



Recipes for Mold Food Festival – Graham Tinsley MBE

Gazpacho

500g plum tomatoes
¼ Cucumber
½ green pepper
1 clove of garlic
¼ Onion
1 slice of white bread
50ml olive oil
50ml white wine vinegar
Sea salt

Liquidize everything together, sieve and serve really cold.

Chicken satay with Asian Slaw

Satay:

1 tin of coconut Milk
1 Dessert spoon of Turmeric
1 Dessert spoon dried coriander
1 Dessert spoon of Cumin
3 cloves of Garlic
Large piece of Ginger
1 Onion finely Chopped
1/2 Jar of Peanut Butter
50ml Soy Sauce
50ml Honey
1 Red Chilli

Sweat the Onion, garlic, ginger, and chilli.

Add the spices

Add all the other ingredients and simmer for 20 mins.

Chicken:

2 chicken breasts

Cut the chicken into strips and marinate in half of the satay mix. Place on to skewers and grill. Use the other half of the Satay as a dip.

Asian Slaw:

1 x carrot, grated
½ sweetheart or Chinese cabbage, finely sliced
2 x spring onions, sliced
¼ chilli
30g coriander
1 x lime juice
1tbsp sesame oil
1tsp Sesame seeds
½ tsp salt
Mix altogether and serve with the Chicken satay.

Sushi

2 cups of Sushi Rice
4 cups of Water

Wash the rice until all the starch has gone.
Put the rice and water in a pan and bring to the boil.
When it reaches boiling point take from the heat and cover with cling film, leave until cooked and cool.

100ml Rice Vinegar
2 teaspoons Caster Sugar
½ teaspoon of Salt

Bring to the boil and add to the rice till the required Taste.

Asian Broccoli Salad

2 heads of broccoli
1/2 tsp salt
1 tbsp caster sugar
2 tbsp light soy sauce
1 1/2 tbsp rice vinegar
2 tsp sesame oil
2 - 3 cloves garlic, minced
1-2 tsp chilli oil
2 tsp toasted sesame seeds
1 long red chilli, chopped (optional)
2 spring onion, chopped

Method

Mix all the ingredients together except the broccoli and the sesame seeds.
Blanch the broccoli in boiling salted water, drain and toss through the dressing.
Place in a serving bowl and sprinkle with the toasted sesame seeds.
Leave to marinate for 10 minutes before serving.

Crispy Chilli Beef

500grms Fillet Tail Strips
2 Tablespoons Soy Sauce
1 Tablespoons Crushed Garlic
1 Tablespoons Grated Ginger
½ Teaspoon Chilli Flakes
1 Teaspoon Salt
1 Teaspoon Crushed Black Pepper

Mix All Ingredients Together. Toss the Beef through Cornflour with Chinese five spice and sesame seeds, Deep fry in HOT oil until crispy. Dry on Absorbent paper and serve on the noodle salad.

Dress with Asian Dressing.

Asian Dressing

200ml Mirin
200ml Tomato Ketchup
200ml Chilli Sauce
200ml Water
100g Honey
100g Soy Sauce
100g Hoi Sin
10g Garlic
10g Ginger

Bring all the ingredients to boil and simmer for 5 minutes, Strain.

Noodle Salad

1 Red Pepper Dice
1 Green pepper Dice
1 Yellow Pepper Dice
2 Banana Shallots fine Dice
6 Cloves Garlic Crushed
2" piece Grated Ginger
Sweet off in olive oil then allow to cool.

Add

1 Avocados Diced
1 Mangoes Diced
Tablespoon of Chopped Coriander
2 Plum Tomatoes Seeded and Diced
50ml Sesame Oil
50ml Soy Sauce
50ml Honey
Season Salt and Pepper
1 pkt cooked Rice or Egg Noodles.