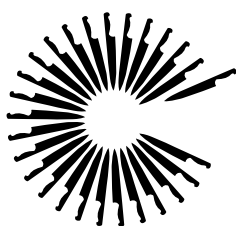


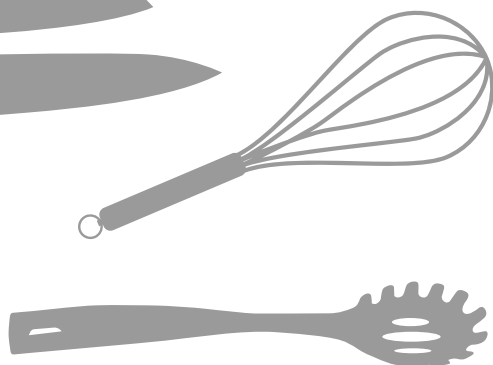
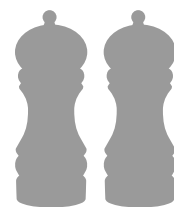
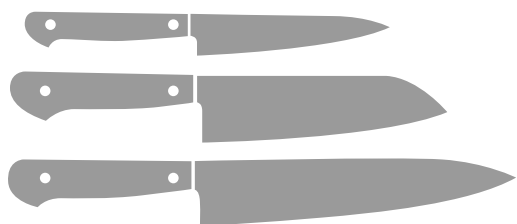
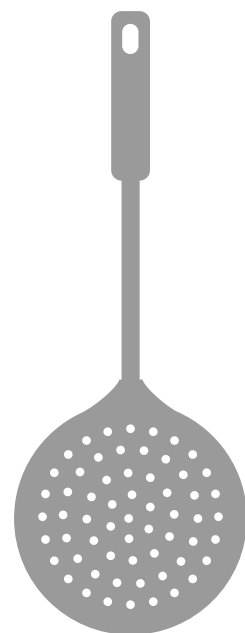
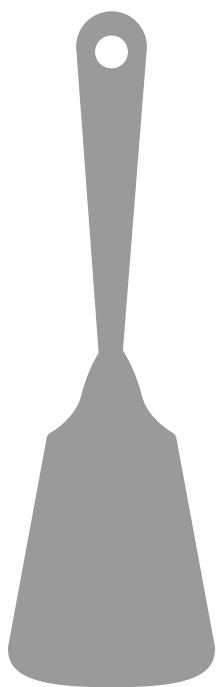


# COOKERY SCHOOL

with Adam Gray



GREAT  
BRITISH  
CHEFS





**ADAM GRAY**

Adam Gray pulls off classic British flavours with grace, intelligence and an admirable lightness of touch.

**The Michelin Guide**  
One Michelin Star

**Honorary Master of Science**  
from Northamptonshire University

**Member of Academy of  
Culinary Arts**

Gray was set on becoming a chef by 14. After washing pots at East Haddon's The Red Lion and studying at Northampton College, Gray cooked under Bruno Loubet at the Four Seasons Hotel and Raymond Blanc at Le Manoir before being made Head Chef of Michelin-starred City Rhodes - from 2001 to 2003.

Following a spell as Head Chef of Rhodes Twenty Four, where his Michelin-starred cuisine was complemented by stunning vistas from the 24th floor of Tower 42, Adam returned to the Red Lion - furthering its transformation into one of the area's premier culinary destinations before pitching up at London's South Bank, to take on the kitchen at Skylon.

Menus at Skylon focus on seasonal ingredients prepared with craft and imagination; augmenting classic dishes with memorably unusual elements. For example, mackerel is served with rhubarb chutney; an English minestrone is combined with soft potato gnocchi, and beef fillet steak is paired with oxtail and creamed spinach.



## SKYLON

As a chef, Gray relies on inventiveness, an eye for classic cookery, and an ever-changing range of freshly sourced specials, helping him to coax Michelin-starred quality out of time-honoured ingredients. Aside from his creativity, Gray organises and manages his kitchens extremely effectively.

"I like to pride myself in my management of my brigade in my kitchen," he explained to Great British Chefs. "I have always treated them with honesty, respect and consistency and the staff have always had a tendency to stay with me from one kitchen to the next."

Gray is devoted to nurturing young talent: at The Red Lion he set up the Shires Cookery School and also created the 'Adam Gray Chef's Academy' at Northampton College, offering talented students placements in his restaurant.





# Crisp Cornish mackerel, rhubarb relish, sea kale and pea shoot salad

by Adam Gray

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Serves 2

## **INGREDIENTS**

### **For the mackerel**

1 whole mackerel  
2 slices of fresh white bread  
5g English mustard  
300ml rapeseed oil

### **Rhubarb relish base**

200g rhubarb, roughly diced  
with the skin on  
100g red onion, peeled  
and roughly diced  
55g Cabernet Sauvignon  
red wine vinegar  
30g maple syrup  
1 sprig of thyme  
1/2 clove of garlic, finely chopped

### **To finish the relish**

200g rhubarb, peeled and cut into  
1/2 cm dice  
1 tsp red food colouring (if needed)

### **To serve**

12 pieces of sea kale  
6 sprigs of pea shoots  
2 Lemons, juiced

- 1** First, make the relish. Add the relish base ingredients into a thick-bottomed saucepan and place on the hob over a medium heat
- 2** Bring the ingredients to the boil and simmer gently until all the liquid has evaporated and the mixture is semi-dry
- 3** Remove from the heat, place in a container and leave to cool down to room temperature
- 4** To finish the relish, place the diced, peeled, raw rhubarb into a medium thick-bottomed saucepan along with 75ml of water and a dash of red food colouring
- 5** Bring to the boil and cook gently for 10 minutes until the rhubarb is tender but not mushy
- 6** Fold the diced, cooked rhubarb into cooled relish base and place in a suitable container to store. Any unused relish can be stored in the fridge for up to 2 weeks
- 7** To prepare the mackerel, fillet the fish and trim up each fillet. Using a knife, slice down each side of the central bones in the middle of the fillet and remove using fish tweezers
- 8** With a small piping bag, pipe a thin line of English mustard in the line where the bones once were. Set aside
- 9** Remove the crusts from the bread slices and roll out the slices as thinly as you can with a rolling pin
- 10** Place each mackerel fillet in the middle of each slice and roll over one side. Use a little egg wash, seal the bread where the two sides meet and trim off any excess. Place in the fridge to set
- 11** Shallow fry in rapeseed oil to get an even golden brown colour, then remove from the oil and leave to drain on a j-cloth
- 12** Use a knife to cut each portion into a desired shape - it is easier to get a better cut if the mackerel is slightly raw. Finish cooking under the grill and season
- 13** To serve, place 3 small quenelles of the chutney diagonally down the middle of the plate. In opposite corners, make 2 small piles of the sea kale and pea shoot leaves dressed with rapeseed oil
- 14** Cut the mackerel into 3 equal pieces and sit each piece on top of the rhubarb chutney



# Ticklemore goat's cheese fritters with heritage tomato salad

by Adam Gray

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Serves 6-8

## **INGREDIENTS**

### **Goat's cheese fritters**

360g Ticklemore goat's cheese, or other  
vegetarian semi-hard goat's cheese  
40g cream cheese  
10 turns of a pepper mill

300g fine Panko breadcrumbs  
50g fennel seeds, crushed  
300g plain flour  
2 whole eggs  
200ml milk

### **Heritage tomato and lovage salad**

1kg mixed heritage tomatoes  
1/4 bunch lovage  
100ml rapeseed oil  
flaky sea salt  
milled peppers

**1** To make the goat's cheese fritters, place the goat's cheese and cream cheese in a food processor and blitz until smooth. Season with the milled pepper

**2** Roll the mixture in cling film into a long sausage shape, 2cm in width, and place in the freezer to set solid

**3** Mix the Panko breadcrumbs with the crushed fennel seeds in a bowl and set aside

**4** Whisk the eggs and milk together in a bowl and set aside

**5** Place the plain flour in a tray

**6** Once the goat's cheese is set, cut into 9cm length logs

**7** Roll the logs in the plain flour, then through the egg wash and finally in the breadcrumb mixture to coat

**8** Fry the fritters at 170°C for 3-4 minutes, until golden brown. Remove from the oil and allow to drain on kitchen paper

**9** For the tomato salad, cut the tomatoes into quarters, remove the seeds, then cut in half again

**10** Place the tomato petals in a mixing bowl and season with the sea salt and milled pepper

**11** Finely shred the lovage, add to the tomato petals and mix thoroughly





# Flourless citrus cake with English strawberries and vanilla yoghurt

by Adam Gray

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Serves 2

## INGREDIENTS

### **Flourless citrus cake**

250g unsalted butter, soft  
250g caster sugar  
3 whole eggs  
100g polenta  
250g ground almonds  
3 lemons, juiced and zested

### **Soft strawberry**

170g strawberry jam  
1 punnet of English strawberries,  
hulled and quartered  
Vanilla yoghurt  
1 vanilla pod  
300g natural yoghurt



- 1** Preheat the oven to 150°C/gas mark 2
- 2** To make the flourless citrus cake, beat the butter and sugar together until light and fluffy
- 3** Add the eggs one by one, continually mixing
- 4** Fold in the polenta, ground almonds, and baking powder. Mix in the lemon zest and juice
- 5** Pour the mix into pre-greased 4oz foil cups and bake for 25 minutes until the cake has risen and is golden on the top. Remove from the oven and allow to cool
- 6** To make the soft strawberries, place the jam in a thick-bottomed saucepan and bring to the boil
- 7** Simmer for 3 minutes and add the quartered strawberries
- 8** Simmer for a further 2 minutes, then remove from the heat and pour into a tray to cool down
- 9** For the vanilla yoghurt, cut the vanilla pod in half with a small sharp knife and scrape out all of the vanilla seeds from each side of the pod
- 10** Mix the vanilla seeds with the natural yoghurt and place in a sealed container until required