing of the carrots is uneven, add the larger carrots first and let them cook for 1 minute before adding in the smaller carrots. Transfer blanched carrots to the ice bath for 3 to 5 minutes to stop the cooking process. Bring the blanching water back to a boil and repeat with the turnips. As each group of blanched vegetables is finished chilling in the ice bath, transfer to a sheet tray lined with paper towels to dry.

Heat olive oil in a large sauté pan on medium heat, then add the cinnamon sticks, star anise, honey, and a pinch of salt. Once the honey starts to bubble, add the blanched carrots and turnips and toss to coat. Cook over medium heat for 3 minutes, turning the vegetables frequently. Add butter to the pan and stir frequently. Let the butter begin to froth and deglaze the pan with chicken stock. Cook for 2 to 3 minutes until the liquid has evaporated and the carrots and turnips are cooked through.

Basil Crusted Rack of Lamb With Glazed Thumbelina Carrots, New Potatoes, and Mint Yogurt Sauce

Serves 4

New Potatoes

8 new potatoes
1 tablespoon olive oil
2 tablespoons unsalted butter, cubed
Salt and pepper to taste

In a medium pot add the new potatoes and enough cold water to submerge. Bring the water to a boil over medium-high heat. Season generously with salt and turn the heat down to a simmer. Cook the potatoes for 10 minutes and test for doneness with the tip of your paring knife or a toothpick. Drain the potatoes and cool in the refrigerator for 10 minutes.

Slice cooled potatoes in half lengthwise. Heat olive oil in a large nonstick sauté pan over medium heat. Add the potatoes in cut side down and season with salt and pepper. Cook without turning for 3 to 5 minutes or until the potatoes start to brown. Flip the potatoes over and add the butter. Reduce the heat to medium-low and let the potatoes cook for 3 more minutes until warmed through.

Mint Yogurt Sauce

1 cup Greek yogurt
12 mint leaves
Zest and juice of 1 lemon
Maldon salt to taste

Stack the mint leaves, roll into a tight log, and slice along the width to chiffonade. Turn the mint 90° and run your chef's knife through again for a rough chop. In a small bowl, mix together the yogurt and mint. Add salt and lemon zest to taste. Finish with a squeeze of lemon juice.

Plate + Garnish

Maldon salt

Spoon yogurt sauce onto the plate at 6 o'clock. Use a mini offset spatula to spread the yogurt sauce from 6 o'clock to 8 o'clock. Lay 2 carrots and 2 turnips, alternated in color, to the left of the yogurt. Garnish the vegetables with 1 star anise and 1 cinnamon stick. Fan 4 new potatoes above the carrots and turnips, toward the left corner of the plate.

Stand the lamb racks upward holding onto the rib bones with the loin side facing you. Slice between each rib to create three individual lamb chops. If the lamb was rested properly, it won't bleed onto the plate. Shingle the lamb chops starting from the top right corner down to the yogurt sauce. Finish with Maldon salt over the insides of the lamb chops.



Chapter Seven

**ROASTED EGGPLANT WITH
BASIL AND FETA**



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

ROASTED EGGPLANT WITH BASIL AND FETA

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This is my favorite way to cook eggplant, one of those rare vegetables that stands out on its own.

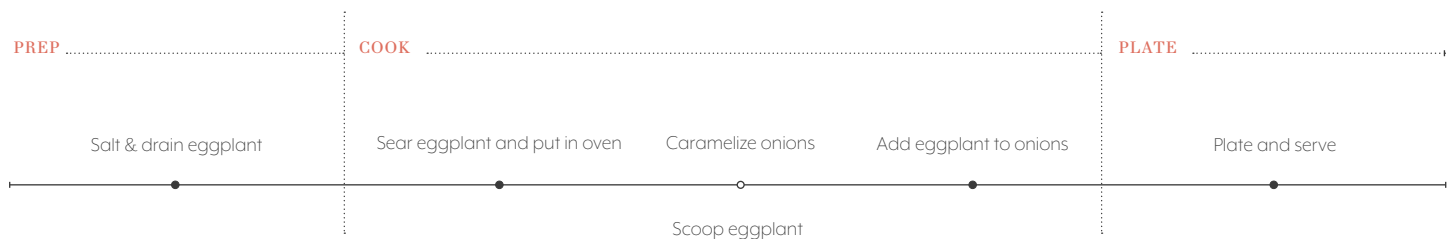
Chapter Review

Cooking eggplant is a labor of love but the results are worth the effort. When eggplant is cooked to the point that the flesh can be scooped out of its skin, chefs call it “caviar.”

Eggplant has a natural bitterness that has to be removed before cooking. Slice and salt the flesh then give the salt time to pull out the bitter moisture. Sear the eggplant in a hot pan to get color on the flesh and then bake in the oven. They will shrink during cooking as moisture evaporates in the oven, leaving behind a concentrated eggplant flavor. After the eggplant comes out of the oven it could be served as-is, but for this dish Gordon wants to take flavor to the next level.

Start building flavor into the dish with the spiced, caramelized onions. When dicing the onion, don't worry about speed. Get your technique down and you will gradually get faster. Gordon uses white onion because it can stand up to the caramelization process better than a more delicate variety like spring onions or shallots. Then, grate fresh ginger into the hot eggplant and watch as it melts into the pan. Tap the microplane on the side of the pan to get every last bit of ginger into the eggplant. At this point, the dish has the earthiness of the eggplant, spice from the onions, and slight heat from the ginger. Gordon adds puréed tomatoes to balance out the flavor profile with their natural sweetness. Finish the dish with basil, feta, and olive oil and have it on toast the next day.

RECIPE TIMELINE



ROASTED EGGPLANT WITH BASIL AND FETA



Prep

- This dish that can be made 3 to 4 days in advance leaving out the basil. Warm the finished product back up in a nonstick sauté pan, add basil, and garnish with feta and micro sorrel.
- The eggplant and canned tomatoes can be drained a day ahead.

Ingredient Notes

- San Marzano tomatoes are the best for this dish because of their sweeter flavor but other types of canned tomatoes will work in place of San Marzanos if you can't find them.

Dietary Restrictions

- This dish is gluten-free, vegetarian, and can be made vegan by omitting the feta cheese.

Beverage Pairing

- Gordon recommends you pair this dish with a light red wine like pinot noir.

Roasted Turkish Spiced Eggplant With Fresh Basil and Feta Cheese

Serves 8

2 medium Italian eggplants
8-10 garlic cloves, sliced in half lengthwise
6 tablespoons olive oil
1 large white onion, small dice
1 tablespoon cracked black pepper
2 teaspoons fresh ginger, grated
4 teaspoons cumin, ground
3 teaspoons coriander, ground
1 teaspoon cardamom, ground
1 small knob peeled ginger for grating
2 28-ounce cans crushed San Marzano tomatoes
10 fresh basil leaves
Salt and fresh cracked black pepper to taste

Preheat oven to 350°F. Pour the canned tomatoes into a sieve over a large bowl and allow to drain for a minimum of 30 minutes.

Slice eggplants in half lengthwise. Use the tip of a paring knife to score the cut side of the eggplant on a bias, moving diagonally across the flesh. Repeat the process slicing in the opposite direction to create a crosshatched pattern.

Generously season the scored side of the eggplants with salt. Face the eggplants cut side down onto a sheet tray with a wire rack to drain for at least 10 minutes. This will allow the excess water to leach out from the eggplants to remove moisture and bitterness. Pat off the excess water with a paper towel. Poke 4 to 6 garlic clove halves into the score marks. Drizzle one tablespoon of olive oil over each half. Finish seasoning with 3 to 4 twists of fresh black pepper.

Heat two large cast-iron pans on medium-high heat with one tablespoon of olive oil in each. When the oil is smoking, add the eggplants cut side down. Sear 3 to 5 minutes or until the eggplants turn a dark golden brown on the cut side. Roast for 20 to 30 minutes or until the flesh is tender and easy to remove from the skin and the eggplants have reduced in size. Remove from pans and rest for at least 5 minutes until the eggplant is cool enough to handle.

Use a large metal spoon to scoop the cooked eggplant from the skins. Place the flesh on the cutting board and mince the eggplant and roasted garlic to make a paste.

Add two tablespoons of olive oil to a large non-stick sauté pan over medium heat. Add diced onion and sweat for 2 to 3 minutes until translucent. Add one more tablespoon of olive oil if the onions seem dry or start to color. Season generously with salt and one tablespoon of cracked black pepper. Add the cumin, coriander, and cardamom and cook for 2 minutes, stirring frequently. The onions will change color due to the color of the spices.

Roasted Turkish Spiced Eggplant With Fresh Basil and Feta Cheese

Serves 8

Add eggplant and use a wooden spoon to stir the eggplant and onions together. Lower the heat to medium-low and cook for 3 to 4 minutes. Add one tablespoon of fresh grated ginger and cook for two minutes. Adding tomatoes and cook over medium heat for 5 to 10 minutes or until a good amount of moisture has evaporated out. Season to taste with salt and pepper if needed.

Stack the basil leaves, roll the leaves into a tight log shape, and slice along the width to chiffonade. Turn basil 90° and slice through three times for a rough chop. Add basil and continue to cook over medium-low heat for one more minute before removing from heat.

Plate + Garnish

4 ounce feta cheese, crumbled
2 pinches micro sorrel
1 tablespoon extra virgin olive oil
salt

Transfer the finished eggplant mixture to two 20 ounce serving bowls. Finish with a sprinkle of feta cheese and a drizzle of olive oil over. Garnish with micro sorrel.

ROASTED EGGPLANT WITH BASIL AND FETA

Take It Further

- Refer to Chapter Six: Knife Skills of Gordon's first MasterClass for more on holding your knife, sharpening, and using the three-finger rule.
- Other ways to use the simple roasted eggplant: on toast or as a side dish with fish or lamb; or transform it into baba ganoush by following the recipe from Gordon Ramsay's *Healthy, Lean, & Fit* below.

BABA GANOUSH

From *Gordon Ramsay's Healthy, Lean, & Fit*,
reproduced courtesy of the author and Hachette Book Group, USA.

Serves 4-6

2 large eggplants
a little oil
Juice of ½ lemon, or to taste
1½ tablespoon tahini
2 tablespoon yogurt
2 large garlic cloves, peeled and crushed
1 sprig thyme, leaves picked
Salt and black pepper to taste
Extra-virgin olive oil
A few pinches of sumac or chopped flat leaf parsley

1. Preheat the oven to 425°F. Prick each eggplant several times with the tip of a sharp knife, then place both on a lightly oiled baking sheet. Roast for 45 to 60 minutes, turning them over halfway, until the skins are wrinkly and the eggplants feel soft when lightly pressed—they should almost collapse upon themselves.
2. Leave the eggplants until they are cool enough to handle, then peel away the blackened skins and put the flesh into a colander. Press with the back of a ladle to squeeze out as much liquid as possible. Tip the aubergine flesh onto a board and chop roughly (or blend for a smooth texture if preferred).
3. Put the chopped aubergine into a bowl and add the lemon juice, tahini, yogurt, garlic, thyme, and seasoning. Mix well, then taste and adjust the seasoning. Cover and chill if not serving immediately.
4. Spoon the baba ganoush into a serving bowl and drizzle extra-virgin olive oil over the surface. Sprinkle with sumac or chopped parsley to garnish, and serve with warm flatbread.



Chapter Eight

GRILLED BABY LEEKS, MISO BROTH, AND CAVIAR VINAIGRETTE



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

GRILLED BABY LEEKS, MISO BROTH, AND CAVIAR VINAIGRETTE

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What [poaching in miso] does for the flavor is mindblowing. Literally takes these leeks to a different league.

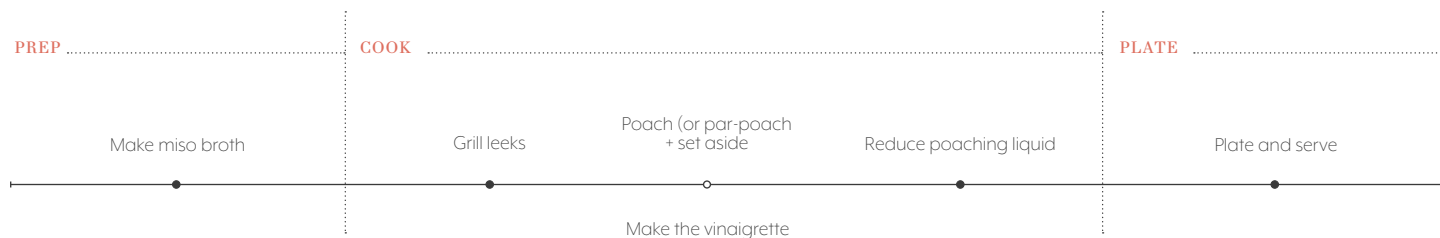
Chapter Review

Leeks have a tough skin, but underneath is a delicate vegetable. Gordon grills the leeks to cook the tougher outside leaves and then poaches the leeks to delicately cook the centers. Whether you use a grill or a grill pan on your cooktop, lightly oil the ingredients and don't oil the grill. If there is too much oil, the excess will burn and give whatever you are grilling an unpleasant flavor.

Miso is a fermented paste common in Japanese cooking, full of umami. Gordon uses white miso, which is sweeter and more mellow than darker misos. As you bring the broth up to a boil, taste it and season if needed. When you begin to reduce the miso broth, watch how the thickness of the broth changes. When it's reduced to the right consistency, the broth should coat the back of the spoon and the miso flavor should taste more powerful than when you started the broth.

Poaching is a gentle process similar to the process of confiting. It's all about the control you have over the pan and. Poaching with the lid on helps poach the leeks evenly from the top and bottom. To par-poach, cook for half the time, take off the heat, and set aside in the poaching liquid. The tougher outside leaves will protect the centers from getting too soft. When you're ready to serve, bring them back up to a simmer and finish cooking. Test for doneness with the tip of your knife—there should be no resistance. You can also complete the dish ahead of time and serve at room temperature.

The miso poaching broth becomes the base for the vinaigrette. The vinaigrette should be rich and luscious, bordering on the texture of a sauce. Gordon sees chives as the baby of the leek family with an even more gentle onion-y flavor much like the difference between a shallot and an onion. The chives will provide sharpness to play against the naturally sweet miso. The caviar gives the vinaigrette a restaurant-level finish but the vinaigrette is equally delicious if made without the caviar.

RECIPE TIMELINE


GRILLED BABY LEEKS, MISO BROTH, AND CAVIAR VINAIGRETTE

*Prep*

- The miso broth can be made three days in advance.
- The vinaigrette can be made three to four days in advance leaving out the eggs and caviar until ready to plate and serve.

Ingredient Notes

- If you are looking to substitute the baby leeks you can use spring onions, thick scallions, or two regular sized leeks. Trim this leek the same as you would the baby leek and wash off any of the dirt that is visible between the layers. Cut the leeks in quarters or sixths depending on the size. Since these leeks interiors are exposed they will become a little more difficult to handle the more they are cooked. Start with the cut sides down on the grill first.
- Miso is a paste of soybeans and grains fermented with a mold called “koji” used in Japanese cooking. Sweet miso and dark miso are the two main types. Sweet miso is white or yellow and dark miso is deep brown or red with a strong earthiness. Both are salty with layered umami flavor that results from the fermentation process. Be sure to use a sweet miso for this recipe, dark miso would overpower the leeks and
- If you can’t find microgreens use fresh herbs like parsley and chives and cut into batons, or simply omit.

Dietary Restrictions

- This dish can be made gluten-free using gluten-free miso and omitting the caviar will make this dish vegetarian.

Grilled Baby Leeks, Warm Miso Broth, and Citrus Caviar Vinaigrette

Serves 4

Grilled Baby Leeks

16-20 baby leeks

½ tablespoons olive oil

1 lemon for zest

Salt and fresh cracked black pepper to taste

Preheat a grill pan over medium-high heat. Trim up to ¼ inch off the ends of the leeks to remove the roots are off but leave the stalks intact so the leeks won't fall apart when grilling. Trim off a few inches of the thick green tops leaving the leeks about half white and light green bottoms and half dark green tops. The scraps can be saved for vegetable stock.

Place the trimmed leeks all facing the same direction onto a sheet tray. Season with salt and pepper and drizzle with olive oil. Use your hands to toss the leeks to get an even coating of oil and seasoning.

When the grill starts to smoke, place the leeks on perpendicular to the grill lines. Put two large plates on top to press the leeks to the grill for about 30 seconds. The weight of the plates and the pressure from your hands will help the leeks char along the grill lines. Cook for 2 more minutes or until the grill marks on the leeks are prominent. Take the plates off, flip the leeks over and repeat.

Once both sides of the leeks are nicely marked, transfer to a sheet tray. Drizzle with a few teaspoons of olive oil and season with more salt and pepper since the leeks will have left some of their flavor stuck to the grill pan. Zest lemon over the leeks.

Warm Miso Broth

2 cups vegetable stock

4 tablespoons white miso

In a large stainless steel sauté pan, bring the vegetable stock to a boil over medium heat. Whisk in a spoonful of miso paste and bring back to a boil. Season to taste with salt and pepper. When the miso broth has reduced enough to thinly coat the back of a spoon, it is ready to use for poaching. Add the grilled leeks to the pan and turn the heat low heat to simmer, covered. Poach the leeks in the miso broth for 8 to 10 minutes.

Grilled Baby Leeks, Warm Miso Broth, and Citrus Caviar Vinaigrette

Serves 4

Warm Miso Broth *continued*

When the leeks give no resistance to the tip of your knife, remove from the broth to a tray. Bring the broth back to a boil and reduce for a few minutes or until the broth is twice as thick as the poaching liquid. Taste for seasoning and adjust as needed.

Citrus Caviar Vinaigrette

2 tablespoons warm miso broth
4 tablespoons extra virgin olive oil
2 tablespoons fresh lemon juice
1 large lemon or 2 small lemons for zest
2 tablespoons chives, thin sliced
2 tablespoons Osetra caviar
2 tablespoons grated egg whites*
2 tablespoons grated egg yolks*
Salt and pepper to taste

*Push through a sieve or tamis with a rubber spatula.

Add four tablespoons of the reduced miso broth to a medium bowl. Add in a pinch of salt and a twist of fresh cracked pepper. Slowly whisk in olive oil, lemon juice, and lemon zest. Stir in chives, grated egg whites, and grated yolks. Finish by folding in the caviar. The end result should be a thin paste. Taste and add salt and pepper if necessary.

Plate + Garnish

Micro mustard greens

Fan the poached leeks in a layer on a platter all laying the same direction widthwise on a rectangle platter. Use a pastry brush to brush a liberal amount of miso broth onto the leeks. Add a second layer of fanned leeks and brush with miso broth. Pour a heaping spoonful of vinaigrette on the empty spaces on both sides of the leeks. Finish with a large pinch of micro mustard greens on top of the leeks.

GRILLED BABY LEEKS, MISO BROTH, AND CAVIAR VINAIGRETTE

**INGREDIENTS**

3½ tablespoons Bombay Sapphire Gin

2 teaspoons apple shrub

1 tablespoon lime juice

1 tablespoon Green tea liquor

5 mint leaves

Fever-Tree Mediterranean tonic

Apple slices, mint sprig and lime or orange peel, to garnish

METHOD

1. Build ingredients into a Balloon glass, add tonic to top and stir
2. Add garnish, and serve in true Wimbledon style

Take It Further

- If you like the flavor profile of this dish, try the recipe for Miso Cod en Papillote from *Gordon Ramsay's Healthy, Lean, & Fit* on the following page.

Beverage Pairing

- Gordon recommends you pair this dish with his unique version of the classic gin and tonic, following his recipe on the left.

GRILLED BABY LEEKS, MISO BROTH, AND CAVIAR VINAIGRETTE**MISO COD EN PAILLOTE***Additional recipe*

From *Gordon Ramsay's Healthy, Lean, & Fit*,

reproduced courtesy of the author and Hachette Book Group, USA.

Serves 4

¼ cup mirin

2 tablespoons white miso paste

1 tablespoon maple syrup

2 teaspoons soy sauce

4 cod fillets (approximately 4½ ounces each),
skinned and pinbones removed

Olive oil, for drizzling

4 heads bok choy, leaves separated from the stem

1½ inch piece of fresh ginger, peeled and
cut into matchsticks

4 spring onions, trimmed and thinly sliced

1. Mix together the mirin, miso paste, maple syrup, and soy sauce in a shallow dish. Add the fish fillets and turn to coat them in the marinade. Cover and leave to marinate in the fridge for at least 4 hours, or up to two days.
2. Preheat the oven to 350°F.
3. Drizzle four large pieces of foil or parchment paper with a little olive oil and place a pile of bok choy leaves in the middle of each square. Top with a layer of ginger and spring onions, then place the cod fillets on top, spooning over any remaining marinade.
4. Draw the edges of the foil or paper together, fold over to make a parcel, and seal tightly, leaving room for steam to circulate. Place the parcels on a baking sheet.
5. Bake in the oven for 10 to 12 minutes, until the fish is just cooked through.
6. Remove and leave to rest for a few minutes before putting each parcel onto a plate for your guests to open themselves.



Chapter Nine

SZECHUAN ROASTED WHOLE CHICKEN



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

SZECHUAN ROASTED WHOLE CHICKEN

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Treat this bird with respect and I promise it will come around tenfold.

Chapter Review

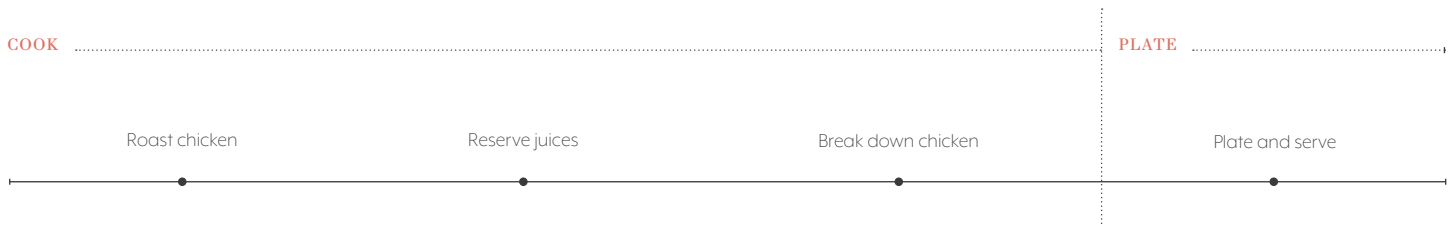
In this chapter, Gordon teaches you how to roast a chicken whole and then use different cuts to execute recipes in the next two chapters. Be sure to let the chicken come to temp as you did with the duck in Chapter Three and the rack of lamb in Chapter Five.

Once the meat has come to temp, season the cavity so that the juices running through the meat during cooking make contact with seasoning at every point. Then, stuff the cavity with large wedges of vegetables and aromatics. Not only do they add flavor, they also help the chicken keep its shape during cooking. That makes for an easier carve later on and helps the juices circulate evenly.

The trick to getting the salt and Szechuan pepper mix to stick to the skin of the chicken is to brush it with egg yolk. The yolk will also help the skin turn golden brown. Gordon's cooking method for the chicken—trussing it, elevating with a grate, and placing it in the center of the oven—helps ensure even heat circulation for even cooking. Trussing the chicken fastens the legs and wings close to the body so that all of the flesh cooks evenly and the wings and legs don't brown too quickly. If you notice the chicken getting color too quickly, cover with foil for 10 minutes.

Like any protein, it's important to let the chicken rest after cooking so that the juices can re-circulate throughout the meat. If you slice into the meat while still hot, it will immediately dry out. The chicken jus will be the secret ingredient of the ramen broth in Chapter Eleven.

RECIPE TIMELINE



SZECHUAN ROASTED WHOLE CHICKEN



Storing Meat

From *Gordon Ramsay's Home Cooking*, reproduced courtesy of the author and Hachette Book Group, USA.

Once you get your meat home, you need to keep it correctly. Meat needs to breathe, so remove any plastic wrapping right away. This is particularly important with vacuum-packed cuts, which will otherwise marinate in their own blood and take on a nasty metallic taste. Put the meat on a plate loosely covered with paper or plastic wrap pierced with a few holes and place it at the bottom of the fridge so it can't drip onto any other foods. If you choose to freeze meat, wrap it up tightly in plastic wrap to keep water crystals from forming on the surface and chill it as quickly as possible. Always defrost meat slowly, ideally in the fridge or at room temperature. Never defrost raw meat in the microwave or the juices will seep out and the meat will toughen.

Prep

- The chicken can be stored in the refrigerator for up to seven days.

Ingredient Notes

- Szechuan pepper isn't hot like chili peppers or spicy like black peppercorns. It has a lemony overtone and is referred to as a "numbing" spice because of its unique property that makes your mouth tingle. It's one of the key ingredients in the Chinese five-spice you'll make in Chapter Three: Crispy Five Spiced Duck. The Szechuan pepper mix in this recipe is enough for one chicken but can be made in bulk. Store in an airtight container in a cool, dry place for up to three years—around six months it will start to become less potent.

SZECHUAN ROASTED WHOLE CHICKEN

Take It Further

- Make chicken stock with the reserved carcass following Gordon's recipe on the following pages.
- If you know you aren't going to be able to use every part of the chicken within a week, you can break down the chicken before cooking, cook only what you plan to use, and freeze the other portions. Learn more about this in Chapter Eight of Gordon's first MasterClass.
- Read Gordon's tips for buying, storing, and prepping chicken on the following pages.
- You can save bones from a previous chicken carcass in the freezer for later. Another option is to make stock after stripping the meat off a chicken as you're cooking the meat. Also, you can use a pack of chicken wings in lieu of a carcass, but don't save the meat. Since you want tendons and bones and sinew, save your money.
- Don't use the same pan to brown the chicken as you are using to make the stock. Adding cold water to a hot pan is a quick way to warp the pan, reducing the usability of it.

HOMEMADE CHICKEN STOCK

Additional recipe / Courtesy of Econovangelism.com

1 chicken carcass, chopped into rough pieces

1 onion, chopped into quarters

1 leek, chopped into thick one-inch pieces

1 carrot, chopped into one-inch pieces

2 celery sticks, chopped into one-inch pieces

1 garlic bulb, chopped in half (don't worry about peeling)

1 sprig of Thyme

2 bay leaves

Fresh parsley to taste

Peppercorns to taste, gently crushed

1. (Optional) brown the pieces of chicken carcasses.
2. Throw all of the ingredients into a large saucepan and then cover with cold water.
3. Quickly bring to a boil.
4. Skim the top of grease off the stock using a ladle to help keep the stock clear and not cloudy as it boils.
5. Let it boil for 30 to 40 minutes, skimming once or twice.
6. Place a sieve over a large pan and put down a cheesecloth into the sieve.
7. Pour the stock into the cheesecloth, catching any impurities and small bits into the sieve while allowing the stock to flow into the pan below.
8. Discard what the sieve caught and you're done.

Szechuan Pepper Roasted Whole Chicken Stuffed With Lemon, Fennel, Onion, and Thai Basil

Serves 4-6, family style

Szechuan Pepper Mix

2 tablespoons black peppercorns, crushed
1½ tablespoons Szechuan peppercorns, crushed

Combine and reserve for chicken.

Crush the peppercorns using the back of a pan, a mortar and pestle, or a blender. If you use a blender, pulse the peppercorns—do not run the blender at full speed, as this will grind it too finely.

Lemon Salt

3 Meyer lemons
3 tablespoons Maldon salt

Zest Meyer lemons into a mortar and pestle and add Maldon salt. Crush the zest and salt together until fragrant and broken down. Store in an airtight container, in a plastic or ceramic container wrapped tightly with plastic wrap, or a zip-lock bag in a cool, dry place for up to two weeks.

Roasted Chicken

1 3-pound whole chicken, cleaned
½ white onion, peeled and halved lengthwise
½ lemon, halved lengthwise
½ fennel bulb, halved lengthwise
4 sprigs Thai basil
2 egg yolks
3 tablespoons Szechuan pepper mix
4 tablespoons lemon salt

Preheat oven to 400°F. Allow chicken to come to room temperature before preparing. Stand the chicken neck side down on a sheet tray with the legs upwards and facing you. Season the cavity of the chicken with 1 to 2 tablespoons of lemon salt. Stuff the onion, lemon, and fennel wedges into the cavity so that the carcass will hold a nice rounded shape and not collapse while roasting. Stuff the Thai basil bunch last, into the center of the cavity with the leaves facing outward.

Whisk the egg yolks together to make an egg wash. Brush the chicken liberally with the egg wash over any visible part of the chicken skin, minus the backside of the chicken. This will act as a glue for the seasoning to stick. Sprinkle 3 tablespoons of Szechuan pepper mix and 4 tablespoons lemon salt over every inch of the chicken. Be sure to spread open the wings and legs and rub seasoning in all the crevasses to ensure maximum flavor in the meat and drippings.

Szechuan Pepper Roasted Whole Chicken Stuffed With Lemon, Fennel, Onion, and Thai Basil

Serves 4-6, family style

Roasted Chicken *Continued*

To Truss:

Use a 2-foot piece of butchers twine to truss the chicken.

Wrap the twine around the body lengthwise so the middle section of the twine is at the neck area and each side of the twine is touching the wings and the thighs (under the drumstick). Bring the twine ends together and cross. Tighten the twine and pull the rest of the twine over the ankles.

Wrap each side of the twine around the ankles to bring the legs close to the body. Tighten the twine and wrap around the ankles once again, moving outward, to make the ankles touch each other and finish by tying the twine ends together into a bow. Make sure the twine is holding the wings and legs in place tight enough to ensure a plump shape for the chicken during roasting.

To Cook:

Place a wire rack between the chicken and the sheet tray to ensure that even the bottom of the chicken skin gets crisp. Roast in the center rack of the oven for 60 minutes, or until the internal temperature of the leg joint area reaches 165°F. Remove from oven and rest for 10 minutes. Use a paring knife or scissors to cut the butchers twine at the point where the ankles meet. Carefully remove the twine and discard. Gently open up the legs and wings to allow the chicken to release heat. Drain the juices from the cavity and the sheet tray into a sieve over a bowl. Reserve the juices at room temperature if you are preparing the dish in Chapter Eleven: Szechuan Crusted Chicken Breast or refrigerate in a sealed container for up to seven days.

Szechuan Pepper Roasted Whole Chicken Stuffed With Lemon, Fennel, Onion, and Thai Basil

Serves 4-6, family style

Roasted Chicken *Continued*

To Carve:

Place the chicken on a cutting board with the legs facing toward you. Place your knife between the left leg and left breast and use the knife to gently push the leg away from the breast and cavity. Make an incision where the leg and breast meet and cut to the leg joint. If you are not familiar with butchering a chicken, use your hand to bend the leg and look for the leg joint between the thigh and the carcass. Roll the whole chicken on its right side and bend the leg further away from the breast and back. This action should snap the ball joint to dislocate the leg bone. Lay the whole chicken with its back on the cutting board. Cut through the separated leg joint. Repeat the same steps for the right leg.

Rotate the chicken so the breasts now face you. Cut lengthwise between the breasts to the sternum. Run the knife down to the top of the sternum and use pressure to cut through the wishbone with the tip of the knife. Run the tip of the knife from the bottom of where the breasts meet to the wishbone area over and over, staying parallel to the sternum. Each knife stroke should cut deeper and release the breast from the body further. Locate where the wing joint meets the back and cut down to the cutting board to remove the breast/wing section from the carcass. Repeat the same steps for the second breast.

To finish carving the chicken, take the legs back to the center of the cutting board. Hold the leg vertically by the ankle with the thigh touching the cutting board. Cut down through the thigh and drumstick joint to separate the pieces. Reserve the carcass for chicken stock.

Arrange the carved sections on a platter to serve or reserve for separate preparations.



Chapter Ten

HOISIN CHICKEN AND PICKLED DAIKON



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

HOISIN CHICKEN AND PICKLED DAIKON

“

This crispy chicken salad for me is a ‘get out of jail card,’ especially when you’ve got a big dinner party.

Chapter Review

This is a versatile dish that can be plated as an appetizer or entree. It’s a time-saver if you’re having a dinner party because all of the components can be made ahead of time for quick assembly the day-of. Set the salad in the middle of the table so that guests can help themselves or plate individually if you’re serving it as the entree.

Gordon’s favorite parts of the chicken are the thigh and drum. Both have dark meat, which has more fat than white meat and therefore more flavor. A little extra fat also helps keep the meat moist. If you work with the chicken while it is still warm, the bones will easily slide out. Gordon likes to shred the meat by hand, but using a knife is just as effective.

Shallow frying the lightly-dusted chicken browns it and gives it a crispy texture without letting the shreds get tough and wiry. Fry the shredded chicken in batches and bring the oil back up to temp after each batch. If the oil gets too hot, turn off the gas and add cold oil to lower the temperature. You can use this technique with other proteins and for fritters that wouldn’t be able to keep their shape in a deep fry. In Chapter Eleven: Szechuan Crusted Chicken Breast, you’ll use shallow frying to cook a whole fish.

Gordon uses a “living” butter lettuce that comes with the root still attached for ultimate freshness and crunch. Trim off the base and fan out the leaves. If you must wash the lettuce, make sure the leaves are completely dried so that the vinaigrette will stick to the leaves. Layer each ingredient in between the leaves so that each leaf is like a lettuce cup with a bit of each component. Each bite should have contrast of the crispy chicken, crunchy lettuce, tart pickles, and spicy ginger. This is an interactive dish so do as Gordon says—go in with your hands, break off a leaf, roll it up, and eat.

RECIPE TIMELINE



HOISIN CHICKEN AND PICKLED DAIKON*Prep*

- The chicken legs can be shredded two days in advance but the frying can only be done just before use or the chicken will lose its crunch.
- The pickled daikon and ginger can be done in advance and stored in a mason jar or vacuum sealed container in the refrigerator for up to a year.
- The vinaigrette can be prepared and refrigerated up to a week.

Ingredient Notes

- If you don't have a wok you can fry in a deep pan or wide-based pot.
- Daikon is a white Japanese radish milder than red radishes which work as a substitute if you cannot find daikon.
- Although chives are preferred in this dish for their delicate flavor, scallions are a good substitute. Fresh, vibrant scallions are preferred over wilting, sad chives so when you're shopping, choose what looks best.
- If you can't find living bibb lettuce use green leaf lettuce, romaine, or iceberg keeping in mind you'll have to alter the presentation and build the salad as you would lettuce cups.

Dietary Restrictions

- This dish can be made gluten-free with a gluten-free hoisin sauce.

Beverage Pairing

- Gordon suggests that you pair this dish with a New Zealand Pinot Gris with good acidity and slightly tropical fruity notes.

Hoisin Glazed Crispy Shredded Chicken Salad, Pickled Daikon, and Honey Mustard Vinaigrette

Serves 4-6

Five-Spice Seasoning

2 roasted chicken thighs and 2 legs,
shredded, skins julienned
2 tablespoons cornstarch
2 tablespoons rice flour
1 quart vegetable oil for frying
3 tablespoons hoisin sauce
1 tablespoon rice wine vinegar
1 Meyer lemon
1 tablespoon chives, sliced

It is easier to to shred the chicken thighs when the meat is still warm but it can be done chilled as well. Use your fingers to release the meat from the bones and shred into pieces about ¼ inch wide.

Add the shredded chicken to a medium size bowl. Mix the cornstarch and rice flour together and sift one tablespoon over the chicken. Toss together with your fingers and add more sifted cornstarch/rice flour if there are uncoated pieces.

Heat a large wok with one inch of vegetable oil on medium high heat until the oil temperature reaches 350°F. Test with a candy thermometer or one piece of chicken. If the oil begins to froth and sizzle rapidly it is hot enough. If the chicken floats to the bottom of the pan and there little movement from the oil, it is not hot enough.

Pour small batches of the dredged chicken onto a spider and shake off the excess flour. Slowly drop the pieces into the wok and shallow fry for 2 to 4 minutes, stirring frequently until crisped and golden brown but not dried out. If the oil stops sizzling it needs to be hotter so you will need to turn the heat on the stove up a notch. If the oil is smoking you can turn the flame off the stove for a second, add a small amount of oil at a time to cool down the hot oil, and turn the flame back to medium-high heat. When you add ingredients to hot oil it immediately lowers the temperature and the more ingredients you add at a time, the faster the oil temperature drops so it's best to fry in small batches. Drain on a sheet tray or plate lined with paper towels and season with salt.

Apply the same frying technique to the julienned chicken skin, without dredging in flour. The chicken skin will only need to fry for about 2 minutes to turn golden brown and crispy.

Mix the hoisin sauce with rice wine vinegar and lightly toss the crispy chicken in the sauce. Add lemon zest and chives. Season to taste if needed.

Hoisin Glazed Crispy Shredded Chicken Salad, Pickled Daikon, and Honey Mustard Vinaigrette

Serves 4-6

Pickled Daikon

2-inch x 2-inch in daikon piece, peeled and julienned
½-inch knob fresh ginger, peeled and julienned
1 cup sugar
1 cup rice wine vinegar
1 cup water

Heat the water, sugar, and vinegar in a medium saucepot over medium heat until the liquid comes to a boil and the sugar dissolves. Use a mandolin or knife to julienne the vegetables. Put the daikon and ginger into their own bowls. Pour the hot pickling liquid over each vegetable and let soak for 20 minutes before refrigerating. Chill before serving.

Honey Mustard Vinaigrette

1 teaspoon honey
1 teaspoon dijon mustard
¼ lemon for juice
2 tablespoons extra virgin olive oil

Whisk the honey, mustard, and lemon in a small mixing bowl.

Whisk in the olive oil and set aside.

Garnish

½ bunch scallions, sliced on the bias
1 large head Bibb or butter lettuce, root and base removed but core intact

Pull off any bruised leaves off the lettuce head. Set the lettuce core face down on a cutting board with the leaves facing up. Starting with the outer layer, wedge your hands between the leaves and the rest of the head. Pry open the leaves and flatten down with the palms of your hands. Repeat this step with all of the layers of the leaves until you are left with the last layer of the heart closed and the leaves open and flattened to resemble a blooming flower. Plate lettuce flower on a serving platter and drizzle each leaf with vinaigrette.

Spoon the fried chicken mixture evenly in between the lettuce layers starting from the bottom. Garnish evenly with pickled daikon and ginger. Add the scallions and finish with a few drizzles of the vinaigrette.



Chapter Eleven

SZECHUAN CHICKEN BREAST AND UDON NOODLES



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

SZECHUAN CHICKEN BREAST AND UDON NOODLES

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How I do it here in my house is that I make this broth, leave all those ingredients in there, chill it, refrigerate it, and then bring it up to a boil slowly three or four days later—and those aromatics are breathtaking.

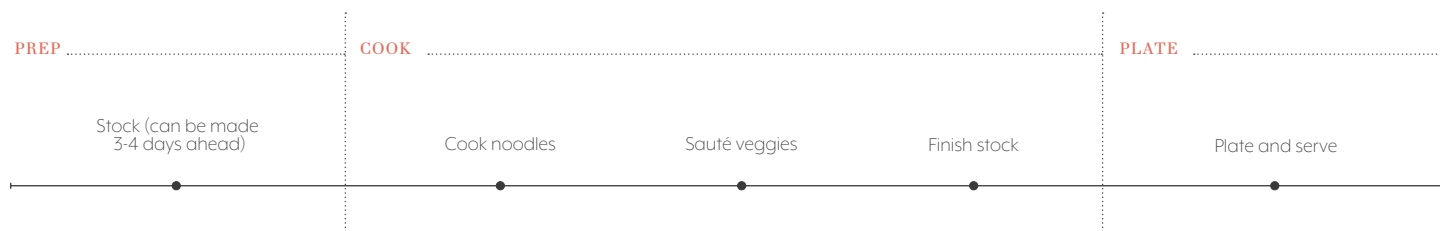
Chapter Review

This play on chicken noodle soup was inspired by one of Gordon's restaurants in Singapore. Gordon uses udon noodles but encourages you to change up the type of noodle to make the dish yours. Both the Szechuan-crust chicken breast and the roasting juices used to enrich the broth are reserved from the whole roasted chicken in Chapter Nine: Szechuan Pepper Roasted Whole Chicken. Start with a base of chicken stock, roasting juices, and aromatics, and taste the broth as it reduces to see how the flavors build.

Gordon adds rice wine vinegar for tannins and soy sauce (instead of salt) for seasoning and color. Keep the stock at a rolling boil as it reduces—the water should be rolling in the middle of the pot and at the sides. This broth can be made up to four days ahead of time, stored in the refrigerator, and slowly brought back to a boil when you're ready to plate.

Gordon preps veggies in the order that they'll go into the pan. Mushrooms will take the longest, bok choy a bit less, and snap peas—the veggie that should retain the most crunch—goes in last. Add a drop of sesame oil to the pan but never sauté anything in sesame oil. It has such a concentrated flavor that it should be used in small amounts. The sautéed veggies only need light seasoning because the soy sauce in the stock will season throughout the composed dish. Take them off the heat when they are 80% done and they'll finish cooking in the hot broth.

RECIPE TIMELINE



SZECHUAN CHICKEN BREAST AND UDON NOODLES



Prep

- The ramen broth can be prepared and chilled up to five days in advance.
- The udon noodles can be blanched up to two days ahead and lightly warmed in hot water for one minute before plating.
- The scallions can be cut a few days ahead and stored in ice water in the refrigerator.
- This dish is best if the chicken breasts are used the same day as the initial roast but if that isn't possible, use this method to warm the reserved chicken breasts:
 - Place the breasts skin side up on a sheet pan with enough chicken stock or water to rise up about one quarter of the way up the breasts. Cover the pan with aluminium foil and bake at 350°F for 20 minutes or until the internal temperature reaches 165°F. The aluminium foil can be removed during the last 5 to 8 minutes of reheating to give the skin a crisp texture.

Ingredient Notes

- Gordon prefers a lighter broth but mentions that you can reduce the broth further to make it even richer.
- In prepping herbs, “picked” means that you’ve pulled each leaf from its stem. It’s a common practice for herbs used for garnish because it means that each leaf or flower has been looked over and approved for presentation.
- Aromatics help build the foundation of a dish with the most common being garlic, onions, celery, and carrots. When they come in contact with whatever fat you are using the cook (vegetable oil, coconut oil, butter, etc), they begin to release fragrant aromas and flavor.

Dietary Restrictions

- To make this dish gluten-free, substitute tamari for soy sauce and use a brand of gluten-free noodles.

Beverage Pairing

- Gordon recommends that you pair this dish with a refreshing, fuller-flavored IPA style beer with hints of sharp citrus.

Szechuan Crusted Chicken Breast, Udon Noodles With Bok Choy, Sugar Snap Peas, Shitake Mushrooms, and Ramen Broth

Serves 2

Lemon Salt

3 Meyer lemons
3 tablespoons Maldon salt

Zest Meyer lemons into a mortar and pestle and add Maldon salt. Crush the zest and salt together until fragrant and broken down. Store in an airtight container, in a plastic or ceramic container wrapped tightly with plastic wrap, or a zip-lock bag in a cool, dry place for up to two weeks.

Udon Noodles

9 ounces dried udon noodles
2 teaspoons sesame oil
1 tablespoon olive oil + 2 teaspoons
2 teaspoons unsalted butter, cubed
1 cup shiitake mushrooms, julienned
½ cup bok choy, chiffonade
¼ cup sugar snap peas, sliced on the bias
4 scallions, rough chop

In a large sauté pan, heat two teaspoons of olive oil on medium-high heat for 2 minutes. Sauté the mushrooms for 3 minutes with sesame oil. Add the bok choy and butter and continue to sauté for another minute. Add the snap peas and scallions and toss. Season with salt and pepper and continue to sauté for 2 more minutes to wilt the scallions. Pull off heat and reserve.

Bring to a boil 2 quarts of cold, salted water. Add the noodles, stir, and let boil for 8 minutes or until the noodles are al dente (“to the teeth” in Italian) or the noodles will overcook while being held for plating. Strain the noodles in a colander and allow to drain and cool for a few minutes. Toss the noodles in a large mixing bowl with 1 tablespoon of olive oil. Add the cooked vegetables and reserve for plating.

Udon Noodles

3 cups chicken stock
1 cup roasted chicken juices
¼ lemongrass stalk, rough chop
½ knob fresh ginger, rough chop
4 garlic cloves, crushed
¼ bunch cilantro, plus 3 cilantro sprigs
1 tablespoon soy sauce
1 tablespoon rice wine vinegar
2 teaspoons sesame oil

In a medium saucepan, simmer the chicken stock with the roasted chicken juices, lemongrass, ginger, cilantro, and garlic over medium heat for 5 minutes. Add soy sauce and rice wine vinegar. Reduce the broth for 20 minutes or until the reduced by half without letting the liquid go above a rolling boil. Strain the broth through a sieve and into a saucepot. Pick cilantro leaves off 3 sprigs of cilantro and add to the strained broth. Add 2 teaspoons of sesame oil to finish.

Szechuan Crusted Chicken Breast, Udon Noodles With Bok Choy, Sugar Snap Peas, Shitake Mushrooms, and Ramen Broth

Serves 2

Plate + Garnish

2 roasted Szechuan crusted chicken breasts
(Chapter Nine: Szechuan Pepper Roasted
Whole Chicken), warmed

1 tablespoon lemon salt

2 tablespoons scallions, thinly sliced on the bias

Use a meat fork to thread half of the udon noodles. Lift half of the noodles up, straighten them out while they hang from the fork, and lean the fork against the edge of the bowl as you twist the fork away from you to roll the noodles into a nest. Bring the fork to a 10 to 12 inch plating bowl and pull off the noodle nest into the center of the bowl. Repeat with the second noodle nest. Spoon half the vegetables over each bowl of noodles.

Slice each chicken breast into 4 pieces and lay over the noodles. Pour the ramen broth into a small pitcher to help distribute the broth easily or use a ladle. Pour or ladle enough of the broth on one side of the bowl and let rise up ½ inch from the top of the udon noodles. Finish with a sprinkle of scallions and lemon salt over the chicken.



Chapter Twelve

SESAME CRUSTED TUNA WITH CUCUMBER SALAD



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

SESAME CRUSTED TUNA WITH CUCUMBER SALAD

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Treat tuna like you would an amazing wagyu steak—they deserve that respect.

Chapter Review

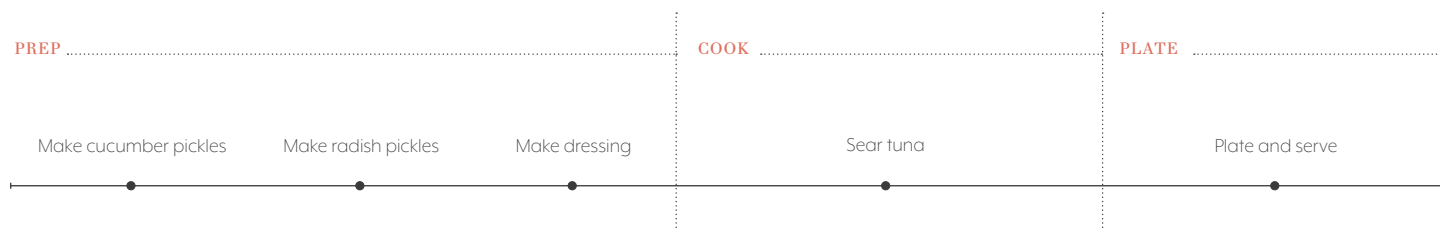
Tuna is a delicate meat with very little fat. Encrusting it with sesame seeds protects the meat during the sear and adds a nutty flavor as the seeds toast. This technique works well with other fish that have little fat and no skin, such as swordfish and mahi mahi. A whisked egg white helps the sesame seeds stick to the fish. Gordon adds lime zest to the loin under the crust and again when plating to infuse fragrance throughout the dish.

Searing happens quickly with tuna—only 30 seconds on each side over medium heat. If the pan gets too hot, add a touch of cold oil to keep the sesame seeds from burning.

Instead of lettuce for the base of this salad, Gordon uses lightly pickled cucumbers for crunch and lightly pickles them for a contrast to the toasty sesame seeds, without overpowering the tuna. Leave the skins on the cucumbers for extra crunch. If you don't have a spiralizer to create ribbons, julienne the cucumber with a mandoline, omitting the watery core. The cucumbers pickle quickly but you can also make them the night before to save yourself time the day of.

When Gordon plates, he is always looking for ways to create height. Use the cucumber “noodles” to lift the tuna slices. Once you've plated a component, try not to move it around. Place it with confidence and let it go. The more you practice, the more precise your moves will get on the first try.

RECIPE TIMELINE



SESAME CRUSTED TUNA WITH CUCUMBER SALAD



Prep

- The pickled cucumbers can be made up to one week in advance and stored in a mason jar. Because of the thin cut for this dish, the texture would lose its crunch beyond one week.
- The vinaigrette can be made and refrigerated until up to a week ahead of time.
- The tuna can be seared in advance and served at room temperature.

Ingredient Notes

- The best place to get sushi-grade tuna loin is from your fishmonger. Use within three to five days and never freeze.
- The pickling liquid can be stored in the refrigerator for a few weeks for about two more uses. After that it will lose its flavor and not be as potency.
- Yuzu is a sour Japanese citrus fruit with a flavor and aroma all its own but similar to a cross between grapefruit and lime. If you can't find yuzu, use lime juice and lemon juice in a 2:1 ratio (6 teaspoons lime + 2 teaspoons lemon for this recipe).
- Microgreens are the tiny, young shoots of vegetables that are often picked after just a few days of growth. They're typically packaged like fresh herbs and near the sprouts at your grocery store. They're essentially a baby version of a full grown plant and because they are so small, their nutrients are more dense than the full grown plant and their flavor is intensified in such a compact vessel. They make a pretty garnish that can add a bite of spice from mustard microgreens, sweetness from pea shoots, or nuttiness from sunflower sprouts. If you can't find microgreens use fresh herbs like parsley and chives and cut into batons, or simply omit.

Sesame Seed Crusted Tuna Loin, Pickled Cucumber Salad, Yuzu-Sesame Seed Dressing, and Microgreen Salad

Serves 4

Sesame Crusted Tuna

4 4-5-ounce tuna blocks, 1.5-inch by 2-inch
by 5-inch
2 cups untoasted white sesame seeds
2 cups black sesame seeds
1 cup egg whites
2 limes for zest
Salt and pepper to taste
2 tablespoons grapeseed oil

Mix the sesame seeds together and set aside. Season all sides of the tuna blocks with a few pinches of salt each and one twist of fresh cracked pepper on each side. In a medium sized mixing bowl, whisk the egg whites to stiff peaks. Use a pastry brush to paint a thin, even layer of whipped egg whites over the tuna flesh. Zest both limes over the tops and bottoms of the tuna. Pour the mixed sesame seeds onto a plate or sheet tray. Roll the sides and ends of the tuna into the seeds to coat. Use your hands to pack the seeds on evenly and set aside on a clean tray.

Heat grapeseed oil in a medium non-stick sauté pan over medium heat with for 3 minutes. Do not let the oil get hot to the point where it starts smoking or it will burn the sesame seeds before cooking the fish. Do not let the oil get too cold or the fish will overcook before any color is achieved.

Start with only one tuna portion at a time to get familiar with the cooking process. Set the sesame crusted tuna blocks in the oil. Tilt the sauté pan to create a reservoir of hot oil in the bottom edge of the pan, keeping the tuna loin close to the elevated edge of the pan, away from the oil.

Pickled Cucumber Salad

2 English cucumbers
1½ cups rice wine vinegar
1½ cups sugar
1½ cups water
1 tablespoon coriander seeds
1 tablespoon cilantro leaves, rough chopped
2 French Breakfast radishes, thinly sliced

Slice the ends of cucumbers off and halve cucumbers widthwise. Keep the cucumber skin on for color and texture. Spiralize one cucumber half at a time. Every spiralizer is slightly different to operate so read the directions before using. Transfer the cucumber noodles to a large mixing bowl and season lightly with salt.

Heat the water, sugar, vinegar, and coriander in a medium saucepot over medium heat until the liquid comes to a boil and the sugar dissolves. Let the pickling liquid cool completely before pouring over the cucumbers.

Sesame Seed Crusted Tuna Loin, Pickled Cucumber Salad, Yuzu-Sesame Seed Dressing, and Microgreen Salad

Serves 4

Pickled Cucumber Salad *continued*

Pour $\frac{3}{4}$ of the pickling liquid and the chopped cilantro over the spiralized cucumbers and let marinate for a minimum of 5 minutes.

Add the sliced radishes to the remaining $\frac{1}{4}$ cup of pickling liquid and marinate quickly for one to two minutes right before plating.

Yuzu-Sesame Seed Dressing

1 lime, juiced and zested
2 tablespoons yuzu juice
1 tablespoon white sesame oil
2 tablespoons olive oil
Salt and pepper to taste
2 teaspoons cilantro leaves, roughly chopped

In a medium sized mixing bowl, whisk together the yuzu, lime juice, and lime zest. Slowly add in the sesame seed oil and olive oil. Season to taste with salt and pepper and sprinkle in the cilantro.

Microgreens Salad

2 pinches micro chives
3 pinches micro arugula
3 pinches micro celery
3 pinches micro radish
3 pinches micro ruby sorrel

Combine all of the microgreens and reserve.

Sesame Seed Crusted Tuna Loin, Pickled Cucumber Salad, Yuzu-Sesame Seed Dressing, and Microgreen Salad

Serves 4

Plate + Garnish

Drain the marinated cucumber noodles in a sieve over a medium sized bowl. Use a meat fork to thread $\frac{1}{4}$ of the cucumber noodles. Pull the noodles up and straighten them out while they hang from the fork. With the fork against the edge of the bowl, twist the fork away from you to roll the noodles into a nest. Bring the fork to the plate (preferably 10-inch plates for this dish) and pull off the noodle nest into the center of the dish. Repeat with the remaining three portions.

Slice the ends off the tuna, then slice the tuna into five slices each. Don't push the knife down while cutting, just rock it back and forth and gravity will do the work for you. Shingled tuna slices over the pickled cucumber noodles.

Spoon some of the dressing around the plate and then over the center of the tuna slices. Scatter marinated slices of radish randomly over the tuna. Finish with a pinch of the microgreen salad over the top of the tuna slices and a wreath of microgreen salad around the plate.

SESAME CRUSTED TUNA WITH CUCUMBER SALAD

**INGREDIENTS**

50ml Patrón Silver Tequila

15ml St Germain

25ml fresh kiwi juice

1 thin slice of cucumber

25ml lime juice

35ml sugar

5 basil leaves

Serve in a Sling glass

METHOD

1. Muddle the thin slice of cucumber into a shaker and add all ingredients except the basil leaves
2. Shake vigorously and double strain into a sling glass.
3. Add the basil leaves and some ice cubes.

Take It Further

- Finding a reputable source for tuna might take some time and research. Visit your local fish markets or grocery store fish counters to see what kind of tuna is available in your area. Since freshness markers differ between types of tuna and different cuts, take notes in your tasting notebook on what is available and do some research before you commit to buying.

Beverage Pairing

- Gordon recommends you pair this dish with his Botanical Sling Cocktail, a take on the classic Singapore Sling, following the recipe on the left.



Chapter Thirteen

**FRIED BRANZINO WITH
THAI CHILI LETTUCE CUPS**



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

FRIED BRANZINO WITH THAI CHILI LETTUCE CUPS

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This dish may look intimidating because it's a whole, fried, crispy fish but trust me, follow the procedures. When it hits the table, it's got that wow-factor.

Chapter Review

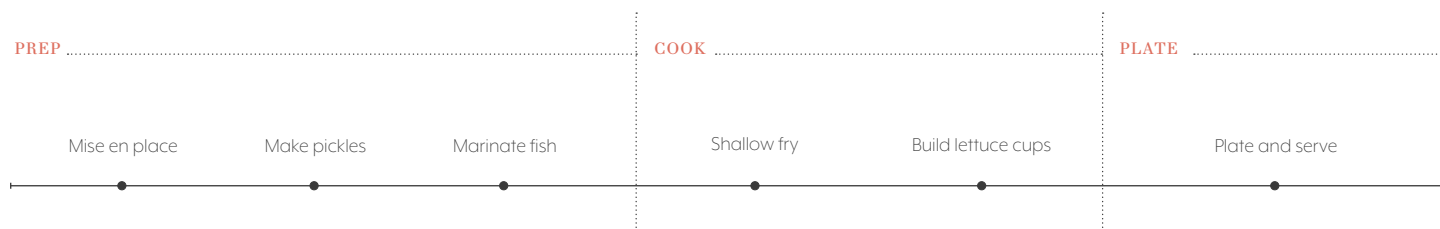
When Gordon spent six months in southeast Asia, he spent time living with a family on the Mekong River Delta in southern Vietnam. This dish is a refined version of the whole fried snapper the family would often make for dinner. It's visually stunning and interactive. Your guests will come together over the whole fish and build their own lettuce cups. Since this will be presented in the middle of the table, it's important to trim the sharp, spiky fins.

Look for the natural angle of the fish when slicing to create the portions that guests will be able to easily pull off the bone. Open up the belly to create a stable base when you're ready to place it into the hot oil.

Branzino is sweet, meaty and full of flavor. Leaving the skin on creates a crispy texture and cooking the fish whole results in incredibly moist flesh. The longer you marinate the fish, the more flavorful it will be. Dredging the fish in cornstarch and rice flour creates a crispy skin and keeps any marinade from hitting the oil and spitting. Cornstarch and rice flour are pure starch while all purpose flour is lower in starch and contains gluten. Starchier flours will crisp and brown more quickly in a shallow fry with a quick-cooking protein like fish. Open up the belly to create a stable base when you're ready to place it into the hot oil. Look for the natural angle of the fish when slicing to create the portions that guests will be able to easily pull off the bone.

The natural shape of the iceberg lettuce creates cups that hold all of the components of the dish. The pickles and lime add acid and the Thai chili sauce adds sweetness and heat.

RECIPE TIMELINE



FRIED BRANZINO WITH THAI CHILI LETTUCE CUPS

Buying Fish

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I always like to buy my fish whole because it gives you more clues about its freshness, and that is very important when buying. Some fish, such as mackerel, will deteriorate very quickly, and can take on a muddy flavor. Look for bright, glossy eyes, fresh red gills, and firm flesh with a shiny, but not slimy, sheen. Contrary to popular belief, fish should not smell “fishy” but just faintly briny. Steer clear of anything tired-looking, especially with sunken or cloudy eyes or dry, soft skin that doesn’t bounce back when you prod it with a finger.

Don’t be put off if you see that fish has been previously frozen. It may well be “fresher” than the fresh fish. Deep-sea fishing boats are often out for weeks at a time, and better that it is frozen on board rather than merely kept on ice. Of course, this should never be the case with fish caught by day boats around our shores.

In an ideal world, we’d all buy our fish from the local fishmonger, who can tell us what has just come in, but sadly they are disappearing faster than independent butchers. If buying from the supermarket, it is often better to buy pre-packaged fillets that sit in a plastic tray rather than from the fish counter, as pre-packed fish is flushed with inert gas to preserve it better. There seems to be a fashion now to shrink-wrap fillets, which I think is the worst way to buy fish, as it marinates in its own juices and the flesh quickly becomes waterlogged and mushy. Crabs, lobsters, mussels, oysters, and scallops all thrive in the cold waters of the northern states, producing sweet, juicy flesh. Lobsters are usually prohibitively expensive, though I often prefer the flavor of crab anyway, which can be a really good value, although the meat doesn’t come out as easily as lobster meat does. For ease, you can buy them dressed, meaning cracked open, the flesh removed and picked over, then repacked into the empty shell. With a bit of practice, they are easy to dress yourself too. When buying a whole crab, look for one that feels heavy for its size.

Mussels are probably the most sustainable seafood on the planet. You’ll find them in large net bags at supermarkets and they make a great quick lunch or supper, but for scallops and oysters you’ll normally have to go to a fishmonger or buy online. Mollusks should always be cooked live, so as soon as you get them home, store them wrapped in a damp dish towel in the bottom of your fridge and eat within a day. Clean mussels only when you are about to eat them. Discard any with cracked shells or any open ones that fail to close when you give them a sharp tap. Then rinse them under running water, pulling away their stringy “beards” and using a knife to cut away any barnacles.

Prep

- The lettuce cups can be wrapped in plastic wrap and refrigerated for a few days before use. Watch out for browning of the edges of the leaves.
- The marinade and Thai dipping sauce can be made up to one week in advance.
- The branzino can be marinated up to two days beforehand for a more intense flavor.

Ingredient Notes

- If you can’t find branzino look for any white fish with a meaty flesh like cod, snapper, or bass.
- Shaoxing wine is an amber colored rice wine with a nutty flavor profile similar to dry sherry. Stay away from labels that say “cooking wine.” You want wine of a good enough quality that you would drink it on its own.
- Thai red chilis use serrano or cayenne chilis or a milder variety like jalapeno or cherry bomb if you prefer.
- Store the cooking oil in a mason jar in the refrigerator and reuse until xx. When it’s time to dispose, pour the cooking oil into a vessel (like a milk carton) for easier disposal or look up grease recycling in your area.
- Little gem lettuce is another type of lettuce that works well in this dish. If you like, you can skip the trimming step since the leaves are the right size all on their own.
- Lemongrass has a very unique flavor and is difficult to replace in a dish, but if you can’t find it you can substitute lemon peel and mint. The peel of 2 lemons and 1 sprig of mint can replace 1 stalk of lemongrass.

Dietary Restrictions

- This dish is gluten-free.

Beverage Pairing

- Gordon recommends you pair this dish with a crisp, dry white wine like sauvignon blanc.

Crispy Whole Fried Branzino, Thai Chili Dipping Sauce, Lettuce Cups, and Assorted Pickles

Serves 4-6

Crispy Whole Branzino

2 pound whole branzino, gutted and scaled
 2 garlic cloves, crushed
 ½-inch knob ginger, sliced
 1 shallot, sliced
 ½ stalk lemongrass, rough cut
 4 Thai chilis, halved
 1 cup Shaoxing wine
 ¼ cup fish sauce
 ½ cup honey
 ½ cup rice wine vinegar
 ½ cup cornstarch
 ½ cup rice flour
 1 quart vegetable oil for frying

Heat 1½ inches of vegetable oil 350-360°F. Place a sheet tray with a wire rack or lined with paper towels next to your frying station so you can easily remove the fish from the wok after frying.

Use a sharp pair of scissors to cut the fins and tail off of the fish. The fish scraps can be saved in an airtight container in the refrigerator for up to three days and made into make a fish stock.

Use a chef's knife or fillet knife to cut ⅓ inch deep down both sides of the vertebrae. Starting one side of the fish one inch away from and parallel to the gills, make 4 to 5 diagonal slices into the flesh, cutting all the way to the ribs and spacing the slices 2 inches apart. Repeat with the other side.

In a large bowl, combine the garlic, ginger, shallots, lemongrass, Thai chilis, Shaoxing wine, fish sauce, honey, and rice wine vinegar. Let marinate for a minimum of one hour before use.

Place the branzino in a large baking dish. Use a pastry brush to liberally brush the Shaoxing marinade inside the cavity, into the cuts, and onto the skin. Season each area with a few pinches of salt and a few twists of fresh cracked pepper. Drain the excess marinade and place fish onto a new baking tray.

Combine the cornstarch and rice flour. Sift over both sides of the fish with a small hand strainer. Make sure all the fish is covered with flour, including the cuts to ensure a crispy crust. The drier the fish is the more even fry it will produce. Shake off any excess flour, then stand the fish up on its belly pulling the belly flaps outward. If the fish falls over, make a longer cut from the belly to create a wider base and help the fish stand up easily in the wok.

Set the center of the fish (where it holds the most weight) onto a spider and carefully place into the hot oil. The oil should froth and sizzle. The temperature of the oil will

Crispy Whole Fried Branzino, Thai Chili Dipping Sauce, Lettuce Cups, and Assorted Pickles

Serves 4-6

Crispy Whole Branzino *continued*

drop once the fish is in so increase the heat to medium-high to bring it back up to a sizzle. Shallow fry the fish until deep golden brown and very crispy, 8 to 10 minutes. As it cooks, ladle hot oil over any exposed part of the fish to ensure even cooking. You will see the cuts you made open up away from the spine and turn golden brown. Once the flesh no longer looks opaque it is done cooking. Remember that the cooking process will continue even after the fish is out of the oil because of the heat trapped in the flesh.

Carefully remove the fish from the oil, Use one hand to grab the tail (if it is too hot use tongs or a towel), lift the tail end of the fish slightly, and slide the spider under the belly. Lift the fish and carefully set on the wire rack over a sheet pan to drain. Season immediately with salt. Turn off the heat, let the oil cool down, and reserve in a mason jar or dispose.

Thai Chili Dipping Sauce

5 tablespoons Thai fish sauce
1 lime for juice
2 Thai red chilis, thinly sliced
2 teaspoons brown sugar
2 garlic cloves, minced

In a medium mixing bowl, stir together all the ingredients. Chill in the refrigerator and chill until ready to plate

Assorted Pickles

½ Japanese Cucumber, thinly julienned
½ mango, thinly julienned
½ carrot, thinly julienned
2x1-inch knob knob ginger, thinly sliced
2 cups rice vinegar
2 cups sugar
2 cups water
1 tablespoon coriander seeds
2 teaspoons salt

Heat the water, sugar, and vinegar in a medium sized saucepot over medium heat until the liquid comes to a boil and the sugar dissolves. Add each julienned vegetable to separate bowls or mason jars. Pour the hot pickling liquid over the ginger and carrots and let soak for 20 minutes before refrigerating. Let the pickling liquid cool before pouring over the cucumbers and mango. Chill for 1 hour or longer before serving. Once ready to use drain the pickles and mix all of the pickles together evenly.

Crispy Whole Fried Branzino, Thai Chili Dipping Sauce, Lettuce Cups, and Assorted Pickles

Serves 4 to 6

Lettuce Cups

To make the lettuce cups, select a big, dense head of iceberg lettuce that looks fresh and free of pinkish discoloration. Peel and discard wilted outer leaves and use a paring knife to cut out the core.

Place the head of lettuce core side up in an ice bath, allowing the water to fill in between the leaves to separate them slightly. Lift the lettuce up out of the water and tilt upside down to drain the water. Carefully separate the leaves until the leaves become too small or too curly for making cups and set aside in a colander to drain. Save the rest of the lettuce to chiffonade or plating.

To trim into a lettuce cup place a leaf in the palm of your hand, use a pair of clean kitchen scissors to trim off the stiff white stem and the edges of the leaf into a 3 to 4 inch circle. Repeat with the remaining leaves. Reserve the nice lettuce cups in stacks of 4 to 6 on a tray or plate lined with paper towels.

Plate + Garnish

2-4 iceberg lettuce heads, or enough to
make 6-12 lettuce cups

1-2 cups iceberg lettuce hearts, chiffonade

2 scallions, thinly sliced

Microgreens

6 lime wedges

Marinate the fried branzino with two spoonfuls of the Thai dipping sauce in the crevasses and let it rest for 2 minutes. Place the fried branzino on the center of a long rectangle platter or slate board. Place one to two tablespoons of chiffonade iceberg lettuce into each lettuce cup, followed by one tablespoon of the mixed pickles. Top the pickles with a pinch or two of the sliced scallions. Spoon about one teaspoon of the Thai dipping sauce into each lettuce cup. Place filled lettuce cups around the fish, three above and three below. Pour the remaining Thai dipping sauce into a small serving bowl with a spoon. When ready to serve, use a utility knife or two forks or tongs to pull off a portion of fried fish into a lettuce cup and pour one spoon of Thai dipping sauce over the fish. Add more filled lettuce cups to the platter as needed.



Chapter Fourteen

RASPBERRY SOUFFLÉ



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

RASPBERRY SOUFFLÉ



Trust me, when you pull this out of the oven—who needs to go to a restaurant?

Chapter Review

Gordon calls the techniques in this recipe “the science of soufflé”—and that science has never failed him. A good soufflé should have crisp “love handles” over the edge of the ramekin. Part of the science is weighing out the ingredients for the soufflé instead of attempting to convert the measurements. This is a common practice for baking and the precision will help you achieve the perfect results. His “double varnish” of butter applied in vertical strokes helps the batter rise up the sides of the ramekin during baking. The double varnish plus a clean swipe of your finger around the top of the ramekin before baking will help form the perfect height and outside texture.

The order of the steps in this dessert is extremely important. Gordon’s prep revolves around the egg whites, since perfectly airy whites are the heart of a successful soufflé. If you add the sugar too early, it will weigh down the whites. Wait until you are $\frac{2}{3}$ into whipping before adding sugar, and use Gordon’s technique of tapping the sugar dish so that only a small amount sprinkles over the whites. Any water can ruin the texture of the egg whites, so your mixer should be clean and completely dry. Keep your eyes on the mixer while the whites whip, paying close attention to the changing texture of the whites as they gain shine and stiffness.

Gordon first learned how to master soufflé while cooking in Paris, and he still loves the excitement of putting them into the oven. At Gordon’s flagship restaurant in Chelsea, every time he gets an order for a soufflé he makes three—one for the guest, one to taste test, and one just in case something goes wrong with the first soufflé.

Prep

- Pastry cream can be made in advance and refrigerated for up to three days.
- The soufflé ramekins can be prepared and chilled uncovered in the refrigerator for a few days before use.

RECIPE TIMELINE



RASPBERRY SOUFFLÉ



Ingredient Notes

- If you don't have the time to make the raspberry purée from scratch, frozen raspberry puree is a good substitute. Gordon likes the Boiron brand.
- Coulis is the French term for a strained fruit or vegetable purée used as a sauce. The recipe for Raspberry Purée makes enough for the slurry that goes into the base of the soufflés and the coulis Gordon pours into the center of the soufflé during plating.

Raspberry Soufflé

Serves 4

Raspberry Purée (Coulis)

600 grams fresh or frozen raspberries
6 Tablespoons granulated sugar
6 Tablespoons water

Add all of the ingredients into a medium saucepot over medium-low heat, cover with a lid and steam the berries for 5 to 8 minutes to allow them to break down. Remove the lid and continue to cook the berries to evaporate the excess water that was released during steaming. Let the mixture reduce for about 5 minutes or until the liquid turns into a syrupy consistency. Do not let the liquid brown.

Pour the cooked berry mixture into a blender and blend on low speed, gradually turning up to high speed for one minute. The result should be an evenly-blended almost jam-like consistency.

Take a medium size sieve and place over a bowl. Pour the raspberry purée into the sieve and pass through with a rubber spatula. Reserve 100 grams of the purée and chill for the soufflé base. Keep the remaining purée warm or room temperature for the soufflé garnish.

Pastry Cream

500 grams whole milk
65 grams egg yolks
62 grams sugar
50 grams cornstarch
5 grams vanilla extract

Gently heat milk over medium heat 3 to 5 minutes until it just begins to simmer or scalds. In a medium sized bowl, whisk together the egg yolks, sugar, cornstarch, and vanilla until very well incorporated. Slowly whisk small amounts of the scalded milk into the egg yolk mixture to temper. Tempering means to slowly mix a hot ingredient into a cold or room-temp ingredient (like the egg yolks) to slowly raise the temperature of the cold or room-temp ingredient while preventing it from overcooking (scrambling in the case of the egg yolks). Once half of the milk is incorporated into the bowl, pour the mixture back into the saucepot and whisk over medium heat until it becomes thick and creamy. Do not let the pastry cream get any color while cooking. Pour the pastry cream into a plastic-wrap-lined baking pan or wide bowl, lay another sheet of plastic over directly touching the pastry cream, and refrigerate for a minimum of 30 minutes. Covering the pastry cream will keep it from developing a thick skin on top. Allow the pastry cream to cool completely before use.

Raspberry Soufflé

Serves 4

Soufflés

2 each 10-ounce ramekins or 4 each 6-ounce ramekins

100 grams raspberry purée

40 grams pastry cream

210 grams egg whites

45 grams granulated sugar

1 lemon wedge

1 stick softened, room temperature butter

Shaved dark chocolate to coat

Brush a thin layer of butter onto the inside bottom of the ramekins and vertically along the sides. Chill the ramekins for a minimum of 30 seconds to let the butter set. Brush on another thin layer of butter, add shaved chocolate into the ramekins, and roll them in your hands so the chocolate shavings can tumble around the inside of the ramekins to coat the sides evenly. Pour any excess shaved chocolate into the next ramekin and repeat until all four are coated. Place ramekins in the refrigerator to cool while making the soufflé batter.

Preheat the oven to 355°F. In a medium sized bowl, whisk together the pastry cream and raspberry purée until very well incorporated.

In a stand mixer fitted with a whisk attachment, begin whisking the egg whites at medium speed. Once they begin to foam, squeeze a small amount of lemon juice as the whites are still whisking. When the volume of the egg whites has increased by $\frac{2}{3}$, gradually begin to stream the sugar. Tap the bowl of sugar with your finger to control the amount of the sugar that is poured in. Increase the speed to medium-high and continue whisking the meringue until it forms stiff peaks and is bright white and glossy. To make sure the top center of the meringue is whipped to the right consistency, turn the speed of the machine back to medium, unlock the safety lock, carefully lift the arm of the mixer up 1 to 2 inches, and hold it in this place for 30 seconds. Lower the arm back down and whip for another 10 seconds.

Fold in a third of the meringue into the medium bowl with the pastry cream and raspberry purée mixture, until fully smooth and incorporated. Gently fold the remaining meringue into the mixture in two parts. The volume will decrease slightly but be careful not to let too much air out of the meringue.

Raspberry Soufflé

Serves 4

Soufflés continued

Fill the ramekins to the top, tap lightly on a flat countertop to even out the batter. Using an offset spatula, scrape the tops of the soufflés flat. Clean off any excess batter off the outside of the ramekins. Finally, place your thumb on the inside edge of the ramekin, push about $\frac{1}{8}$ inch down into the edge of the soufflé batter, and rotate the ramekin in your other hand as you drag your thumb to wipe a small amount of batter from the edge. This is another trick to ensure your soufflé will rise straight up.

Place no more than two ramekins on a sheet tray at a time and bake in the center rack. If using 10-ounce ramekins, bake for 14 to 17 minutes, or until the tops of the soufflés are golden brown. If using 6-ounce ramekins, bake for 10-12 minutes.

Plate + Garnish

Dust with powdered sugar, place a fresh raspberry in the center and serve. For a more formal presentation, dust with powdered sugar, poke two holes into the center soufflé with a small spoon, and pour in fresh raspberry coulis in just before serving.

RASPBERRY SOUFLÉ

**INGREDIENTS**

50ml Bacardi Oakheart

30ml Salted Caramel

50ml Espresso

METHOD

1. Shake ingredients together
2. Double strain into a coupe glass
3. Garnish with ground coffee

Take It Further

- Take it a step further by making Gordon's recipe for raspberry coulis and filling the center of the soufflé. Dust the top with powdered sugar, poke two holes with a small spoon into the center of the soufflé, and pour fresh raspberry coulis in just before serving.
- Gordon suggests you try making the fruit soufflé with other fruit purées like apricot or banana.

Beverage Pairing

- Gordon recommends you pair this dessert with an after dinner cocktail of coffee and rum. Follow his recipe for an Espresso Martini on the left.



Chapter Fifteen

CLOSING



Gordon Ramsay Teaches Cooking II: Elevated Home Recipes

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Cooking is not a sprint—it’s a marathon.

Chapter Review

Gordon never gets a new dish right the first time around. Cooking is a labor of love that takes time and effort to perfect. Practice each dish multiple times before you start building your first multi-course menu. Below are recipes from the overall dish of each chapter that you can make when you don’t have time to cook and compose the complete dish.

WHAT YOU CAN PRACTICE WITH A LITTLE BIT OF TIME:

Sautéed Asparagus
 Red Wine Poached Egg
 Sautéed Spinach
 Porcini Mushrooms
 King Trumpet Mushrooms
 Honey Mustard Vinaigrette
 Yuzu-Sesame Seed Dressing
 Olive Pistou
 Sesame Crusted Tuna
 Pickled Cucumber Salad
 Green Asparagus Purée (or soup)
 Caramelized Red Endive

AN HOUR OR SO:

Udon Noodles + Ramen Broth
 Glazed Carrots and Turnips (including blanching)
 New Potatoes (including boiling)
 Mint Yogurt Sauce
 Vegetable stock
 Chicken stock
 Charred Cauliflower Steaks
 Crispy Five-Spice Duck Breast + Black Cherry Glaze
 Basil Crusted Rack of Lamb
 Roasted Turkish Spiced Eggplant with Fresh Basil and Feta Cheese

Assignment

For your final assignment, plan and execute a dinner party of whatever size you’re ready to host. It might be a family dinner for four, or a big group of friends. Have a “dummy run” of your menu before the big night to refine the timing of each dish and ensure that you have plenty of time to spend with your guests.