



# MISO KING PRAWNS, LEEKS AND CARROT JELLY

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Marinate good quality prawns, with the shells removed, with a mixture of 1 part miso paste, 1 part mirin and 2 parts water – ensure sufficient to cover prawns. Allow to steep overnight.

Juice 500ml of carrots. Reduce this with ¼tsp of curry powder, down to 100ml, then set with 0.8g of agar agar (you can get from an Asian shop). When cold, dice.

Start cooking the prawns in a hot pan.

Quickly cook 2 baby leeks per person in boiling water. Remove from the water, dry off and season with olive oil and sea salt.

Finish the prawns with a squeeze of lemon while in the pan.

Place the leeks, diced carrot jelly and prawns on the plate and garnish with micro coriander

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# SEARED SNAPPER, CARMELISED FENNEL AND FOIS GRAS JUS

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This dish is all about the jus and fennel, and the way they play together on the palate ... glorious!

## **You will need:**

- Skin on Snapper fillets – 150g per person
- 400ml of good brown chicken stock
- 2 bulbs of fennel – green fronds reserved, bulb cooked for 5 minutes in boiling water
- 50g tinned fois gras

## **To prepare the sauce:**

Reduce the chicken stock to one-third its volume. Add 50 ml cream and boil. Pour mixture into a blender and add warmed fois gras. Blend till smooth and keep warm

Slice up the fennel, add to a sauté pan and fry till lightly brown. Add 2 tsp brown sugar and 2tsp red wine vinegar. Reduce till sticky. Put to one side.

Sear your fish in a non-stick pan, skin side down, till nicely coloured.

Flip over and continue cooking until done to your liking (3 – 5 min per side, depending on thickness of fish).

Layer the fennel and fish, and finish with a baked potato crisp,

Pour the warm sauce around, and enjoy.

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# SLOW COOKED BEEF CHEEK

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The slow cooking and marinade reduction emphasise the liquid flavor elements

**You will need:**

- 2 good-sized beef cheeks - cut in half
- 200ml red wine
- 2 sprigs thyme
- ½ carrot – sliced
- 1 red onion - sliced
- 2 clove garlic - smashed

**To prepare:**

Marinate the beef overnight in these ingredients. The next day, sear beef in a hot pan until nicely coloured on all sides.

Reduce the marinade until syrupy. Add 500ml of beef stock to syrup and bring to boil.

Place the beef in an oven safe container, deep enough to allow the beef to be submerged. Cover beef with the stock and then cover tightly with foil and place in 150C oven for 4 hours. Allow to cool overnight.

Reheat the Beef in the oven covered with a little of the cooking liquor.

Serve on a potato cake, with roasted carrots, garlic and mushrooms and fresh thyme.

NB you can cook the beef at 90C overnight if you prefer. Check first before serving

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# SAFFRON CRÈME BRÛLÉE WITH WHITE CHOCOLATE SABAYON AND TOMATO SALAD

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## You will need:

10 serves Saffron Crème Brûlée | 0.2 rc Brandy Snap Recipe | 10 serves White Chocolate Sabayon | 10 serves Sweet Tomato Salad

## Serving Method:

Fill tomatoes with braised salad and warm. Brush cups with white chocolate and fill with Brûlée mix. Top with sabayon, cocoa and saffron powder. Plate with tomato as garnish and finish with peppermint leaves.

## Brandy Snap Recipe – Honey

90.8g Unsalted Butter | 181.6g Castor Sugar | 90.8g Glucose | 90.8g Liquid Honey  
90.8g Plain Flour

Make sure all ingredients are the same temperature. Cream the butter and sugar.  
Add liquids alternately with flour. Cool and then spread on trays, cook and mould to shape.

## Saffron Crème Brûlée

250ml Milk | 750ml Cream | 2ml Vanilla Essence | 200g Egg Yolk | 120g Castor Sugar | 0.3g Saffron Threads

Bring milk and toasted saffron to the boil, then allow to cool for 2-3 hours. Bring cream to the boil; while this is happening, mix sugar and yolks with cooled milk, then pour over boiling cream. Mix well. Pass and bake in ramekins at 150C for ..... in a covered bain marie before chilling overnight. Serve in demi-tasse cups topped with sugar, and caramelize. An alternate topping is brown sugar and grated lemon rind.

## Sweet Tomato Salad

5 Vine Ripened Tomatoes | 60g Apple Granny Smith – diced | 15g Almonds Whole - chopped | 15g Walnuts – chopped | 60g Raspberries - fresh | 60g Raisins | 100ml Maple Syrup | 1.5 Naval Oranges - juice and zest | 1 Lemon - juice and zest | 1 Vanilla Bean

## White Chocolate Sabayon

100ml Crème de Cacao | 2 Eggs | 40g Egg Yolk | 50g Castor Sugar | 50ml Water | 200ml Whipped Cream

## Method:

Make sabayon in normal way. When light, fluffy and cooked whip cold over ice. Fold in the whipped cream then leave to set

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