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THE MCGB YOUNG MASTER CHEF OF THE YEAR 2014

The Young Master Chef of the Year competition is open to all chefs aged 23 years and under working in a restaurant/hotel kitchen or training at a recognized college of further education.

The competition is designed to allow young chefs to produce a three-course meal using a number of set ingredients to produce classic dishes whilst testing their skills and giving them the opportunity to put their own flair and imagination into the dishes.

This year's competition took place at Westminster Kingsway College on Monday, 12th May 2014 and competitors were required to produce within a time-scale of 2 ½ hours: a scallop starter; a rack of lamb with accompaniments and a dessert of their choice.

The finalists were supplied with four scallops each to prepare and an untrimmed rack of lamb from Aubrey Allen. Contestants were judged on flavour (25%), presentation (20%), innovation (10%), hygiene (10%), workmanship/confidence/professionalism (10%), working method (10%), timing (10%) and originality (5%) with points will be deducted for wastage.

Connor Godfrey (The Ritz), Craig Goldsmith (The Chequers Inn), Ruth Hansom (The Ritz), Samuel Jones (Westminster Kingsway College) and Ben Ward (Raddison Blu Hotel, Birmingham) battled it out in front of the judges Bill Bryce, John McGeever and Alan Whatley.

In a hotly contested final judging was close with Ruth Hansom once again just piping Connor Godfrey providing for a repeat of the 2103 result. The judges were also very impressed with Samuel Jones's dessert and offered a special prize for best dessert.

Every finalist received a chef's jacket, a commemorative certificate and a memento whilst the winner's prize included a trip to Luxembourg to visit Villeroy & Boch's factory as well as taking part in a butchery master class with Aubrey Allen and spending a day at Andreas Antona's award winning restaurant at Simpsons. Both the winner and runner-up received complimentary tickets to the MCGB's Annual Luncheon at Stoke Park and the runner-up also received dinner for two in an MCGB establishment. Samuel Jones received a copy of William Curley's latest book Patisserie.

The Master Chefs of Great Britain are very grateful for the support of the sponsors - Aubrey Allen, Oliver Harvey and Villeroy & Boch.

The competition was followed by dinner in the Escoffier Room and thanks must also go to Gary Hunter of Westminster Kingsway College for providing both the venue and the meal.

Ruth's winning recipes for two were ...



Cured Scallop, chickpea, spiced yoghurt, lime, cucumber, coriander.

6 scallops
100g chickpeas
100ml of natural yoghurt
1tsp each of; cumin, turmeric, garram masala
4x baby cucumber
½ cucumber
10g coriander cress
200ml lime juice
5g agar
30g sugar
50g maldon salt
zest of 1 lime, 1 lime, 1 grapefruit, 1 orange

Open and clean the scallops. Put in fridge. Make citrus salt by zesting the citrus fruits and adding to the Maldon. Cure the scallops for 5 minutes and wash and pat dry. Toast the spices and add to the yoghurt. Place in the fridge. Make a stock syrup 50/50 sugar and water. Make the lime gel by bringing the juice to the boil, whisking in the 5g of agar and 5g sugar. Pour onto a lined tray and set in the fridge. Once set blitz adding stock syrup until desired consistency is reached. Pick coriander cress and keep in ice water with baby cucumber. Peel ¼ of the cucumber and slice into discs. With the other, parisienne scoop. Begin to plate.



Pan Roasted Rack of Lamb, lamb sweetbread, lamb shank tortellini, morels, baby gem and Romaine lettuce hearts, lamb jus

lamb rack
50g lamb sweetbread
200g lamb shank
mirepoix veg; onion, carrot, celery leek
2 lt lamb stock
20g morel mushrooms
2 baby gem lettuce
2 romaine lettuce hearts
4 eggs
250g 00 flour

oil, salt and pepper.
5g mustard seeds
150ml red wine
5g thyme

Prep the lamb rack and put in fridge. Bring sweetbread to the boil, chill and peel. Prep mirepoix and colour in the pressure pan, seal lamb shank. Cover in stock and put under pressure. Make the pasta dough, cling film and chill. Prep the morels and lettuce and set aside. Roll the pasta and cut into discs, cover. Seal the lamb and continue to cook in the cover at 175°C. When cooked, break down the shank and mix with some of the cooking liquid. Make the tortellini. Pass the rest of the cooking liquid through a chinois and correct seasoning and consistency. Allow lamb to rest. Seal the sweatbread and glaze with some of the jus. Sweat the morels in a little butter, add the lettuce at the end. Slice lamb, heat all garnishes and serve.



Pear and Raspberry Tart, elderflower ice cream, fresh almond, raspberry powder, pear crisp.

For the pear and raspberry tart

250 g plain flour
125 g [butter](#), diced and softened
75 g caster sugar
½ -1 [eggs](#), beaten
½ lemon, grated zest only
2 Commis pear
2 tbsp raspberry jam(home-made).

For the frangipane

225 g unsalted [butter](#), softened
225 g caster sugar
dashes of poire william liqueur
4 [eggs](#)
175 g ground [almonds](#)
50 g plain flour

Make the sweet paste, wrap and chill. Peel and poach the pear. Make the anglaise, chill and churn. Roll the pastry and blind bake. Make the frangipane. Spread the jam in the base, add the frangipane and the pears. Bake at 180°C until golden and cooked through.

For elderflower ice cream

284ml carton double cream
300ml full fat milk
115g golden caster sugar
1 vanilla pod
3 large free-range egg yolks
50 ml elderflower cordial

Make the crème anglaise add the elderflower cordial, strain and then churn in the ice-cream machine.

For the garnish

15g dehydrated raspberries blitzed to a powder with 30g icing sugar
pear sliced on a mandolin and dried in the oven
fresh almonds, peeled

Peel the almonds, make the raspberry powder and pears crisps.

To serve

Plate as shown.

And Samuel Jones's winning dessert ...



White Chocolate Cremeux, strawberry compote, black pepper honeycomb, elderflower sorbet, wood sorrel

For the cremeaux
120g double cream
240g milk
3 egg yolk
75g caster sugar
180g white chocolate

Make anglaise mix, add chocolate, blitz, set in moulds and blast chill to set.

For the compote
250g ripe strawberries
50g caster sugar
lemon juice, to taste
2 drops balsamic vinegar

Cut then cook strawberries with sugar and lemon

For honeycomb
100g caster sugar
20g clear honey
35g liquid glucose
5g bicarbonate of soda
freshly ground black pepper

Heat honey, sugar, glucose and a few drops of water to 150 dgc, add bicarbonate, whisk, set on non-stick tray, grind pepper over, chill then snap to shads.

For sorbet
200g golden caster sugar
250ml elderflower cordial
500ml water
wood sorrel, to garnish
elderflower, to garnish

Bring sugar and water to boil, dissolve, off heat, add cordial, churn until frozen and smooth.

To serve
Turn out cremeux and plate as shown.

The Master Chefs of Great Britain would like to thank their sponsors:

