

Salad Days



IVANO DE SERIO,
HEAD CHEF OF
THE OLD BAKERY

As the months heat up, we cool down with a tasty seaweed salad

STARTER

Sesame and soy glazed steamed
Lincolnshire asparagus with fresh
seaweed salad

Ingredients for the glazed asparagus:

16 fresh Lincolnshire asparagus
2 tablespoons of Demerara sugar
100ml of aged soy sauce
50ml of toasted sesame oil
2 tablespoons of rice vinegar
2 tablespoons of sesame seeds

Ingredients for the seaweed salad:

200g of fresh mixed seaweed
½ cucumber grated
1 large carrot finely sliced
3 tablespoons of grated fresh green
papaya
2 tablespoons of freshly grated daikon
100ml of toasted sesame oil
200ml of soy sauce
50ml of mirin
2 tablespoons of sesame seeds

Method:

For the seaweed salad, soak
the seaweed in cold water for
20 minutes, drain, add all the
ingredients and chill for 1 hour.

Trim and poach the asparagus in
salted boiling water for 2 minutes,
drain and place in a non-stick pan,
add all the ingredients apart from
the sesame seeds and cook for 3-4
minutes. When ready sprinkle the tips
of the asparagus with the sesame seeds
and serve with the seaweed salad and
cooking liquid.

MAIN COURSE

Pan roasted fresh monkfish and butter
poached asparagus with parsley and
capers mayonnaise

Ingredients:

600g of fresh monkfish tail fillet
16 Lincolnshire asparagus
750g of Lincolnshire Poacher butter
2 tablespoons of olive oil
150g of capers
1 tablespoon of chopped shallot
100g of chopped fresh flat leaf parsley
2 egg yolks
1 teaspoon of English mustard
salt and pepper to taste

Method:

Melt the butter on a very low
temperature, add the asparagus and

gently cook for 6-8 minutes.

In a non-stick pan heat the olive
oil, slice the monkfish in ½ inch thick
medallions, season with salt and pepper
and pan roast for 2 minutes each side.

To make the mayonnaise, put the
egg yolks, capers, parsley, shallots
and mustard in a blender and blitz
until smooth, gently pour all the
cooking butter from the asparagus
until ready and mayonnaise like
consistency, season and serve with the
monkfish.

DESSERT

Ginger poached fresh Lincolnshire
rhubarb, chilli and lime crumbles with
bay ice cream

Ingredients for the ice cream:

500ml of double cream
200ml of whole milk
270g of sugar
8 egg yolks
20 fresh bay leaves

Method:

Bring the milk and cream to boil in a
non-reactive pan, add the bay leaves

and let infuse for 30 minutes.

In a bowl, mix the sugar and egg yolks until light and fluffy, pour the strained cream mixture and mix well, put the pan back on the heat and cook on low until slightly thickened, pass in a container and chill overnight.

The next day, make the ice cream with the use of an ice cream machine and store in the freezer for at least 4 hours before serving.

Ingredients:

- 4 stalks of fresh rhubarb
- 200g of sugar
- 3 tablespoons of grated ginger root
- 1 pod of vanilla split in half

Method for the rhubarb:

Wash and cut the rhubarb to 3 inch long logs. Put the sugar, vanilla and ginger in 1lt of water and bring to the boil, add the rhubarb and cook on low for 4-5 minutes.

Ingredients for the crumble:

- 100g of flour
- 80g of butter
- 70g of icing sugar
- 20g of grated almond
- the juice of 1 lime
- pinch of chilli

Method for the crumble:

In an electric mixer, beat the cold butter and icing sugar, add the flour and almond. Mix for 1 minute and add the lime juice and chilli and refrigerate for 1 hour.

Once cold, grate it with a cheese grater on baking parchment laid tray and bake at 150°C for 20 minutes.

*Recipe courtesy of
The Old Bakery, Lincoln*




PAN ROASTED FRESH MONKFISH
AND BUTTER POACHED ASPARAGUS
WITH PARSLEY AND CAPERS
MAYONNAISE



GINGER POACHED FRESH
LINCOLNSHIRE RHUBARB,
CHILLI AND LIME CRUMBLES
WITH BAY ICE CREAM

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