

# Chef's Table

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THIS MONTH: *The George at Wath*

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Extensively refurbished last year, The George at Wath, three miles from Ripon, offers a winning combination of cosy pub ambience, fine dining and luxury accommodation.

Head Chef Gavin Swift worked at a variety of establishments here in the North East — including The Wyvill Arms and Hendersons — before joining the team at The George this June. Working closely with local suppliers, he uses seasonal produce to create his own unique take on modern British cooking.

These three recipes, chosen specially for this autumn's Dales Life, reflect Gavin's enthusiasm for simple, stylish and tastefully presented food.



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Le Noir de Bigorre Ham, Rosary  
Goats' Cheese and Figs

Roast Lamb Rump, Fondant Potato  
and Baby Vegetables  
with Roasting Jus

Mulled Wine Poached Pear with  
Almond Cream Tartlet and Dark  
Chocolate

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# Le Noir de Bigorre Ham, Rosary Goats' Cheese and Figs

Serves 2, to share

4 slices Le Noir de Bigorre ham  
(or pata negra, Serrano or prosciutto)  
100g Rosary goats' cheese  
(or any good quality soft goats' cheese)  
2 ripe figs  
extra virgin olive oil  
black pepper

The aim of this simple dish is to bring together top quality ingredients to make a delicious appetiser or light snack.

Arrange the ham on a rectangular plate. Slice the figs into 8 pieces and arrange them on the ham. Crumble the goats' cheese across the dish. Dress with the olive oil and a twist of black pepper.



# Roast Lamb Rump, Fondant Potato and Baby Vegetables with Roasting Jus

Serves 2

2 lamb rumps (ask your butcher to score the fat in a crisscross pattern)  
2 large potatoes such as Maris Piper or Désirée  
selection of baby vegetables  
(use anything that is good and fresh,  
for example: baby carrots; baby turnips;  
fine beans; baby onions; baby leeks)  
butter  
extra virgin olive oil

Prepare your vegetables by cleaning and trimming as required. Boil a pan of salted water. Blanch the vegetables separately in the water until tender (baby turnips and carrots, 2-3 minutes; fine beans, 1 minute; baby leeks, 1 minute). Refresh them in iced water, strain and reserve until later.

To make the fondant potatoes, trim each potato into a round shape using a cutter or paring knife. Part-cook in salted boiling water, drain and pat dry with a cloth. Finish cooking in foaming butter in a medium oven for 15 to 20 minutes, turning half way through.

To cook the lamb, heat a skillet and add a little oil. Place the lamb, fat side down, in the pan. Cook on the fat side until the fat is rendered down, then seal the rest of the meat. Turn the meat fat side down again and place in a hot oven for 8 to 12 minutes, depending on how you like it cooked. Remove from the oven and leave to rest, fat side up, for 3-4 minutes.

To assemble the dish, have a pan of boiling water ready to reheat the vegetables. Get two large pasta bowls and warm them in the oven for a moment. Take the fondant potatoes from the oven, pat off any excess butter with a kitchen cloth or clean tea towel and place one in the centre of each bowl. Plunge the vegetables back into the boiling water for a minute to reheat. Drain them and dress with a dash of olive oil. Arrange the vegetables, alternating around the potato.

Take the lamb from the pan, return the pan to the heat and add a generous knob of butter. Whisk until a nice glossy sheen is achieved and you have sauce ready for your lamb. Slice each lamb rump into 4 or 5 pieces and arrange over the potato. Spoon the sauce around and over the lamb.



# Mulled Wine Poached Pear with Almond Cream Tartlet and Dark Chocolate

Serves 2

## For the poached pears:

2 Conference pears, peeled	2 star anise
half bottle of good red wine	5 cloves
2 or 3 tbsp sugar	peel of half an orange
1 cinnamon stick	375ml water

Place all the ingredients, with the exception of the pears, in a heavy-based saucepan and bring to the boil. Turn down to a simmer for 40 minutes, then turn off. Refrigerate overnight to allow flavours to infuse.

Bring the poaching liquor back up to a simmer and pop in the peeled pears. Leave on the heat for 5-6 minutes, then remove. Place a plate over then pears so they stay immersed in the liquid and leave to cool. This can all be done 2 or 3 days in advance and the pears left in the fridge.

## For the tartlet cases:

250g plain flour	2 tbsp caster sugar
125g butter	cold water

Dice the butter and rub into the flour and sugar until a breadcrumb texture is achieved. A little at a time, add cold water to the mixture until it forms a soft dough that isn't too wet. If you happen to put too much water in, add a little more flour to bring it back. Wrap in cling film and rest in the fridge for 40 minutes.

Butter and flour two 7.5cm tartlet tins. Preheat oven to 180°C. Roll the pastry out until it is 3mm thick and carefully line the tins with it, using a piece of excess dough to push it into the corners. Prick with a fork, then place a small piece of greaseproof paper in the case and fill with baking beans or dried marrowfat peas. Bake for 15 minutes or until the edges are a light golden colour. Remove the beans, wash the pastry with beaten egg and bake for a further 5 minutes or until an even golden colour. Remove tartlet cases from oven and leave to cool in their tins. When cool, trim away any excess pastry to leave clean edges.

## For the almond cream:

4 egg yolks  
60g caster sugar  
2 tsp cornflour  
1½ tbsp plain flour  
250ml milk  
1 drop almond essence  
seeds scraped from 1 vanilla pod

Whisk the egg yolks, sugar and vanilla seeds together in a bowl. Add the flour, cornflour and almond essence. Whisk until smooth. Heat the milk in a saucepan. Gradually add the milk to the egg mixture, whisking constantly. Add the mixture to a clean pan and return to the heat. Whisk constantly until thick and smooth. Place a disc of greaseproof paper on the top to prevent a skin forming and put in the fridge to cool.

## To assemble:

good quality dark chocolate, at least 70% cocoa solids, additional sugar, to serve (optional)

Heat the chocolate in a bowl over a pan of boiling water until melted. Fill each tart case with the almond cream. Core each pear and use a sharp knife to cut into a fan. Place a fanned pear on top of each filled tart case and spoon over a little of the poaching stock. Spoon chocolate around and over — as much as you like!

## For more information please contact:

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