



Celebrating Excellence: Willie receives his CIS Excellence Chef of the Year Award from host Heather Suttie (left) and Dawn Gallimore of award sponsor, BaxterStorey Ltd

CIS Excellence Chef of the Year

Willie Pike, Executive Chef and Head of Craft Training Costley & Costley Hoteliers



ARGUABLY ONE of Scotland's best-known and best-loved chefs, and with a varied career spanning more than 30 years during which time he has worked with some of the most respected names in the industry, Willie does for cooking what the mini-skirt did for women.

His passion and enthusiasm for his job is evident in every aspect of his life, from demonstrating his skills at exhibitions and conferences, to competing on the culinary circuit both at home and abroad.

After joining the former Glasgow College of Food Technology in 1983, he spent 12 years teaching many of today's chefs and specialists about food production, after which time he made the move into the private sector with Gardner Merchant, (now Sodexo). Rising to the position of Executive Chef for their corporate UK business, it was while working here that he formed a chefs' team which later went on to be crowned British Culinary Champions for five consecutive years, scooping a total of 118 Gold and six Silver medals between them.

No stranger to success and with many of his recipes, dishes and articles appearing in the press and on national television, Willie has won many more accolades and awards in his time, including the Best Dish in Britain in 1997.

And his success on the competitive scene shows no signs of abating; as the recipient of the CIS Excellence

Chef of the Year Award 2006, he was judged by his peers to be an outstanding chef and an ambassador for Scottish produce and traditional cooking.

In celebration and recognition of Willie's achievement at the 2006 CIS Excellence Awards, Catering in Scotland is proud to announce the first of six regular columns featuring the unique talents and imagination of one of Scotland's most popular and successful chefs.

In each edition he'll provide the knowledge and know-how of how to prepare a three-course meal with an interesting twist: Go for the regular version and keep it simple or, if you prefer, try the 'Extra Special' option and spruce it up a bit.

That way you can make an easy-going meal a touch more formal with minimal effort and maximum effect.

So enjoy this, and let us know what you think. And if you have any ideas or suggestions for Willie to try out, send them in to us and Willie's favourite will be used in our November edition, due out at the end of October. Good luck, and happy eating...

PIKE'S PEAK

Willie has attained many successes over the years. Here are the highlights:

- ★ CIS Excellence Chef of the Year 2006
- ★ Made a Fellow of The Master Chefs of Great Britain (2003)
- ★ Craft Guild of Chefs Competition Award (Individual, 2001)
- ★ Craft Guild of Chefs Competition Award (As part of the Scottish Culinary Team, 1997)

Starter

Oriental Broth

This fabulously Asian-flavoured base has a multitude of uses in any kitchen:

KEEPING IT SIMPLE

INGREDIENTS

- ★ 2 Pints (1,200mls) water
- ★ 1–2 Stock Cubes of your choice (chicken, vegetable, beef, etc)
- ★ 1 whole red chilli, halved and deseeded
- ★ 1 stick of lemongrass crushed and roughly chopped
- ★ 2 tablespoons Hoi Sin Sauce (Blue Dragon)
- ★ 2 tablespoons soy sauce

METHOD

1. Place all the ingredients in a pan and bring to the boil, allow to simmer very gently to infuse the flavours for 10 minutes.
2. Strain off the liquid which is now ready to use.
3. Correct the seasoning to your taste.

TO MAKE A SIMPLE SOUP OF YOUR CHOICE

For your chosen broth, add some cooked egg noodles, finely shredded peppers, a red onion and spring onions. You may want to add additional vegetables such as shredded carrots and baby corn, or you may prefer to add diced cooked beef, duck or chicken. Add fish of your choice which should be added raw to the hot broth and gently cooked. Finish the broth with chopped fresh coriander.

MAKE IT EXTRA SPECIAL

Prepare a little ravioli dough, run it through your pasta machine and make a confit duck leg ravioli adding some shredded spring onions and a little Hoi Sin Sauce to the duck mixture.



Oriental Broth: Can be used as a liquid canapé; an amuse-bouche; with added noodles; as a soup, or with meat, poultry, game, vegetarian, fish or shellfish, or combinations of either

Main Course

Supreme of Local Salmon served on Crushed New Potatoes with Wilted Spinach and a Lemon and Caper Butter Sauce

KEEPING IT SIMPLE

SUPREME OF SALMON

INGREDIENTS

- ★ 4 x skinned, pin-boned and neatly trimmed supreme of salmon with the dark flesh trimmed from beneath the skinned side
- ★ 30mls vegetable or corn oil
- ★ Medium to fine sea salt
- ★ Juice of half a lemon
- ★ 50 g butter

METHOD

1. Season the Salmon with the sea salt.
2. Heat the Oil in a non-stick pan and sear the salmon

presentation-side-down until lightly coloured, and turn over:

3. Place the pan in the oven or under a medium-heat grill until almost cooked.
4. Add the butter and the lemon juice and spoon over your fish, and keep it warm.

CRUSHED NEW POTATOES

INGREDIENTS

- ★ 320g New potatoes (small)
- ★ 30g Butter
- ★ 60g Crème fraiche
- ★ 40g Smoked salmon trimmings
- ★ 5g Chives, finely chopped
- ★ Salt & Pepper



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Chef's Special: Supreme of Local Salmon on Crushed New Potatoes with Wilted Spinach and a Lemon and Caper Butter Sauce

For the crushed potatoes, bring a pan of salted water to the boil, add the new potatoes and turn down the heat, simmering until cooked. They can then be pierced with a sharp knife.

Drain and place in a bowl to keep warm. When required, crush the potatoes carefully and mix in the remainder of the ingredients.

Do not over-mix or you will break down the potatoes too much.

LEMON AND CAPER BUTTER SAUCE

INGREDIENTS

- ★ 100mls White wine vinegar
- ★ 1 Lemon, juiced and zested
- ★ 60mls Double cream
- ★ 250g Diced cold butter
- ★ Seasoning Salt
- ★ 50g Mini Capers

METHOD

1. Place the lemon juice, lemon zest and white wine vinegar in a stainless steel pan, and add a pinch of salt.
2. Cook 'til almost all has evaporated and add the double cream, then re-boil.
3. Add the diced hard butter in three additions, whisking between each addition until all the butter has melted and the sauce is emulsified. Do not boil or the sauce will split!
4. Pass through a fine sieve and correct the seasoning.
5. Add the mini capers and keep it warm.

WILTED SPINACH

INGREDIENTS

- ★ 200g Spinach, washed, picked and drained
- ★ 25g Butter
- ★ 1/4 Lemon, juiced
- ★ Salt & Pepper
- ★ Grated Nutmeg

METHOD

Melt the butter in a wide-based pan, add the cleaned spinach and cover with the lid for 30 seconds. Season with salt, pepper, nutmeg and a squeeze of lemon. Drain out any excess juices.

GARNISH

- ★ 2 Plum tomatoes
- ★ 15g Baby capers
- ★ 15g Neatly diced gherkins

Fill a saucepan with cold water and bring to the boil. Fill a large container or sink with iced water or water and ice cubes. With a sharp knife cut a small cross through the skin at the top of the tomato and remove the core. When the water is boiling add the tomatoes and leave in for approx. 15 – 20 seconds, then remove and plunge straight into iced water to cool. Drain the tomatoes and remove the skin. Cut each tomato into quarters and remove the seeds and core, leaving small petals of tomato flesh. Dice the tomato petals into medium-size dice. Mix the diced tomato with the capers and gherkins and set aside.

TO ASSEMBLE THE DISH

1. Take a warm serving bowl and place a suitable sized ring in the middle of the plate.
2. Fill each ring with the warm crushed potato mixture, and then gently remove the ring.
3. Top the potato with the wilted spinach.
4. Spoon the baby caper beurre blanc around the potato.
5. Lay cooked salmon on top of the wilted spinach.
6. Spoon a little of the tomato and caper mixture on top and garnish with a little chervil or dill.



Pacojet: Ideal for making sorbets, ice creams, pâtés, mousses, and soup concentrates

Pacojet offers FREE Educational & Training CD-Rom

Pacojet is ideal for making sorbets, ice creams, pâtés, mousses and soup concentrates, using only fresh ingredients to produce creations of a colour, consistency and taste unrivalled by any other means.

And now Pacojet has announced the launch of a free new instructional CD-Rom to help users of the system realise the full potential of this

unique food processing system used by over 20,000 chefs worldwide.

The new CD-Rom, which is suitable for beginners and more experienced Pacojet users, makes for easy viewing, is simple to follow, and is split into eight chapters:

- The Concept
- Set-up and use
- Quality & Variety
- Speed & Flexibility
- Creativity & profitability
- Cleaning
- Coupe set
- Applications and recipes

The CD-Rom is available free of charge to bona-fide chefs, both existing Pacojet users and those considering a purchase. To obtain a CD, chefs should contact Magrini, the sole UK distributor of Pacojet by calling 01543 375311 or email with postal address to sales@magrini.co.uk



Supreme of local salmon: To make it extra special, add a scallop-roe-dusted parmesan claw

MAKE IT EXTRA SPECIAL

Add freshly cooked, lightly buttered asparagus, with butter and lemon poached langoustines and a scallop roe-dusted parmesan claw.

LANGOUSTINES

Warm 30g butter until melted, and add the juice of 1/4 lemon. Season the langoustines with a little salt and lay into the warm butter mixture. Heat gently until cooked and finish with chopped chives

PARMESAN PASTE

INGREDIENTS

- ★ 300g Sieved Parmesan cheese
- ★ 100g Butter
- ★ 100g Flour
- ★ 240g Egg Whites
- ★ Scallop Dust*
- ★ Pinch Salt
- ★ Pinch Cayenne Pepper

METHOD

1. Combine the sieved parmesan with the flour
2. Add the egg whites followed by the melted butter and mix until smooth.
3. Add the sieved parmesan mixture to the eggs and butter and mix until smooth
4. Add scallop dust, salt and cayenne pepper to season
5. Spread over stencil
6. Sprinkle with assorted seeds [white, blue poppy]
7. Bake at 180°C until golden

* Scallop dust is made by gently drying in a low oven the orange row from fresh scallops. The dried scallops are then blended to a dust which has a great flavour and can be dusted onto raw fish and scallops prior to cooking.



Dessert: Warmed Summer Berries in a Basil Syrup with Crème Fraîche Sorbet

Dessert

Warmed Summer Berries in a Basil Syrup with Crème Fraîche Sorbet

KEEPING IT SIMPLE

SUPREME OF SALMON

200g selection of fresh ripe berries (raspberries, strawberries, blueberries, blackberries, etc)

BASIL SYRUP

- ★ 500ml Water
- ★ 220g Caster sugar
- ★ 5g Shredded basil

METHOD

Bring the sugar and water to the boil. Place the prepared berries in a bowl along with the finely shredded basil. Pour on the boiling syrup and leave for two minutes.

- ★ Crème Fraiche Sorbet
- ★ 300ml Orange juice
- ★ 50ml Lemon juice
- ★ 250g Golden syrup
- ★ 650g Crème fraiche

METHOD

Warm the syrup with half the OJ and add to the remaining ingredients. Whisk to amalgamate and lace in ice cream machine and churn.

ASSEMBLY

1. Spoon the warm berries into a serving bowl, along with a little of the syrup
2. Place a rocher of the sorbet in the middle of the bowl and serve immediately

MAKE IT EXTRA SPECIAL

Add a sesame seed tuile to the sorbet to enhance the presentation and to give a pleasant texture change when eating.

SESAME SEED TUILE

INGREDIENTS

- ★ 250g Caster sugar
- ★ 125g Sesame seeds
- ★ 125g Melted butter
- ★ 80g Plain flour
- ★ 100ml Orange juice
- ★ Orange and lemon, zested

METHOD

Put all the dry ingredients into a bowl. Add the lemon and orange zests followed by the orange juice, and melted butter, and mix well. Stencil a little of the mixture onto a silpat and bake at 180C. When golden brown, remove from the oven and allow to cool. Store in an airtight container until required. ★