

# A Summer Menu from *The Rare Breed Chef*

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## Gazpacho

(Serves 6-8)

A super simple classic chilled soup originating in Andalucia. Summer is the only time to make this when tomatoes are at their best.

Roma vine tomatoes are traditionally used but you can use any with good flavour - a great way to use up any home grown tomatoes too.

You can add a touch of ground cumin, paprika or even Jalapenos if you want to



## *Ingredients*

1kg mixed tomatoes  
1 cucumber  
1 red pepper  
4 spring onions  
3 cloves garlic  
3 thick slices of bread, crust removed  
100ml extra virgin olive oil  
50ml sherry vinegar  
fresh basil

## *Method*

Reserve a few slices of tomatoes, pepper and cucumber to serve.

Deseed and roughly chop the pepper and peel and dice the cucumber. Blend with all the remaining ingredients in a food processor adding a little water to reach the desired consistency. Season with salt & pepper. Serve chilled garnished with the reserved ingredients, fresh basil and a drizzle of olive oil.

## *Tandoori Chicken Skewers*

Making your own Tandoori marinade is really easy and you can play around with the spices to your own taste. I love the use of chopped bay leaves here, charred over hot coals for the perfect summer BBQ. You'll need six long BBQ skewers for this recipe.



## *Marinade*

300ml yogurt  
1 tsp salt  
2 tsp turmeric  
2 tsp ground ginger  
2 tsp garam masala  
2 tsp chilli powder  
6 garlic cloves  
4 bay leaves (finely chopped)  
4 tbsp tomato pure  
juice of 2 lemons

12 boneless chicken thighs (with skin), cut into thirds.

4 red onions, peeled and cut into 1/6ths  
1 aubergine  
2 courgettes  
1 red pepper  
1 green pepper  
1 yellow pepper  
paprika

## *Saffron Rice Salad*

200g jasmine rice  
½ gram saffron  
500ml light chicken stock  
1 bunch asparagus  
handful of broad beans  
handful of green beans  
handful of spinach  
1 tbsp chopped coriander  
1 tbsp chopped mint  
1 red chilli, finely sliced  
50ml olive oil  
juice of 2 lemons



## *Method*

Blend together the ingredients for the marinade and transfer to a large mixing bowl with the chicken pieces. Toss together to coat, cover the bowl with clingfilm and refrigerate for at least 3 hours (or up to 24 hrs)

For the saffron rice salad ,blanch the green vegetables until tender and refresh under cold running water. Pod the shells from the broad beans. Simmer the jasmine rice in 500ml of hot chicken stock with the saffron until just cooked. Leave to cool in the stock for 10 minutes before draining and

refreshing with cold running water. In a large bowl, mix together the rice with the remaining salad ingredients.

Divide the chicken equally between the metal skewers, alternating with the courgette, Aubergine and pepper. Dust with paprika before cooking over hot BBQ coals for 15 minutes or so, turning regularly until the chicken pieces are cooked.



### **Duck Egg Crème Brûlée**

Rich, indulgent, ultimate comfort food, does anyone not like crème brûlée? Duck eggs have huge, rich yolks and a greater yolk:egg white ratio than chicken eggs, but the quantities in this recipe will work for any eggs. These can be made a day or two in advance but blowtorch them just before serving, if you don't have a blow torch, use your grill on its highest setting.

#### **Method**

Bring the cream and vanilla to a simmer in a saucepan. Whisk the egg yolks and sugar in a bowl, just enough to combine them and dissolve the sugar. Pour 1/3 of the hot cream into the bowl and whisk together. Add this back to the pan still containing the 2/3 cream. Stir and gently heat to 73C (until starting to thicken). Remove from the heat.

Pour into 8 ramekins and place in an oven dish. Fill the oven dish with freshly boiled water from the kettle to just under the rim of the ramekins.

Place in the oven at 110C for 20-30 mins.

If they start to colour on top before setting turn the oven down a little.

Remove from oven when just set, (test by gently shaking the tray, they should jiggle just a little but not look too liquidy. Leave to cool in their trays before putting in the fridge. Cover lightly with caster sugar and blowtorch until the sugar caramelises. Leave for a minute or two before serving.

#### **Ingredients**

900ml double cream  
240g yolks  
250g sugar  
1 Tbsp vanilla essence