

## **Episode 2:**

### **STARTER**

**Smoked salmon and fresh baby herbs elegantly swirled on a potato and spring onion rosti with capers, cream cheese and red onion slivers**

#### **Ingredients**

200g good quality smoked salmon, sliced  
200g smooth cream cheese  
handful baby herbs  
1 red onion cut into thin slivers  
cracked black pepper

2 large peeled potatoes, grated  
3 spring onions, sliced  
1 egg  
1/2 cup flour  
salt, cracked black pepper  
2 cups sunflower oil

#### **Method**

For the rostis, heat the oil in a deep frying pan.

Mix the grated potato with the spring onion, beaten egg, salt and pepper in a bowl. Add the flour and mould the mixture into round flat patties and place on a floured tray.

Once you are ready to fry, drizzle some extra flour onto the flat potato rostis until they are completely coated and place carefully into the very hot oil.

Fry for about 5-7 minutes per side or until golden brown. Using a slotted spoon, remove them from the oil and place them on dry paper kitchen towel.

To serve, put some cream cheese on the cooled potato rosti and neatly place the smoked salmon in top of this. Garnish with the red onion slivers, cracked black pepper and some lemons, limes or fresh herbs. Enjoy.

### **MAIN COURSE**

**Grilled beef fillet with a fresh cream basil pesto sauce set on gorgonzola mash**

#### **Ingredients**

400g beef fillet cut into 2 portions  
salt, cracked black pepper  
1 tablespoon butter

olive oil

250ml fresh cream

1 tablespoon basil pesto

4 large waxy potatoes, peeled

60g gorgonzola cheese

## **Method**

For the mash, boil the potatoes in rapidly salted boiling water until soft for about 20 minutes. Drain the water and mash thoroughly with a potato masher. Once smooth, stir in the gorgonzola cheese while the potatoes are still piping hot to assist in melting the cheese. Add the fresh cream and stir until the potatoes are glossy and smooth. Season with some cracked black pepper, cover with a lid and set aside.

Heat a griddled frying pan and melt the butter with some olive oil. Season the fillet with salt and pepper and grill on the hot pan for about 5-7 minutes per side. Once cooked to your liking, set aside.

In a separate pot over slow heat, warm the fresh cream and once slightly thickened add the basil pesto and set aside for later.

To serve, start with the mash in the centre of the plate, top with the fillet and drizzle the sauce neatly over the top.

## **DESSERT**

### **Meringue roulade with rosewater and fresh berries, dusted with icing sugar**

#### **Ingredients**

#### **Ingredients:**

5 large egg whites

1 cup caster sugar

2 tablespoons cornflour

Icing sugar, to dust

500ml double Cream

1 punnet strawberries and 1 punnet blueberries/raspberries

#### **Method**

Preheat the oven to 160°C

Line a 33x28cm Swiss roll tin with baking paper, leaving a 5cm overhang.

Whisk the egg whites until stiff, then gradually whisk in the caster sugar, a little at a time, until the meringue mixture is stiff and glossy. Whisk in the cornflour.

Turn the mixture into the prepared Swiss roll tin using a spatula and spread it evenly to the edges. Cook for 1 hour, then cool in the tin.

Lightly whip the cream to soft peaks and spread over the meringue, leaving a border of about 2.5cm on the long side farthest away from you.

Scatter the strawberries and berries evenly over the cream, then carefully roll up. Place the roulade on a serving plate, joint-side down. Serve whole with extra fruit arranged around it and elegantly drizzled with icing sugar.