



**Gary Maclean's**  
Midweek **"Quick Wins"** Demo  
**Next Tuesday** (27/07/21 - 6:30 pm)



# Gary Maclean - QGuild

27TH JULY 2021

## Midweek "Quick Wins" Recipes

1. Pork Fillet Katsu Curry (p1)
2. Beef Shoulder Tagine with Almonds & Bell Peppers (p3)
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## Pork Fillet Katsu Curry

This is a real favourite with my family, using pork fillet changes it up a little and, in my opinion, makes it better, as pork fillet has so much more going for it than chicken breast. The sauce itself is very easy to make and crammed with loads of vegetables.

### For the Sauce:

#### Ingredients:

|       |                                       |
|-------|---------------------------------------|
| 1     | Onion chopped                         |
| 2     | Whole garlic cloves, peeled           |
| 2     | Carrots, peeled and chopped           |
| 2 tbs | Plain flour                           |
| 1 tsp | Madras curry powder                   |
| 600ml | Chicken stock (2 chicken stock cubes) |
| 2 tsp | Honey                                 |
| 1 tbs | Soy sauce                             |
| 1     | Bay leaf                              |
| ½ tsp | Garam Masala                          |

#### Method:

1. To make the sauce, heat the oil in a small pan.
2. Add the chopped onion and garlic and sauté for 2 minutes, then add in the carrots and sweat slowly for 10 minutes with the lid on, stir until softened and has started to caramelize.
3. Stir in the flour and curry powder and cook for a minute.
4. Slowly pour in the stock until combined.
5. Add the honey, soy sauce and bay leaf and bring to the boil.
6. Reduce the heat and simmer for 20 minutes, so the sauce thickens but is still of pouring consistency.
7. Add the Garam masala, then liquidise.

### For Crispy Pork:

#### Ingredients:

|      |                    |
|------|--------------------|
| 2    | Pork Fillets       |
| 300g | Panko bread crumbs |
| 2    | Eggs               |
| 20ml | Milk               |
| 100g | Plain flour        |

**Method:** *Next page >>>>>*

### Method:

1. The first task is trim all the silver skin from the pork fillet, next cut the fillets into 5 cm chunks.
2. Place the pork pieces, cut side down onto some film or a Vacuum bag and carefully bat out the port until you get a thin escalope.
3. The next thing you need to do is to bread crumb the pork. To do this you will need set up what's called a pané system. This consists of a tray with seasoned flour, one with an egg and a little milk and a third tray with panko crumbs.
4. We pass the pork through the flour first then the egg wash and lastly the bread crumbs.
5. The idea is that the flour will stick to the pork the egg sticks to the flour and the crumbs stick to the egg wash.
6. To cook shallow fry until golden and cooked through. Depending on how thick the pork is it might need some time in the oven to cook through.

### For the Rice:

This recipe is amazing it's a completely fail safe every time. The main reason why it works every time is the fact that everything is controlled. Measuring the rice and the stock then setting the temperature makes it the same every time. When I refer to a cup I don't mean the American measuring system it's literally a cup or a mug, if you have a lot of people to feed use a bigger mug, around 60-70g of rice per person is perfect.

### Ingredients:

|          |                               |
|----------|-------------------------------|
| 1 cup    | Long grain rice or sushi rice |
| 1 ¼ cups | Stock (1 stock cube)          |
| 1        | Onion finely diced            |
| 1        | Bay leaf                      |
| 20ml     | Vegetable Oil                 |

### Method:

1. Using a pan with a tight fitting lid. Heat the pan and add the oil then add onion and sweat for 4-5 minutes without colour.
2. Add rice and toast for 1 minute coating rice in the butter. Now add stock bring to the boil, put a tight fitting lid on.
3. Place in a pre- heated oven 170 °C for 18 minutes or until the rice has absorbed all the stock. Allow rice to stand once out and fluff up with a fork.

END

## Beef Shoulder Tagine with Almonds & Bell Peppers

I think that this is one of the easiest recipes in my repertoire, its simply mixing everything together raw and letting the long slow cook do the rest, I have used some beautiful Scotch shoulder steak for this but any stewing cut works perfect, my favourite cut for this is lamb neck fillet or shoulder of mutton.

### Ingredients:

|          |                                      |
|----------|--------------------------------------|
| 400g     | Beef shoulder, evenly diced          |
| 1 tin    | Chick peas                           |
| 1        | Red onion (sliced)                   |
| 400g tin | Chopped tomatoes                     |
| 8        | Cherry tomatoes (halved)             |
| 1        | Red pepper (cut into large dice)     |
| 1        | Chicken stock cube (crumbled)        |
| ½ tsp    | Garlic (chopped)                     |
| 2 tsp    | Curry powder                         |
| ½ tsp    | Ground coriander                     |
| ½ tsp    | Ground cumin                         |
| 1        | Bay leaf                             |
| 25g      | Plain Flour                          |
| 50g      | Flaked almonds                       |
|          | Small dried chilli flakes (optional) |
|          | plain white flour                    |

### Method:

Pre-heat the oven to 140°C

1. In a large mixing bowl, mix all of the spices with the beef, crush in the stock cube, this will add a little seasoning.



2. Add the tinned tomato and rinse out the tomato tin with 100ml of water and add to the base mix.
3. Next add all of the ingredients except the almonds and mix well.
4. Place the ingredients in the middle of the Tagine or pot with a tight-fitting lid. Put the lid on and cook for 1½-2 hours. This would also work in a large tray in a convection oven, I would place a sheet of parchment paper over the top and then a couple of sheets of tinfoil making sure you have a good seal.
5. Remove carefully from the oven and double check the tenderness of the meat, if it is still tough pop it back in. The actual timings will vary depending on the cut and species.
6. Top with the almonds and some chilli flakes
7. Stir and serve.

END



## Peshwari Chicken Curry

This is a fantastic recipe, I find using chicken thighs give the dish a much better flavour and the chicken thighs taste much better than chicken breasts and they also have the added bonus of not drying out when cooked long and slow. If you have a pressure cooker this dish would only take 20mins cooking time on the stove top.

### Ingredients:

|             |   |
|-------------|---|
| 4tbsp       | Sunflower oil   |
| 1 stick     | Cinnamon stick  |
| 4           | Green cardamom pod  |
| 4           | Cloves  |
| 1           | Bay leaf  |
| 1kg         | Chicken thighs (you can use skin on or off bone in or out depending what your customers prefer) |
| 1 large     | Onion, sliced (not into rainbow shapes the other way)   |
| 50g         | Ginger, pureed (this is best done with a Microplane grater)                                     |
| 4 cloves    | Garlic, pureed  |
| 50g         | Tomato puree  |
| 1 tsp       | Ground turmeric   |
| 1 tsp       | Ground coriander  |
| 1 tsp       | Ground cumin  |
| 170g        | Greek yogurt  |
| 4tsp        | Gram flour  |
| 1tsp        | Chilli powder   |
| 175ml       | Stock   |
| Small bunch | Mint leaves (shredded)  |
| Small bunch | Coriander leaves (shredded)   |

## Method:

1. In the medium pan preferably with an oven proof handle, heat the oil over a low heat. Add the cinnamon, cardamom, cloves and bay leaves.
2. Let them sizzle for 25-30 seconds, then add the chicken thighs, increase the heat to medium-high and cook until the meat begins to brown and all the natural juices have evaporated.
3. Add the onion and cook to a light golden colour for 4-5 minutes and then add the ginger and garlic purees for 30 seconds.
4. Add the tomato puree, turmeric, ground coriander and cumin. Continue to cook the spices out for 3-4 minutes.
5. Whisk together the yogurt, gram flour and the chilli powder and add to the meat.
6. Reduce the heat to low, add the stock, check for seasoning, cover and cook in the oven at 130 °C until the meat is tender. Approximately 1 ½ - 2 hours.
7. Once tender stir in the fresh mint and the coriander. Serve

END

## Spiced Skirt steak White Bean, Chorizo and Baby Spinach Stew

### For the steak

|          |                 |
|----------|-----------------|
| 4 x 200g | Skirt steak     |
| 3 sprigs | Rosemary        |
| ½ tsp    | Coriander seeds |
| ½ tsp    | Cumin seeds     |
| ½ tsp    | Cajun seasoning |
| 25ml     | Vegetable oil   |

### Method:

1. For this recipe I would do it the day before you are looking to display, dry roast the coriander and the cumin seeds and crush in a grinder or a pestle and mortar.
2. Chop the rosemary, mix the toasted, spice with Cajun spice then add the oil.
3. Pop the stakes in a bag and add the spice mix. Massage the marinade into the meat and store overnight.

### For the stew

#### Ingredients:

|          |                         |
|----------|-------------------------|
| 4 x 300g | Chorizo Rosario, sliced |
| 1        | Red onion, chopped      |
| 3        | Garlic clove, crushed   |
| 1 Tin    | Mixed beans             |
| 3        | Tomatoes, chopped       |
| 100ml    | Hot water               |
| 1 tbsp   | Tomato purée            |
| 1 tbsp   | Red wine vinegar        |
| ½ pkt    | Baby spinach            |
| 1 tbsp   | Fresh basil, chopped    |
| 1 tbsp   | Fresh parsley, chopped  |
| 2 sprigs | Rosemary                |
| 2 sprigs | Thyme                   |
| 1 tsp    | Cajun seasoning         |



**Method:**

1. Place the soaked beans in a medium pot cover with cold water, add the rosemary and the thyme and 1 clove of garlic.
2. Slowly bring to the boil and cook until softened.
3. Heat a saucepan over a medium heat.
4. Add the chorizo, onion and garlic and fry for 3-4 minutes, until the chorizo is golden brown all over. Be careful you don't burn the garlic.
5. Add the remaining stew ingredients, except for the fresh herbs and the spinach.
6. Bring to the boil, then simmer for 10-12 minutes.
7. Add the herbs and the spinach stir well.
8. Pop a skillet or a pan onto the stove making sure the pan is hot add your steaks, sear on both sides quickly.
9. Allow the steak to rest before serving with your stew.

END