WATERCRESS SALAD WITH AVOCADO & WASABI CUCUMBER DRESSING
SERVES 4

INGREDIENTS

WASABI DRESSING
- 0.5 cucumber, grated
- 1g sea salt
- 150g mayonnaise
- 90g wasabi
- 60ml pickled ginger juice
- 25ml rice vinegar

WATERCRESS SALAD
- 500g watercress, washed and picked
- 1 cucumber, sliced into 3 inch ribbons
- 1 baby courgette, sliced into ribbons
- Edamame beans, blanched
- 1 ripe avocado
- Tenkasu tempura crunch or fried panko

METHOD

WASABI DRESSING
Pass the grated cucumber though a fine sieve to separate the juice from the pulp. Refrigerate the juice until required. Add the cucumber pulp to the mayonnaise and mix with a spatula. Add the rest of the ingredients except the juice and mix well. Use the juice to adjust the consistency to a light but creamy texture.

WATERCRESS SALAD
Mix all of the ingredients for the watercress salad in a bowl.

TO SERVE
Finish with the wasabi dressing.
TUNA TATAKI
WITH GINGER &
CHILLI-BRAISED
RED ONION
## Ingredients

### Tuna Tataki
- 500g tuna fillet, small diameter cut of the loin
- 2 tsp sea salt
- 1 tsp black pepper

### Red Onion and Chilli
- 2 medium red onions
- 1 red chilli
- 2 ginger stems
- 1 garlic clove
- 25ml sake
- 25ml soy
- 25ml rice vinegar
- 15g caster sugar

### Momiji Oroshi & Daikon
- 2g momiji oroshi (Japanese chilli paste)
- 15g daikon, peeled and finely grated

### Garlic Chips
- 40 garlic slices, sliced with a mandolin and cooked in oil at 120 degrees till crisp
- Oil, for deep-frying

### Ponzu Sauce
- 15ml mirin
- 10ml sake
- 20ml rice wine vinegar
- 50ml soy sauce
- 10ml tamari soy
- 10cm kombu
- 5g bonito flakes
- 1 whole orange, sliced

### TO SERVE
- 5 stems spring onions, thinly sliced, cleaned and white part removed

## Method

### Tuna Tataki
Prepare the tuna fillet by trimming it into rectangular shaped logs. Heat a pan to smoking point, add a small amount of oil and rub with paper towel to remove any excess. Rub the tuna fillet with a little oil and season with salt and pepper. Evenly seal the tune in the hot pan for 15 seconds on all four sides. Once sealed, place in a container in iced water to stop the cooking process. Slice the seared tuna into thin 3mm thick slices.

### Red Onion and Chilli
Finely slice the red onion and very finely chop the chilli, ginger and garlic. In a hot pan, add a little oil and cook the onion before adding in the chilli, ginger and garlic. Cook until the onions are tender but not soft, then deglaze with the sake, soy, rice vinegar and sugar. Place the onion and chilli mix on a tray in the fridge to cool. Once cooled, divide into 4 serving bowls and set aside until required.

### Momiji Oroshi & Daikon
Mix the momiji oroshi and grated daikon together in a bowl and set aside until required.

### Garlic Chips
Heat a pan of oil to 120°C and deep-fry the garlic chips until crispy. Place on towel to absorb any excess oil.

### Ponzu Sauce
Combine the mirin and sake and bring to the boil. Cook until all the alcohol has burned off. Add the remaining liquid ingredients and the kombu. Just before the liquid comes to the boil, remove from the heat. Add the Bonito flakes and oranges and allow to cool. Set aside until serving.

### TO SERVE
Place 6 folded over slices of tuna tataki on top of the onions in each bowl. Place the momiji oroshi and daikon next to the tuna in the bowl. Finish with the 5 or 6 slices of spring onion over the tuna. Add 40ml Ponzu sauce to each bowl. Sprinkle 6-8 garlic chips onto the tuna and serve.
ROBATA GRILLED RIB EYE WITH WAFU SAUCE
GRILLED RIBEYE WITH WA FU DRESSING

SERVES 4

INGREDIENTS

RIB EYE
- 200g rib eye

RIB EYE MARINADE
- 40g garlic, finely chopped
- 40g green chillies, halved, deseeded and chopped
- 60ml olive oil

GARLIC CHIPS
- Garlic slices, sliced with a mandolin
- Oil, for deep frying

WA FU DRESSING
- 1kg white onion
- 0.5lt soy sauce
- 20g caster sugar
- 50g celery stalks
- 50g carrots
- 5g table salt
- 0.2lt grapeseed oil
- 60ml light soy sauce
- 0.3lt rice vinegar
- 1 granny smith apple

TO SERVE
- Leeks, sliced in julienne
- Shichimi Japanese 7 spice pepper

METHOD

RIB EYE
Start by making the rib eye marinade by mixing all the garlic, chillies and olive oil together. Then, rub the marinade into the meat and leave to marinate for 12 hours or overnight. Once marinated, remove the rib eye from the marinade and season with salt and pepper. Grill the rib eye on a high heat to the required finish (rare, medium rare), then take off the heat and allow to rest for at least 30 seconds.

GARLIC CHIPS
Heat a pan with the oil to 120C and deep-fry the garlic chips until crispy. Place on towel to absorb any excess oil.

WA FU DRESSING
Using a blender, blend all the dry ingredients together into a fine powder then add the liquid ingredients and mix well.

TO SERVE
Slice the beef into thick slices and place on a plate. Finish with the wafu dressing and sprinkle with the rest of the ingredients as a garnish.
BANANA CAKE
**BANANA CAKE BASE**

Preheat a non-fan oven to 130C. Cream the butter in a mixer using the paddle extension, then add the sugar and mix together on speed 1 for about 5 minutes until the mixture is light in colour and has a creamy texture. Sieve the flour and the baking powder together into a separate bowl and set aside.

To form the cake mixture, gradually add the eggs and the flour to separate bowl, alternating between the two ensure that the mixture doesn’t split. Finish the mixture by adding some of the banana purée, being careful to reserve some for serving, and the orange zest and mixing well until fully incorporated. Place the cake mix in a cake tin and cover with silicon paper. Place the cake tin in the oven and spray with water to create steam. Bake at 130C for approx. 1 hour 50 minutes. Once baked, remove the cake from the oven and baking tin and allow to cool on a rack.

**BANANA CAKE INGREDIENTS**

- 300g butter
- 300g sugar
- 300g whole eggs
- Orange zest
- 230g plain flour
- 80g rice flour
- 15g baking powder
- 350g banana purée

**METHOD**

**GREEN TEA SPONGE CAKE**

Preheat a fan oven to 180C. Cream the yolks and sugar with the whisk attachment in a mixer. Place the milk powder, green tea powder, water and honey in a separate bowl and blitz with a hand blender until fully incorporated. Add the milk powder mixture to the creamed egg yolks and sugar in stages and mix until fully incorporated. Remove the bowl from the mixer and fold in the sieved flour and baking powder with a spatula. Finally add the lemon oil and place the mix in a baking tin. Bake at 180C for approx. 8 minutes. Once baked, remove from the oven and the tin and leave to cool on a rack.

**GREEN TEA SPONGE CAKE INGREDIENTS**

- 100g egg yolks
- 70g sugar
- 35g milk powder
- 10g green tea powder
- 70ml water, lukewarm
- 35g honey
- 80g flour
- 2g baking powder
- 35g lemon infused olive oil

**CARAMELIZED PEANUTS**

Roast the peanuts in an oven heated to 160C for 10 minutes. Boil the sugar and water in a pan over a high heat until it becomes light caramel in colour and has reached 121C. Turn the heat down to medium and add the roasted nuts to the caramel and stir continuously. When the caramel starts to darken and reaches a sandy colour, take the pan off the heat. Add the butter and stir until the peanuts are covered. Spread the mixture onto a silicone mat and set aside to cool.

**CARAMELIZED PEANUTS INGREDIENTS**

- 100g peanuts, roasted and salted
- 50g sugar
- 20ml water
- 10g butter

**TOFFEE SAUCE**

Place a pan over a high heat and slowly add the sugar to make a dry caramel. Allow the sugar to darken in colour then gradually whisk in the cold butter. Once all the butter has melted, add the milk and double cream. Bring to the boil and simmer for approx. 5 minutes. Pass through a fine sieve and allow to cool.

**TOFFEE SAUCE INGREDIENTS**

- 300g sugar
- 180g butter, chilled
- 70ml milk
- 400ml double cream

**COCONUT ICE CREAM**

Bring the milk to the boil then take off the heat. Mix the powdered ingredients together, then add the powders to the milk and bring back to the boil, continuously stirring to stop the milk from burning to the bottom of the pan. Take the mixture off the heat and add coconut purée and cream and mix thoroughly. Place the mixture into the freezer to form an ice cream.

**COCONUT ICE CREAM INGREDIENTS**

- 200g coconut purée
- 20g powdered glucose
- 20g coconut cream lopez
- 60g sugar
- 180ml milk
- 180ml cream
Method cont.

TO SERVE
Use the banana purée to stick the two cake bases together. Slice into portions and serve each portion with the caramelized peanuts, toffee sauce and coconut ice cream.