

ROAST CHICKEN BREAST

Gary Parsons, *H&B Executive Chef*

HARVEY & BROCKLESS

the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.



ROAST CHICKEN BREAST

Chef Gary Parsons

Ingredients

SERVES 4 PORTIONS

IN019 Cornish Sea Salt	4g
HB006 Rapeseed oil	20ml
Chicken Breasts, skin on	4 Breasts
Lemon, cut into quarters	1 whole lemon
Thyme Sprigs	2 Each
Black Pepper	2g

Method for the chicken breast

1. Heat the oven to 200C Pour the oil into a small roasting tin. Add the lemon slices and then sit the chicken on top.

2. Rub the top of each chicken breast with a little oil and then season well. Squeeze over the juice from the remaining lemon half and put the thyme sprigs between the chicken breasts.

3. Roast for 20-25 mins until the chicken is cooked through. Rest for 5 mins before cutting.

SAVOURY GRANOLA

Chef Gary Parsons

Ingredients

SERVES 4 PORTIONS

CP307 Honey	15ml
IN965 Free Range Egg Whites	40ml
Jumbo Oats	100g
Pumpkin Seeds	40g
Blanched Hazelnuts	50g
Sesame Seeds	20g
Cumin Seeds	10g
Smoked Paprika	5g
Dried Chilli Flakes	2g
Soy Sauce	15ml

Method for the savoury granola

1. Heat oven to 180c. Put all the of ingredients in a bowl and mix together.
2. Tip onto a lined baking tray and cook for 25 minutes or until browned, stirring and moving the edges into the middle halfway through cooking.

BUTTERNUT SQUASH PUREE

Chef Gary Parsons

Ingredients

SERVES 4 PORTIONS

IN019 Cornish Sea Salt	5g
Butternut Squash	1kg
Shallots	80g
Garlic	10g
Oil	30ml
Water	100ml
White Pepper	2g

Method for the butternut purée

1. Peel the butternut, cut in half, remove the seeds and cut into even chunks.
2. Cut the shallot in half, remove the out skin, slice thinly. Peel the garlic and crush.
3. Heat oil in a heavy bottomed pan, add the shallots, garlic and sweat for a few minutes, then add the butternut squash and the water. Season with the sea salt and white pepper.
4. Turn the heat down to low, cover with greaseproof paper.
5. Stir every five minutes, cook until the butternut is soft. Blend until smooth and glossy.
6. Pass through a fine sieve. Taste for seasoning.

BUTTERED SPINACH

Chef Gary Parsons

Ingredients

SERVES 4 PORTIONS

IN019 Cornish Sea Salt	5g
DB038 Croxton Manor Unsalted Butter, melted	50g
Spinach, Stalks removed	400g
Black Pepper	2g

Method for the buttered spinach

1. Wash the spinach thoroughly and dry it in batches in a salad spinner.
2. Melt 25g of the butter in a large frying pan over medium heat, once the butter has melted & foaming add the spinach; season it generously with black pepper but no salt (salt would make it release moisture). Cook it for a couple of minutes, turning constantly with tongs until it's all wilted.
3. Add the rest of the butter and toss the spinach about until the butter melts and the leaves are wilted, dark and glossy.
4. Take it off the heat and season with salt.



GARLIC TUILE

Chef Gary Parsons

Ingredients

SERVES 4 PORTIONS

IN019 Cornish Sea Salt	5g
HB006 Rapeseed oil	50ml
Water	120ml
Plain Flour	20g
Garlic powder	1g
White Pepper	1g

Method for the garlic tuile

1. Add all the ingredients to a bowl, blend together.
2. Heat a non stick pan, pour some of the batter into the pan, fry until crispy.
3. Remove from the pan & dry on some kitchen paper.
4. Break in half.

POTATO PAVE

Chef Gary Parsons

Ingredients

SERVES 4 PORTIONS

IN019 Cornish Sea Salt	4g
HB006 Rapeseed oil	50ml
DB038 Croxton Manor Unsalted Butter, melted	30g
Maris Pipers, peeled	1.5kg
White Pepper	2g
Garlic Cloves, crushed	2 cloves
Double Cream	250ml

Method for the potato pave

1. Preheat oven to 180C. Line the base and 2 long sides of a 22 x 11 cm loaf tin with baking paper, allowing the sides to overhang.
2. Use a mandolin to thinly slice the potatoes, place the sliced potatoes into the cream. Place one layer of potato in the tin. Spoon on some melted butter and season. Continue layering with remaining potato, cream, butter, finishing with potato.
3. Fold over the baking paper and cover with foil. Bake for 1 hour or until the potato is tender. Uncover and cook for a further 30 minutes or until golden. Set aside to cool. Fold over the baking paper. Place a heavy object (such as 2 or 3 cans) on top to compress. Place in the fridge overnight to set.
4. Turn the potato stack onto a chopping board. Trim the edges and cut into 6 even slices.
5. Heat the oil in a frying pan, add the crushed garlic to infuse with the oil, when hot add the potato to the oil and fry on all sides until crisp & golden.

CHICKEN SAUCE

Chef Gary Parsons

Ingredients

SERVES 4 PORTIONS

HB006 Rapeseed oil	50ml
DB038 Croxton Manor Unsalted Butter, melted	30g
CP307 Northumbertland wild honey added pollen	30ml
Chicken bones, chopped into small pieces	1kg
Shallots, finely sliced	80g
White wine	100ml
Brown chicken stock	2 ltr

Method for the chicken sauce

1. Preheating the oven to 200c/fan 180c/gas 6. Put the chicken bones in a roasting tray, transfer to the oven and roast, turning occasionally until browned (about half an hour).
2. In a large, heavy-based pan, melt the butter and fry the shallots until golden brown, stirring frequently. Add the chicken bones to the to the pan along with the wine and simmer to reduce by half. Add the stock and bring back to the boil. Turn down the heat and simmer for 45 minutes, skimming occasionally, then strain.
3. Return to a clean pan and boil until the sauce is reduced enough to coat the back of a spoon (about 1 1/2 hours). Then stir in the Honey & taste and season.

Croxton Manor Unsalted Butter

We're particularly proud of our own range of Croxton Manor butters, which are made with fresh milk from British cows raised to strict quality standards. Perfect for enriching pastry dough, melting into sauces or lavishing on hot crumpets, the salted and unsalted butters are not blended and are additive free.

Cornish Sea Salt Flakes

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.

Northumberland Wild Honey

Thick, velvety and with a distinctive aroma, this powerful honey is made in late summer when bees gather nectar from Northumberland moorlands carpeted in ling heather. The honey is cold extracted, coarsely filtered and left unpasteurised, so retains all its nutritional value and deep, complex flavour.
