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25 Favorite Restaurant Recipes Revealed
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25 Favorite Restaurant Recipes Revealed

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Welcome

Thank you for acquiring this book.

The recipes you find here are from the kitchen recipe book of the now closed Boulders Restaurant Kitchen.

The many chefs that worked in the Boulders Kitchen over the years have used them successfully. Most recipes are geared towards larger quantities of food, just as I needed them for the Restaurant. Please down scale them for your individual needs.

Whilst these recipes have been used over and over again, they were designed for commercial quantities with commercial quantity produce being the ingredients.

What do I mean by that?

What that means for you when trying out any of these recipes is, to use them more as a guide for your cooking rather than a rigid law written in stone.

For example a bunch of parsley could be a different size from grocer to grocer, the flour you are using could be more absorbent than the one we usually used in our kitchen. So there are many variables in cooking. The best way to deal with this is to simply let your intuition guide you along the way. Therefore, if your soup feels it is too thick – then it most probably is. Add a little more liquid.

Introduction

My name is Urs Ruprecht; I am a Swiss born and trained professional chef living in Australia. Was involved in a range of establishments form 5-Star Hotels to local restaurants then, until 2004, for 8 years I had my own restaurant.

Since then, I've been involved in freelance Catering, Venue, Restaurant, Hotel and Agency work.

Before having gained insights as a restaurateur for 8 Years including the roles of being the company director & chef-owner of Boulders at the Rocks in Sydney, I held positions as Head Chef for a catering company, Chef de Partie at several hotels, Functions Sous-Chef, worked in hotels and restaurants in the Australia, USA, Bermuda, Switzerland and also was Head Chef for the Swiss Army.

My aim now is to share the insights and experiences of close to 25 years in this industry, create tools and systems for anyone that is interested in food, restaurants or cookery and people that are planning to get involved in the hospitality industry.

This is of course a step-by-step process and requires an audience of interested parties.

Do you like to share in good food as much as I do?

Then this is for you – if you find it useful or worth reading, this book is yours to pass on to your friends or acquaintances.

I would love you to share it with anyone you feel is interested in good food and the insight into our industry.

I would also like to invite you to join my "Insights" Newsletter and receive my Free 7 day e-Course "Cookery Secrets".

Please do so at:

<http://www.restaurantrecipesrevealed.com/eCourse.html>

Important note about the recipes:
Sometimes these recipes will result in large quantities of food, so please down scale to your individual needs.

Soup

The following dish was one of the long-standing standard items on the menu. Often guests would order it as a Vegetarian Main Meal. It is a particularly suitable winter dish and can easily be made in a large quantity and to be kept in the refrigerator for a week or so, re-heating it as you eat away on it. We used to serve it with grilled garlic bread, topped with some shaved Parmesan cheese.

Lentil Stew – makes ~10 portions

500g	Lentils	Soaked over night (if possible)
250g	Onions	Peeled and diced
50ml	Olive Oil	
6 cloves	Garlic	Peeled and roughly cut
1bch	Leeks	Washed and diced
250g	Carrots	Peeled and diced
1 each	Red Capsicum	Diced
250g	Potatoes	Peeled, diced
¼ bunch	Oregano	Stripped off stems
1 each	Bay leaf	
	Salt/Pepper	
2ltr	Vegetable Stock	Or Water if you do not have Vegetable Stock

- Heat olive oil in a soup pot
- Add vegetables (other than potatoes) lentils & oregano then sweat until onions turn glassy
- Fill up with stock/water, add bay leaf, boil till lentils are soft
- Add potatoes, salt & pepper, boil until potatoes are soft
- Adjust seasoning to taste

Optionally, garnish the bowls of soup with shaved Parmesan cheese or add a spoon full of sour cream, crème fraiche or even natural yoghurt, a spring of oregano and you got yourself a rustic meal.

Tip: When using lentils (or any other pulses for that matter), NEVER add salt to the dish before they are not cooked. If you do add salt from the beginning, it takes a very long time for them to soften.
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Another favourite soup was the

Chicken, Pumpkin & Sweet Corn Chowder – makes ~10 portions

750 g	Pumpkin	Peeled and cubed
½ bunch	Leeks	Washed and sliced
1 kg	Onions	Peeled and diced
3 cobs	Corn	
50 g	Garlic	Crushed
150 g	Butter	
1 Table Spoon	Oregano	(Or Marjoram) Fresh or dry
100 g	Flour	
1/2 kg	Potatoes	Peeled & Diced
½ kg	Chicken	Thigh Filet or Breast Meat are both o.k.
1.5 It	Water	
	Salt/Pepper	
300 mil	Cream	(Optional)

- Dice chicken and simmer in the lightly salted water for 2-3 minutes (best done day before and left to chill in liquid)
- Keep this chicken stock
- Sweat all sliced and diced vegetables and herbs in butter (including the corn shredded off the cobs)
- Dust vegetables with flour and fill up with cold stock (from the simmered chicken)
- Simmer for ~20 minutes
- Add chicken and bring back to boil, season to taste
- When serving, refine with some cream

I often varied this dish from using chicken to using King Prawns instead, or sometimes, I'd char-grill the corn before shredding it off the cobs, which gives the corn a beautiful nutty flavor.

Starters

Leek & Mascarpone Tart – makes ~10 portions

- 500 g Mascarpone Cheese
- 10 Egg Yolks
- ¼ bunch Shallots (Or chives)
- 2 bunches Leeks
- 1 each White Onion (Brown is o.k. too)
- 80gr Butter
- 2 cups Water
- Salt & Pepper
- 1 quantity Short Crust Pastry (See recipe above)

- Roll out pastry to about 3mm thick and line individual tart moulds (or a large mould), rest for 20 minutes and then blind bake *(see tip below)
- Wash & slice leek, slice onion
- Sautee leek & onion in butter, add water & season, stew till soft & all water evaporates
- Chop shallots; mix with mascarpone & yolks, season to taste
- Half fill tart shells with leek, top up with mascarpone and return into oven
- Bake until the mascarpone mix is set firm and golden brown

Serve whilst still warm, maybe with a small rocket (arugola) or baby spinach salad, dressed with a Modena balsamic dressing – that will be a nice light lunch, starter or even an evening meal in itself.

Tip: As an option to the short crust pastry, you could easily use puff pastry sheets (available in the freezer section at your local supermarket) for your tart shells. When working with puff pastry, just make sure to rest it well before baking. It will shrink if you do not do so.

Short Crust Pastry – makes about 2 large or ~12 individual shells

400gr Plain Flour
200gr Butter
100ml Water
½ Teaspoon Salt

- Place flour into a bowl
- Add soft but not melted butter & salt
- Process by rubbing flour against butter until all lumps are incorporated
- Add water and quickly and kneed just long enough for the dough to come together
- Rest for at least 20 minutes (in a cool spot – but not in the fridge if you are planning to use it straight away)

Tip: Depending on the quality of flour you use, you may need a little less or a little more water – so start off with $\frac{3}{4}$ of the water first and add some more if you need to. What you want is a silky looking dough.

Tip: *Blind baking: once the tart moulds are lined with pastry, place a piece of baking paper (or aluminum foil) on top of pastry and fill with some raw rice, chick peas or other pulses to weigh the paper town into the corners of the pastry shell. Bake at ~180°C (pre-heated oven) for 5 minutes, then remove the weight and bake until the pastry turns golden. For our mascarpone tart recipe here, where we bake the tarts for a second time, it is actually better to under-cook the pastry a. The tarts may bake a bit too dark if the pastry is already fully cooked during the first baking process. If you were to fill the tart shell with a filling that does not require further cooking, you would of course completely bake the pastry from the outset.

Modena Balsamic Dressing

2 parts Olive Oil
1 part Modena Balsamic Vinegar
Salt & Pepper To taste

- Mix it all together and stir until the salt has dissolved

Make a decent quantity and store in a bottle, so you always have some handy when you feel like eating a salad...

Whitebait Fritters – makes ~5 portions

500 g	Whitebait	Drip-dried
2 each	Calamari Tubes	
250 g	Onions	
1/4 bch	Shallots	
1 cups	Flour	
	Salt/Pepper	
1/8 bch	Parsley	
1	Egg	
1teasp.	Baking Powder	

- Cut 1/4 of the calamari into very fine strips
 - Mix these strips with the dry whitebait
 - Mince (or chop) rest of calamari with chopped shallots, parsley & onions
 - Mix all the ingredients together & season
 - Heat vegetable oil to ~180°C
 - Carefully place spoon by spoon of the batter into the hot oil and fry till golden
 - Serve with your favorite dipping sauce
-

Cucumber Yoghurt Dressing

500gr	Yoghurt	Greek/European Style
3	Cucumbers	(Telegraph)
1Tablespoon	Garlic	Minced
100ml	Olive Oil	(Optional)
1bunch	Dill	Chopped
	Salt & Pepper	To taste
	Lemon Juice	To taste

- Grate and squeeze dry all the Cucumbers (the best way to do this, is to grate the cucumber from the outside in, rotating around as you go, so that by the end just the seeds are left over. Also, it is o.k. not to peel the cucumbers, as it adds texture as well as color to the dish)
- Mix in with yoghurt, add dill & garlic
- Emulsify with oil (optional)
- Season to taste

Emulsify = slowly pour in the olive oil as you stir, this gives the dish a nice creamy texture

Mushroom Risotto Cakes - makes ~20 cakes

500gr	Arborio Rice	(Or Vialone rice)
100gr	Onions	Finely chopped
100gr	Butter	
500gr	Button Mushrooms	
100ml	White wine	
1.4lt	Water	Or Vegetable stock
50gr	Parmesan Cheese	Grated
10	Egg Yolks	
	Salt/Pepper	To taste

- Sweat onions in butter until glassy
- Add mushrooms and sweat until fragrant
- Add rice and continue to sweat
- De-glaze with wine
- Fill up with water and bring to boil
- Reduce heat and under repeated stirring simmer until al dente
- Work-in egg yolks and cheese whilst still very hot
- Let cool down until comfortable to handle (but still warm) and portion cakes to desired size/shape
- Then cool completely
- In fry pan heat some oil or butter and fry each site till golden brown

Together with a leaf salad, these risotto cakes are a great vegetarian summer dinner or light luncheon.

We used to serve them as a base for an oven-roasted beef fillet steak with sautéed baby spinach and a red wine jus.

Fish Cakes – makes ~30 patties

1 kg	Fish Meat	White Boneless (diced)
1 Table spoon	Thai Curry Paste	
125 g	Onions	Chopped
4 cloves	Garlic	Crushed
100 g	Green Beans	Picked
1 bch	Coriander	(Cilantro) Picked
1 each	Red Capsicums	(Red Bell Peppers)
25 ml	Thai Fish Sauce	
1 each	Red Chillies	Chopped with seeds
100 ml	Water	Ice cold
1 Teaspoon	Salt	

- In a bowl mix diced fish together with all other ingredients
- Pulse in a food processor until a coarse but sticky mix forms
- Form this mix into sizeable 50 g patties (use wet hands to avoid the mix from sticking to your hands)
- Panfry on both sides until cooked through and golden on both sides
- (Alternatively, deep-fry the patties till golden)

Serve with commercially available sweet chili sauce or you own:

Saigon Dipping Sauce – enough for above recipe

1/2	Telegraph Cucumber	
50 ml	Rice vinegar	(Or White)
25 ml	Fish Sauce	
25 g	Sugar	
1	Chilli	Finely Sliced
¼ bunch	Coriander	Just leaves

- Dissolve sugar in liquids
- Seed and then finely dice cucumber
- Add chillies, roughly chopped coriander and cucumber to the liquid

Main Meals

Indian Style Chicken Curry – makes ~12-15 portions

2 kg	Chicken Thigh Fillets	
1 kg	Potatoes	
1 kg	Onions	
100gr	Garlic	Minced or crushed
100gr	Tomato Paste	
1 kg	Natural Yoghurt	
4 Table Spoons	Curry Powder	(Madras Style)
1 Tea Spoon	Turmeric	
2 Table Spoons	Coriander Ground	
1 Tea Spoon	Chili Powder	
2 Table Spoons	Salt	

- Cut chicken into large cubes
- Peel potatoes & dice large
- Peel and then thinly slice onions
- Mix meat, potatoes, onions, yoghurt spices and all other ingredients (except salt) & let marinate overnight
- To cook; place everything in a deep pot, add the salt and whilst stirring slowly bring the curry to boil
- Simmer until sauce thickens and potatoes are soft

Serve over steamed rice with some apple chutney (see recipe below) and cucumber yoghurt (see recipe above).

Steamed Basmati Rice – enough for above recipe

1kg	Basmati Rice
	Water
	Salt

- Wash rice under cold running water until it runs clear
- Cover with water to ~3cm above the level of the rice, then add the salt
- Let sit for 10-15minutes

- Over high heat, bring to boil, as soon as it boils, reduce heat to a very slow simmer
- After 10 minutes take rice off the heat and keep in a warm place for another 10 minutes
- Keep covered at all times

Tip: When using salt during the cooking of rice, it will remain firmer and fluffier

Apple Chutney – makes about two 1kg Jars

1 kg Apples
 1 kg Onions
 400gr Sultanas
 1 kg Sugar
 400mil White Vinegar
 40gr Chillies
 1 Tea spoon Salt

- Dice the cored but unpeeled apples
- Dice peeled onions (rough is good here)
- Chop chillies (including seeds if you like it spicy, without seeds if you don't like this idea...)
- Roughly chop sultanas
- Mix all with remaining ingredients & sit in fridge overnight
- Bring to boil, simmer until the apples become transparent and the juices start to thicken (if the liquid evaporates before the apples are transparent, add a little water to keep the chutney from burning)

Tip: as a variation, replace some or even all of the apples with diced mangoes, leave skin on as they will eventually candy up from the sugar.

Kangaroo Stew – makes ~12-15 portions

2 kg Kangaroo Meat Diced Rump or Leg Meat
1 kg Potatoes
1 kg Onions
200 g Garlic
250 g Tomato Paste
1 kg Carrots
2 Table Spoons Salt
2 Table Spoons Paprika
60 g Flour
200 ml White Wine
800 ml Water
100 ml Vegetable Oil
2 each Bay Leaves

- Peel & slice onions, dice potatoes & carrots
- Fry minced garlic in hot oil
- Add & stew meat, onions & paprika
- Add tomato paste, add water; season
- Bring to boil & simmer till meat is tender
- Add potatoes & simmer till potatoes are cooked
- Mix flour with wine, pour into boiling sauce to thicken
- Add more seasoning if needed, simmer to desired thickness

Tip: As an alternative to the Kangaroo meat, any other red meat such as Lamb or Beef or even Goat could be used for this recipe as well.

This dish tastes great with Polenta Cakes:

Polenta Cakes – makes ~12 portions

500 ml Milk
500 ml Water
Salt & Pepper
Nutmeg
200 g Polenta
(Cornmeal)
40 g Parmesan Cheese (Grana Padano type) Grated
40 g Butter
20 ml Vegetable oil

- In an ovenproof pot, bring milk & water & seasonings to boil
- Whilst whisking, run in cornmeal and keep stirring until the mix starts to thicken (be careful not to get splattered at once the mix starts to heat up)
- Cover (in direct contact) with baking paper or alu foil, bake in a pre-heated oven for 25 minutes @ 170°C
- Add cheese and browned butter
- Pour onto a greased tray and let cool thoroughly
- Cut to desired shape and panfry in vegetable oil on both sides till golden brown

As an alternative, place the cut shapes into a greased baking tray, sprinkle with more grated cheese and bake in medium hot oven until golden – yum!

Cauliflower Pickle

- 1 head Cauliflower
- 300 ml White Vinegar
- 100 g Sugar
- 40 g Salt
- 1 Table spoon Pickled Capers
- 150 g White Onions

- Break up cauliflower into small rosettes
- Bring to boil all other ingredients
- Add cauliflower, bring back to boil and remove from pot immediately as cauliflower will overcook when left in the hot pot

The pickled cauliflower can be an antipasto item or a component in a salad, served with meat dishes such as the kangaroo stew above or is just a great tasting snack in itself. Keeps for ages in the refrigerator provided you leave it covered with the pickling liquid.

The following dish was perhaps the most ordered dish of all; I suppose a signature dish for the Restaurant. Guests from all over the world returned to try our barramundi once more.

The reason for the strong flavors with the lemon and the salted capers stems from the fact, that barramundi used to be an exclusively wild caught species and one of its traits was a subtle muddy flavor. The powerful ingredients this recipe features, mask this muddiness. These days, barramundi is farmed extensively and is purged by keeping it in huge pens in the clean waters of the tropics where the fish loses the muddy taste after a while.

Lemon & Herb basted Barramundi Fillet ~10 portions

2 kg Barramundi Fillets Boneless (could be substituted with cod)
1 kg Cashew Pesto (See recipe below)
40 ml Vegetable Oil
Salt & Pepper

- Cut Fish into ~10 evenly sized portions, season with salt & pepper
- Heat oil in fry pan and sear both sides of the fish till golden
- Place on a greased baking tray and bake in a pre-heated oven @ 170°C until fish is $\frac{3}{4}$ cooked (time on this varies depending on the thickness of the fillets, but a fillet that is about 2.5 cm thick should take roughly 5-6 minutes – just check by making an incision into the flesh. If only the very centre is still translucent, your fish is ready)
- Remove from oven and totally cover each piece of fish with the lemon cashew pesto.
- Under the broiler (only with heat from above), finish off the cooking process until the cashew pesto takes on a nice toasty color. (If you do not have a broiler, turn up your oven to very high and then, once the oven has reached temperature, place the fish back into the oven until the pesto turns nice and toasty)

To serve place the crusted barramundi on a pool of salsa verde (see recipe below), sprinkle more toasted cashew nuts and a few crispy fried salted capers around the plate. (If you have a chance at all; take the extra effort to do this – it really will make a difference for the resulting dish...)

Lemon & Cashew Nut Pesto – plenty for the above recipe

1 kg	Cashew Nuts	Raw, unsalted
3 bunch	Curley Parsley	(Or 4 bunches Italian Parsley)
3 bunches	Basil	
2-3 each	Lemons	(Juicing)
400 ml	Vegetable Oil	
350 ml	Olive Oil	
20 g	Salt	

- Wash & roughly chop parsley & basil
- Peel off & finely chop lemon rind
- Add nuts, half oil, salt & lemon juice
- Blend all in food processor (pulse mode) until just pasty
- Stir in remaining oil (optional) and add extra seasoning to taste

Salsa Verde (for the Barramundi) – plenty for the above recipe

3 bch	Shallots	(Scallions)
3 bch	Curley Parsley	(Or 4 bunches Italian Parsley)
350 g	White Onions	(Brown onions are too strong)
1/3 loaf	White Toast Bread	(Crust off)
300 ml	Vegetable Oil	
300 ml	Olive Oil	
3 ea	Lemons (juicing)	
15 g	Salt	

- Wash & roughly chop parsley & shallots (scallions)
- Peel & roughly dice onions
- Cut crust off the bread and dice it roughly
- Place in a bowl, add the salt, lemon juice & half the oil, toss
- Blend it all in a food processor until just pasty
- Stir in remaining oil (optional), then season to taste

When I first came to Australia I ventured down to Sydney's China Town where, in one of the BBQ Duck shops, I saw a Chinese chef chopping mountains over mountains of shallots. Coming from a western style of cookery background, I could not imagine what someone could use that many shallots for. So I asked the guy what he was up to; he reluctantly revealed that they were for some sort of a dipping sauce he'd serve with their duck. I went back to my

kitchen and started to experiment, added a bit of lemon, the bread... and finally, when we were looking for a new way to serve the barramundi, it all came together. The rest is (as they say...) history.

Crispy Capers – enough for the above recipe

50 g Salted Capers
150 ml Vegetable Oil (To fry capers)

- Wash off the salted capers (not pickled) under running hot water until all visible salt has been removed
 - Dry on a kitchen towel
 - Deep fry in hot oil until all moisture inside the capers has evaporated
 - Scoop out the fried capers onto a kitchen paper to allow for the excess oil to be absorbed and the capers to crisp and cool
-

Cardamom & Orange Braised Duck Legs – for 8-10 portions

2 kg Duck Legs Large
1 cup Orange Juice
2 each Oranges (Quartered skin on)
1 cup Soy Sauce (I use Japanese soy for this)
8 pods Cardamom (Crushed)
1 hand Ginger (Diced skin on)
1 each White Onion (Quartered skin on)
¼ bunch Shallots (Roughly chopped)
Salt/Pepper

- In a very hot fry pan, sear duck legs on skin side first till nicely browned (no oil needed, there is plenty of fat that will render out from the duck).
- Place duck in a casserole and add all other ingredients
- Bring to boil and carefully stirring once in awhile, braise until the duck is tender (to check, see if the flesh removes easily from the bone)
- If during the cooking process, the liquid evaporates before the duck is tender, just add a cup of water to make sure it doesn't burn

- Carefully remove duck from the sauce, discard peel and onion skin, then with a stick blender or kitchen machine blend the sauce
- Taste sauce and dilute with water if the sauce is too salty or reduce it if the sauce is not strong enough.
- To serve heat the legs in the sauce and serve with steamed rice or what we did, with a polenta cake where we added some ginger and shallots during the cooking process (see above for these recipes)

Desserts, Cakes & Sweets

Fig & Sweet Potato Cheese Cake – makes 1 Cake

500 g	Sweet Potatoes	(Peeled weight)
285 g	Cream Cheese	
3 each	Eggs	
1 each	Lime	(Juice and Rind)
150 g	Sugar	
100 ml	Cream	
1 Table spoon	Dark Rum	Bundaberg Rum if you have it...
1 Table spoon	Vanilla Essence	
300 g	Dried Figs	

- Simmer sweet potatoes in water till soft, strain fully and place in food processor
- Add all ingredients (other than Figs) and blend till smooth. Cream cheese needs to be soft before blending – this can be done on the defrost cycle in your microwave oven. Just make sure to remove any aluminum foil before doing this.)
- Slice Figs and stir them into mix
- 3/4 fill a lined cake tin and bake in moderately hot oven till it tests dry

Tip: Testing to see if a cake is cooked:

Use a metal needle or skewer; stick it into the cake so that the point of the needle reaches the deepest point of the cake. Leave it there for a few seconds and then pull it out.

Check for two things:

- Is there any uncooked cake mix stuck to it? If not;
- Is the needle hot? Check by placing the needle on your lip.

This will never be so hot that it will burn you, but you will easily be able to determine if the cake is hot inside.

Tip: Lining a cake tin

Spray the cake tin with baking spray, place the tin on a sheet of baking paper and cut around edges to remove overlapping paper and get a matching size and shape paper to place inside the cake tin.

For the walls, cut a strip matching the height of the cake tin and line it all around.

Spraying the tin first helps for the paper to stick in place and makes your job easier.

If you do not have any baking spray, dip a kitchen paper towel in some margarine or soft butter, then smear the inside of the tin, so that there is a film of grease all over the inside of the tin.

If you do not have any baking spray or baking paper, grease the tin as per above, pour one cup of flour into the tin then whilst rotating the tin slowly shift the flour all over the inside of the mould. Inverse the cake tin over a sink, then tap it from the back to remove all excess flour that did not stick to the grease.

Lemon Curd Tart – makes 1 Tart**Shell**

75 g	Sugar	
150 g	Hazelnuts	Preferrably Toasted
150 g	Corn Flakes	
125gr	Butter	Melted

Curd

200 g	Butter	
165ml	Lemon Juice	
250 g	Sugar	
5 each	Eggs	(Whites and yolks)
100 ml	Cream	Optional

Shell:

- Blend sugar, hazelnuts, corn flakes and melted butter in a food processor and line a suitable cake tin to ~3 mm thickness
- Place it in fridge to firm up

Lemon Curd:

- Beat Eggs with Sugar
- Heat Butter with Lemon Juice
- Add Butter to Egg, mix thoroughly
- Add back to pot and boil to desired consistency (no problem with splitting here, so keep going until it really gets thick enough)
- Let cool to room temperature
- (Optional) whip cream and lift it into the curd
- Fill into the corn flake mix lined tart shell and chill in fridge until set completely

Option:

Before filling in Curd, place shell in freezer until firm and then brush inside with melted dark chocolate (this tastes great and will prolong shelf life dramatically).

The cake below is particularly tasty served with a raspberry coulis and a dollop of double thick cream.

Flourless Chocolate Mud Cake – makes 2 Cakes

10 Eggs
250 g Butter
500 g Chocolate (Dark)
500 g Almond meal
400 g Sugar

- Melt butter together with chocolate in a steel bowl over a pot of boiling water
- Beat egg whites and sugar to a firm egg snow (meringue)
- Add egg yolks and almond meal to the melted chocolate
- Fold in egg white meringue
- Fill into lined & buttered cake tin (see above for details on this)
- Bake in moderate heat (150°C) until centre of cake is hot
- Let cool in tin before removing

Raspberry Coulis (Sauce)

1 part Raspberries Fresh or frozen are both
 suitable
1 part Sugar
1 part Water

- Place all ingredients in a saucepot
- Slowly simmer until the sauce starts to bubble up
- By using a whisk break up the raspberries

Optional: pass the sauce through a fine sift to remove the seeds

Rhubarb & Strawberry Crème Brulee - makes 4 portions

Tip:

If you have a party and want to serve this dish, you can prepare the entire dish to the stage where you are only left with sprinkling the sugar and caramelising the top. It's no problem to do fill the dishes 1-2 days in advance as long as you cover the dishes with plastic wrap.

Rhubarb & Strawberry Compote

1 bunch Rhubarbs
100 g Sugar
50 ml Water
8 pieces (nice sized)
Strawberries

- Rhubarb; remove all the leaves and the bottom bits (usually about a couple of inches worth)
- Cut into thumb width pieces.
- Place into a pot
- Add sugar and water and cover with a lid
- Over high heat steam for about 2 minutes, stirring once or twice, turn off the heat, and let sit for another 5 minutes. Let cool.
- Slice strawberries, mix with four to five heaped table spoons of the rhubarb stew.

Vanilla Bean Custard

250 ml Pouring Cream
½ each Vanilla Bean
4 Egg Yolks
70 g Sugar
1 Teaspoon Corn Flour (heaped)

- Pour cream into a small sauce pan or pot
- Split vanilla bean long ways, scrape out the seeds, making sure to add both the seeds and the bean to the cream
- Heat cream & vanilla
- Whilst cream is warming up, whisk egg yolks, sugar & corn flour until foamy
- Mix boiling hot cream into egg, then pour the whole mix back into the pot
- Return pot to low heat, keep stirring with a wooden spoon until the custard thickens up - DO NOT BOIL any more, just let it thicken.
- Once thickened, pour into a container (Takeaway for example) cover with a pierced freezer bag or plastic wrap, so that no skin is formed whilst it's cooling down)
- Cool down in fridge.

Assembling the Crème Brulees:

- Set your oven on very hot using the grill/broil function or the top element (heat has to be generated only from the top).
- Take 4 ramekins (or small coffee cups)
- Fill in 1/3rd with the fruit compote
- Top up (just a fraction below level) with the vanilla custard (discard the now cooked-out vanilla bean)
- sprinkle liberally with sugar until it's totally covered by it - don't be shy!
- Place the filled ramekins on a baking tray and then under the broiler to let the sugar caramelize.
- Remove from oven being careful not to touch the melted sugar.
- Serve once the caramel has cooled and gone hard and crunchy.

We used to use a small gas blow torch, of the type plumbers use, to caramelise the sugar top. If you prepare this recipe a lot, using the torch makes caramelising definitely much easier and quicker...

Left over Rhubarb stew/compo: Eat with French toast, on top of your porridge or breakfast cereals...

Breakfast

French toast – enough for 4 people

2 each Eggs
200 ml Milk
50 g Sugar
8 Slices Bread (Sultana bread is great for this...)
50 g Butter

- Whisk egg, milk and sugar
- Dip slices of bread in the mix
- Fry golden in butter or margarine

If you like, mix a couple of tablespoons of sugar with 1/2 teaspoon of ground cinnamon and sprinkle over the top... Slice a few bananas... Top with maple syrup - Sunday breakfast, here we come...

Pumpkin Hot Cake – enough for ~8-10 portions

1 cup Pumpkin Grated
1 cup Hazelnut Meal
3 cups Flour
4 each Eggs
3 cups Milk
120 g Butter (Melted)
2 Table Baking Powder
spoons
1 Tea spoon Salt
100 g Sugar

- Mix milk & eggs
 - Sift in flour and salt, whisk till smooth
 - Add and mix in liquid butter
 - In a fry pan (skillet) heat up butter, margarine or vegetable oil
 - Carefully spoon in batter in dollops
 - Over medium heat, fry till golden, turn over and fry the other side as well
 - Serve with blueberry compote (or leftover rhubarb as per above):
-

Blueberry Compote

- 1 part Water
- 2 part Sugar
- 2 part Blueberries

In a saucepot bring water and sugar to boil
 Once sugar has dissolved, turn off heat
 Whilst still hot, add blueberries
 Let sit till cool, stir

Accompaniments

Chocolate Truffles – makes ~75 truffles

- 250 g Cream
- 250 g Milk Chocolate (Good quality)
- 375 g Dark Chocolate (Compound)
- 1 cup Nuts Toasted, roughly chopped
- 300 g Chocolate (Quality Dark Chocolate)
Couverture

- Heat cream
- Add diced chocolate, take off heat immediately and stir till smooth
- Add nuts and let cool down in fridge till totally firm

- Roll the mix into small bite size balls
 - Place back into refrigerator
 - Melt couverture (you can do that by chopping the chocolate into small pieces, placing it into a ceramic or plastic bowl and in Microwave oven, using 15-30 second bursts, let it melt, stir until the last bits are melted as well)
 - Using 2 forks, dip the cold chocolate balls into the warm couverture, let drip off any excess chocolate and place the truffles on a tray lined with plastic.
 - Let cool in fridge
 - To store them, place the truffles into a plastic container, add a spoon full of cacao powder, put the cover on and carefully rotate the container until the cacao has coated the truffles entirely.
 - Keep in fridge or for extended periods, in freezer.
-

Peanut Biscotti – makes ~ 75 biscotti

4 cups Flour
 1 Table spoon Baking Powder
 170 g Sugar
 2 cups Peanuts
 125 g Butter Melted
 3 Eggs (Maybe need 4 eggs)

- Mix all dry ingredients
- Add melted butter and 3 eggs, work into a firm dough
- Add a 4th egg if flour is too dry
- Form into ~5cm diameter snakes and place on a slightly greased baking tray
- Let sit for ~20 minutes then bake in medium hot (~150°C) oven until, when you are knocking on it, the pastry sounds as if it is hollow.
- Let cool to body temperature and using a serrated knife cut slices as thinly as possible without crumbling the slices
- Spread them out on a cooling rack and dry them out in a warm (~70°C) oven or overnight in a cold oven with only the pilot light on
- Once dry, let them cool totally, store in an airtight container.

Tip: If you prefer, the peanuts can be replaced with any other nuts or even sultanas, orange peel etc. – go ahead! Experiment!

Biscotti are particularly nice to eat with a coffee after your meal or your morning tea break...

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