



BLUEBIRD AT HOME

METHOD GUIDE

STARTER

METHOD

Pre heat oven to 180°C

Bread: allergens:

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, truffle vinaigrette:

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 with the dressing

MAIN COUSE

METHOD

Panisse, aubergine purée, fennel, monk's beard, tomato chutney:

Allergens: sulphites, mustard

- Set oven to 120°C
- In a pan set on medium high heat (preferably non-stick) add a little rape seed oil and colour the panisse on all sides. (if you don't have a non -stick pan you can use a sheet of parchment paper, place the paper in the pan and drizzle with oil and cook the panisse on the paper)
- In the same pan caramelize the sliced fennel and season with a pinch of salt
 - When done transfer to oven on a oven proof tray
 - Warm the aubergine purée in a small sauce pan
- Quickly wilt the monk's beard in the rape seed oil and a little bit of water with a small pinch of salt (it will cook very quickly)
- Plate the panisse on a plate, with the fennel next to it, a spoon of puree and a spoon of the tomato chutney, finish with the monk's beard



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