

Gary Mehigan - Recipes

Tuesday

Peppered aged beef, tartine of mushrooms, crisp garlic

Serves 4

350g	Tenderloin beef
100g	Black & white peppercorns
100ml	Extra Virgin olive oil
250g	Button & field Mushrooms sliced
250g	Shitake & Enoke mushrooms
250g	King brown mushrooms sliced
6 cloves	Garlic
Pinch	Chervil
Pinch	French tarragon
Pinch	Chives
50g	Butter
Punet	Baby celery leaf
4	Slices sour dough bread

Method

- Crush the peppercorns and pass through a sieve. Coat the tenderloin in the peppercorn mixture and colour lightly on all sides in a hot pan to caramelize. Place into a moderate oven until rare. Cool to room temperature and reserve.
- Slice $\frac{3}{4}$ of the garlic finely. Fry in olive oil over a gentle heat until golden and crisp, drain onto a paper towel and reserve. Leave enough oil in the pan to fry the mushrooms with a pinch of salt until golden. Add a little chopped garlic and the herbs. Remove, cool and chop finely.
- Drizzle the bread slices with a little olive oil and toast or grill. Pile the mushrooms onto the warm toasts. Slice the beef thinly and arrange, drizzle with a little oil and a few sprinkles of flake salt and the garlic crisps and celery leaf.

Wednesday

Mixed seafood grill, cauliflower skordalia, lemon oil

Serves 4

250g	Snapper fillet
4	Scallop
4	Squid baby
200g	Ocean Trout
200g	Sea asparagus
1 small	Cauliflower
2 cloves	Garlic
250ml	Milk
	Salt / pepper
100ml	Olive oil
1	Lemon
Pinch	Chilli
Pinch	Fennel seeds toasted

Method

- Prepare the fish, removing bones and cutting to the appropriate size.
- Brush lightly with olive oil and season with salt and pepper.
- Shred the cauliflower finely and place into a heavy based pot with a pinch of salt and the garlic cloves. Bring to a simmer and cook until thoroughly tender.
- Drain and squeeze the garlic from the skin. Blend until cream and smooth and creamy. Add a splash of extra virgin olive oil.
- Zest the lemon and warm with the olive oil pinch of fennel seeds and chilli.
- Grill or fry the fish until just cooked, thickest pieces first to avoid over cooking.
- Blanch the sea asparagus and toss through a little of the dressing.
- Spread the skordalia onto the plate and place the fish and asparagus on top. Drizzle with the lemon oil.

Thursday

Caramel ice cream, chocolate pave, warm sable biscuit

Serves 4

Sable Biscuits

200g Butter
400g Flour
2g Baking powder
100g Corn flour
200g Icing Sugar
2 Egg Yolks
Pinch Salt

Mix the flour baking powder and salt. Place the butter, icing sugar and cream until soft and pale. Add the egg yolks and then the flour mix. Spread the mixture on a tray and refrigerate for at least an hour. Cut out if requires and bake at 170C until golden.

Chocolate pave

300g chocolate
4 egg yolks
2 whole eggs
250g castor sugar
500ml cream

Whip the eggs and egg yolks over a bain maire until they ribbon. Place the sugar onto a sheet of baking paper and place into moderate oven until the edges begin to tinge a golden colour. Add to the sabayon. Melt the chocolate and whip the cream to a soft peak. Combine the warm egg mix with the chocolate and fold in the cream. Set in a mould overnight.

Caramel sauce

150g Castor sugar
Splash Sherry vinegar

Heat the sugar in a pan over a moderate heat until it starts to melt and caramelize, stir carefully and add the vinegar off the heat. Be aware that it will throw of steam as it hits the hot toffee. Careful!

To serve: A small square of the chocolate pave dusted in cocoa powder, a ball of caramel ice cream, a warm sable slightly broken and a drizzle of caramel sauce.