

Challenge a Chef!

From Gary in Gloucestershire

Monday 30th March 2020

Ingredients:

- | | | |
|-----------------------------------|-------------------------------|--------------------------|
| - Boil-in-the-bag long grain rice | - 3/4 bag caster sugar | - Fajita spice mix |
| - 1 tin chopped tomato | - 2 cans of Heinz tomato soup | - 1 onion |
| - 1 pack penne pasta | - 1/4 loaf of bread | - 1 bag of mixed peppers |
| - Flour | - Soy sauce | - Cooking oil |
| - 6 eggs | - Ground garlic | - 1/3 bag brown sugar |
| - 1ltr double cream | - Ground ginger | - Fish fingers |
| - Golden syrup | - 1 box corn flour | - 1 chicken breast |
| - Tin of pineapple | - Ketchup | - Vinegar |

“ I also wanted to make some cake but the shops are out of butter and margarine. ”



Your Chef

Mike Bradshaw: Senior Consultant at MYA
Michelin-standard kitchen experience

“ Hi Gary,

Well, there are a few suggestions I can make for you. I will leave your bread, soup and fish fingers alone as they are easy meals in their own right. I was going to suggest some egg fried rice but as you have mentioned you would like to bake a cake I have left it out.

So, my idea for you is: ”

Sweet and Sour Chicken with Rice

Ingredients (to make 2 portions):

- 2 tsp vinegar
- 2 tsp brown sugar
- 1/4 tin pineapple
- 1x pepper (any colour, de-seeded and cut into chunks)
- 1/2 onion (cut into 6 wedges)
- 2 tsp garlic granules
- 2 tsp ground ginger
- 2 tsp tomato ketchup
- 1 chicken breast (cut into strips or chunks - up to you)

Method:

1. Put the vinegar, sugar, pineapple juice, garlic granules and ketchup in a pan and bring to the boil.
2. Once up to the boil, add your vegetables and chicken.
3. While your chicken is cooking, cook off your rice as per the instructions.
4. Check your chicken is cooked through and serve.



Send your ingredients to us today:
challengeachef@mya-consulting.co.uk

#stayhome



#dotherightthing

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“ As you said you wanted to make cake but have no butter, I thought you could make an Italian sponge cake as this only has three ingredients. I also thought you could use the half tin of pineapple left over from your sweet and sour to make an upside down pineapple cake - but if you don't want to make it then just leave it out. This recipe uses plain flour so the eggs are what makes it airy, so I have given you a bit more detail in the recipe. However, don't be alarmed - it's as easy as a normal sponge batter. ”

Butterless Upside Down Pineapple Cake

Ingredients:

- 4 eggs
- 120g caster sugar
- 120g flour
- 1/2 tin pineapple

Method:

1. Take the eggs out of the refrigerator ahead of time as the eggs need to be at room temperature - or soak them for a few minutes in a bowl of warm water.
2. Preheat the oven to 170 degrees C.
3. Oil and flour a 20 cm cake tin or whatever similar-sized receptacle you have handy.
4. Put the eggs and sugar in the bowl. If you have a machine, use it.
5. Beat the eggs until very fluffy and pale yellow (about 15/20 minutes). To test that it has been beaten enough, let a small amount of batter fall into the bowl. If it remains 'sitting' on top, it means that it's ready.
6. Sift the flour on top of the egg mixture, a little at a time, and fold it gently with a wooden spoon.
7. Place your pineapple in the bottom of your cake tin and pour the batter on top. Don't smooth the top or bang the tin on the counter, leave it as it is!
8. Bake for 40 minutes or until a knife inserted into the centre comes out clean. (Remember: do not open the oven for the first thirty minutes!)
9. Turn off the oven but leave the cake inside (keep the door slightly open using a wooden spoon) for 5-10 minutes so it can cool down slowly.
10. Remove the sponge cake from the oven, let it cool for ten more minutes, then loosen around the edges with a knife, and flip it on a wire rack upside down (without the pan) to cool completely.



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“ You also mentioned you couldn't get any butter in the shops; did you know that you can make your own butter from cream? You can use a stand mixer, hand mixer or even an empty jar (just make sure it has a tight fitting lid). ”

Butter

Ingredients:

- 200ml cream
- Pinch of salt if you want it salted.

Method:

1. Pour a pint of heavy cream or whipping cream into your device or into a jar with a tight-fitting lid. If using a machine, turn on low speed, then raise to medium speed. If you're using a jar, start shaking (you'll need some serious effort if doing it by hand!). First, the cream will turn into whipped cream with soft, then stiff peaks. Keep going until the cream breaks. If you're shaking the cream by hand, you'll hear a sloshing, then you'll begin to feel something more solid hit the sides of the jar. If you're using a stand mixer, you'll see the butter clinging to the beater. This usually takes anywhere from five to ten minutes -- by hand may take longer. In this process, you are separating the butterfat from the liquid.
2. Once the butter has solidified, pour off the buttermilk and save it for baking (or drink it!). Scoop the butter into a bowl. Rinse the butter by pouring ice water over it and pressing the remaining buttermilk out with a small spatula or a spoon. Pour off the water and repeat the process. Keep rinsing and squishing the butter with the ice water until the water runs clear. Then add some salt if you like and work that through the butter.



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