



## BLUEBIRD AT HOME

METHOD GUIDE

STARTER

METHOD

**Pre heat oven to 180°C**

**Bread:**

*Allergens; gluten (wheat)*

- Cook the bread for 10 minutes in the oven
- Once the bread is cooked, lower oven to 120°C

**Asparagus, wild garlic, parmesan:**

*Allergens; egg, sulphites, milk, mustard*

- Dress the asparagus with the rape seed oil and season lightly with salt and pepper
- In a pan large enough to fit the asparagus, on high heat char the asparagus until nice and dark in colour, turn over and lower heat to medium
  - Cook until tender, add the wild garlic and quickly wilt
- Place on a plate and drizzle the dressing and finish with the parmesan

MAIN COUSE

METHOD

**Turbot, Jerusalem artichokes, leeks, lobster sauce, lemon thyme:**

*Allergens; fish, milk, sulphites, shellfish*

- Set oven to 120°C
- Bring a pot (large enough to fit the sauce, artichokes, leeks and potatoes) of water to below simmering
- Place the parcel of fish in the oven; this will take about 30-40 minutes depending on your oven
  - When the fish comes off the bone it's ready, (if you have a food probe the temperature should be 48°C next to the bone)
- Place the leeks, lobster sauce, artichokes and potatoes in the pot of simmering water and let reheat for 15 minutes
- Open the fish parcel and Remove the skin from the fish, lift the top fillet off the bone, discard the bone and remove the bottom fillet from the skin
  - Serve the turbot with the garnishes



## DESSERT

### METHOD

#### **Warm chocolate cake, clotted cream, salted caramel:**

*Allergens; eggs, gluten (wheat), milk*

- Warm the cake in a 120°C oven for 10 minutes
- Serve with the clotted cream and salted caramel sauce