

Kitchen Quarantine



Executive Chef Francisco Hernandez Breakfast at The Rosebery

Breakfast is often described as the most important meal of the day as it sustains and energises us for the day ahead. Chef Francisco recommends our healthy bowls of Chia Seed Matcha and Granola Parfait to kick start your morning metabolism.



Chia Seed Matcha

Serves 2 - 3 persons

Ingredients

Chia seeds:

50g organic chia seeds
400g almond milk
40g honey

Garnish (per portion):

35g plain or Greek yogurt
1 tbsp matcha tea
1 tbsp of agave syrup
1/2 mango diced
2 tbsp dry coconut flakes
Handful raspberries
Sprig fresh mint.

Method

For the chia seeds mix all ingredients and leave overnight in the fridge.

Take 75g of chia seeds and mix with yogurt and matcha tea.

Put in a serving glass and garnish with mango, raspberries, coconut and mint.

Granola Parfait

Serves 1

Ingredients

20g strawberries
20g raspberries
20g blueberries
20g blackberries
12g strawberries purée
40g granola
100g plain or Greek yogurt

Method

Slice and mix all berries with the purée.

Pour in a serving glass, layer with yogurt and top with granola.

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Chef de Cuisine, David Lepage Bar Boulud, London

Mastering your classic French cooking at home with a simplified recipe of Poule Au Pot, one of France's most celebrated dish for family cuisine.

Poule Au Pot

Serves 4 - 6 persons

Ingredients

1.3kg chicken
1 onion
3 carrots
1 fennel
2 small turnips
1 leek
3 celery stalks
2 cloves garlic
Small bunch thyme
1 bay leaf
1 clove
Black pepper
Salt



Method

Wash all vegetables under cold water. Peel the carrots, turnips, onion and celery stalks. Cut the fennel and turnips into quarters, and the leek and onion in two. Insert the clove in onion halves.

Put the chicken in the pot, cover with water and bring to boil. Simmer and skim off the surface foam. Then add all the vegetables, one tablespoon of salt and all the herbs.

Cover with a lid and cook at a low simmer for 50 minutes until tender. Then let the chicken rest for at least 20 minutes.

Serve the chicken with vegetables and broth on the side, or also recommended with rice. Sprinkle with salt and black pepper.



Head Chef Jonny Glass Dinner by Heston Blumenthal

It is not easy to recreate a dish from the restaurant's eclectic menu, best known for its scientific approach to cooking. Chef Jonny invites you to experiment your culinary skills with one of the most popular desserts.

Sambocade Medieval Elderflower Cheesecake c.1390 Serves 4 - 6 persons

Ingredients

Base

150g plain Hobnobs biscuits
35g dark muscovado sugar
70g melted butter
Pinch of salt

Goat cheese

100g mild goats cheese without rind
100g whipping cream

Goat cheese mousse

2 gelatine leaves
100g cream cheese
250g double goat cream
(alternatively use double cream)
18g icing sugar
60g elderflower cordial
125g whipping cream
100g caster sugar
60g egg yolk
Water

Method

Lightly oil 20cm, 8-inch spring form and line with greaseproof paper. Finely crush the Hobnob biscuits, then mix with melted butter and sugar and salt. Press the mixture into the base of the tin, and place in the fridge to firm up.

Crumble goat cheese in a bowl, add 1/3 of the whipping cream. Stir slowly and keep adding until all is incorporated smoothly. Spread evenly on biscuit base and place in the fridge to firm up.

Soak gelatine in cold water.

Place cream cheese, double cream and icing sugar in a bowl over a pan with hot water and stir until all melted.

Squeeze out all excess water out of the gelatine and add to the warm cream cheese mix and stir until dissolved. Add elderflower cordial and leave to cool .

Whisk the whipping cream to soft peaks and leave to one side.

Dissolve the caster sugar in a medium saucepan with 50g water. When clear, bring to boil and place a sugar thermometer in the pan.



Whisk the yolks with an electric mixer until creamy. When the sugar syrup reaches 120C, remove from the heat at once. Keep the mixer beaters running, drizzle the syrup onto the yolks and beat on full speed, for 3-5 minutes until a yellow foam firms up.

Start by pouring the egg mix 1/3 at a time, then repeat with the cream until all is incorporated.

Pour into the spring form tin over the biscuit and goat cheese and leave to set in fridge for at least 3 hours or overnight.

Release the spring form, remove the ring, and slowly peel off the baking parchment. It is ready to serve with poached pears and walnuts (optional), or on its own.