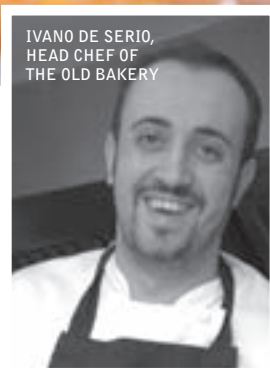




FREE RANGE CHICKEN AND COTE HILL CHEESE TERRINE WITH THYME SCENTED APRICOT JAM



IVANO DE SERIO, HEAD CHEF OF THE OLD BAKERY

# Fruity Moment

*Combine sweet with savoury this month as we get all fruity!*

## STARTER

Free range chicken and Cote Hill cheese terrine with thyme scented apricot jam

### Ingredients:

3 whole chicken breasts,  
100g of Cote Hill Blue cheese  
50ml of single cream  
1 whole egg  
Pinch of smoked paprika  
Salt and ground white pepper to taste

### Ingredients for the Jam:

200g of apricot  
1 Granny Smith apple  
1 teaspoon of fresh lemon thyme  
100ml of Vermouth  
2 tablespoons of caster sugar

### Method:

Roughly chop the chicken and place it in a blender and blitz for 3 minutes, add all the rest of the ingredients and process for 2 minutes. When ready, roll the chicken mousse in cling film and poach in boiling water, fully submerged for 40-45 minutes. When ready, chill for 3 hours.

Meanwhile, discard the stone from the apricots and roughly chop them together with the apple and cook with the rest of the ingredients for 20 minutes in a deep-bottom pan on a low heat. Discard the thyme after cooking and chill for 2 hours before serving.

## MAIN COURSE

Pan-roasted sea bass fillet, cinnamon

stewed red cabbage and apple with vanilla roasted rhubarb

### Ingredients for 4:

8 fillets of sea bass, 1 head of red cabbage, 4 cooking apples, 8 stalks of fresh rhubarb, 1 vanilla pod, 200g of butter, 300ml of cider vinegar, 4 large shallots, 300g of muscovado sugar, 500ml of port, salt to taste.

### Method:

Slice the red cabbage, put half the butter in a deep pan and add the chopped shallots and cook for 2 minutes. Add the sugar, the vinegar and the peeled apples and cook for 3 minutes. Add the cabbage, the port and more water to cover the cabbage

if needed. Cook with the lid on, on low for 1 hour. Season the sea bass fillet with salt, melt 2 tablespoons of butter in a non-stick pan on medium heat and cook the fish, skin down first, for 2 minutes each side. Before ready to serve, wash the rhubarb and cut into 2 inch lengths, melt 1 tablespoon of butter in a non-stick pan and add the vanilla seeds from the pod and rhubarb in a single layer. Cook on a medium heat for 1 minute each side and season with salt.

#### DESSERT

Raspberries and beetroot parfait on pineapple and saffron soup

#### Ingredients for the parfait:

400g of fresh raspberries  
1 cooked and peeled beetroot  
180g of caster sugar  
3 egg yolks  
300ml of double cream

#### Ingredients for the pineapple soup:

200ml of pineapple juice  
Small pinch of saffron  
1 medium pineapple  
100g of caster sugar

#### Method:

To make the parfait, blend the raspberries and beetroot to a fine puree. Whisk the cream to soft peak and place the egg yolks and sugar in a bowl. Whisk until pale and fluffy. Add the raspberries and gently fold followed by the cream and pour in a terrine mould and freeze overnight.

Peel and dice the pineapple, soak the saffron in the cold pineapple juice for 15 minutes, place it in a pan with the sugar and cook for 1 minute. Add the diced pineapple, cook on a low heat for 15 minutes and refrigerate to chill.

*Recipe courtesy of  
The Old Bakery, Lincoln*



RASPBERRIES AND BEETROOT  
PARFAIT ON PINEAPPLE AND  
SAFFRON SOUP



PAN-ROASTED SEA BASS FILLET, CINNAMON  
STEWED RED CABBAGE AND APPLE WITH  
VANILLA ROASTED RHUBARB



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