

# CANAPÉS

Canapés are usually served with pre-meal drinks at the reception prior to the guests being seated for dinner. They should be small and very tasty as they help to stimulate the appetite and excite the guests in readiness for the forthcoming meal. Canapés can be either hot or cold and can comprise of meat, poultry, game, fish, shellfish or vegetarian with the most deluxe incorporating oysters, caviar and foie gras. In many ways the chef has the opportunity to create their own canapés and many starters can be scaled down to suit. We include but a few:

## WHAT YOU'LL NEED

### BASES

Parmesan Shortbread  
Pumpernickel Bread  
Blinis (recipe)  
Savoury Biscuits and Crackers  
Savoury Almond Paste  
Garlic Bread

## PARMESAN SHORTBREAD

### WHAT YOU'LL NEED

- 50gms butter
- 40gms plain flour
- 75gms grated fresh parmesan
- Pinch cayenne pepper

### WHAT TO DO

1. Cream the butter and add the parmesan, plain flour and cayenne, wrap in Clingfilm and refrigerate.
2. Pin out to approx. 3mm thick and cut into 20mm rounds. Bake at 400°F / 200°C until light golden brown. Allow to cool.

# SAVOURY ALMOND PASTE

## WHAT YOU'LL NEED

- 60gms egg whites
- 60gms ground almonds
- 40gms plain flour
- 40gms clarified butter
- Pinch of salt
- Cayenne pepper

## WHAT TO DO

1. Mix together the almonds, flour, cayenne pepper and salt. Add egg whites followed by clarified butter.
2. Pin out to 2mm thick using plain flour to dust and cut approx. 25mm circle bake at 400°F / 200°C and allow to cool.

# GARLIC BREAD BASE

## WHAT YOU'LL NEED

- Sliced white bread
- 1 bulb garlic
- 400mls olive oil
- Large sprig thyme

## WHAT TO DO

1. Lightly pin out the sliced bread with a rolling pin and cut approx. 25 mm circles with a round cutter.
2. Cut the bulb of garlic through the middle and place in a pan, add the olive oil, thyme and heat to infuse the garlic and thyme flavours (do not fry).
3. Pass the bread circles through the oil and place on a baking tray. Cook at 180°C / 350°F until crisp and golden. Turn onto absorbent paper to drain excess oil.

# SEARED QUEENIE SCALLOP WITH SLOW ROAST TOMATO, TOMATO & CHILLI KETCHUP, BASIL PESTO

## WHAT YOU'LL NEED

- 10 garlic bread circles
- 20gms sweet chili sauce
- 20gms tomato ketchup
- 3 plum tomatoes
- Garlic oil
- 10 Queenie scallops
- 20mls corn oil
- Scallop dust (optional)
- Basil pesto

## WHAT TO DO

1. Blanch, skin, quarter and de-seed the tomatoes. Place tomato petals on a tray and coat lightly with garlic infused olive oil and sprinkle with sea salt. Place in moderate oven 160°C / 330°F to cook.
2. Combine the chilli sauce with the ketchup and spread a little on the bread circles, top with the slow cooked tomato which has also been cut round and spread with a little more of the chilli ketchup.
3. Heat a non-stick pan with a little oil until very hot, add the seasoned Queenie scallops and cook for 20 seconds on each side. Place onto tray with absorbent paper.

Assembly:

Place scallop on top of tomato, spoon a little basil pesto on top and serve immediately.

\*The scallop may be dusted with the scallop powder prior to cooking.

# SEARED FILLET OF BEEF WITH GRAINY MUSTARD & HORSERADISH RELISH

## WHAT YOU'LL NEED

- 10 garlic bread rounds
- 10gms grainy mustard ]
- 10gms hot horseradish sauce ]Mustard and Horseradish Relish
- 15gms crème fresh ]
- 200gms tail ends fillet of beef
- Veal stock / Madeira sauce reduced to glaise

## WHAT TO DO

1. Trim the beef fillet tail and wrap very tightly in Clingfilm to form a cylinder approx. 25mm diameter and refrigerate.
2. Combine the ingredients for the relish and generously spread into the bread circles
3. Reduce the veal stock and Madeira sauce until thick and syrupy.
4. Cut the beef fillet into 5mm thickness, season with salt and mill pepper and cook in a very hot pan in a little oil for 20 seconds each side.

### Assembly:

Sit beef on top of relish coated bread base and spoon over a little of the reduced glaze.

\*Beef fillet: the centre cut from the beef fillet is always most expensive as used for fillet steaks and tournedos where the thin end is less expensive and very much ideal for this canapé.

# SEARED FILLET OF SALMON WITH HORSERADISH KETCHUP & DILL PESTO

## WHAT YOU'LL NEED

- 10 garlic bread circles
- 20gms hot horseradish sauce ]Horseradish ketchup
- 20gms tomato ketchup ]
- 200gms salmon fillet (from tail end)
- Dill pesto

## WHAT TO DO

1. combine the ingredients for the horseradish ketchup and spread on the bread bases
2. Using a metal cutter cut the salmon into 20mm diameter rounds.
3. Season the salmon rounds with salt and mill pepper and cook in a very hot non-stick pan which is lightly coated in corn oil for 20 seconds each side.

### Assembly:

Place salmon on top of ketchup coated bread base and spoon on a little dill pesto.

\*Dill Pesto: take a little of the basic pesto and add a teaspoon of finely chopped dill.

# ROAST FILLET MIGNON OF LAMB WITH GREMOLATA & MINT JELLY

## WHAT YOU'LL NEED

- 10 garlic bread circles
- 25gms mint jelly
- 15gms mint sauce
- 2 lamb fillets (fillet mignon)
- 20gms gremolata
- 20gms crepinette
- 50mls lamb jus
- 10gms mint jelly

## WHAT TO DO

1. Mix the mint sauce with the mint jelly and spread on the bread bases.
2. Trim the lamb fillets, remove the chain and silver membrane, season with salt and mill pepper.
3. Lay out the crepinette and roll the lamb fillets through the gremolata, place on the edge of the crepinette and roll up. Refrigerate.
4. Heat a little corn oil in a non-stick pan until very hot and lay in the wrapped lamb fillet. Quickly seal all the way round and place in oven at 200°C / 400°F for 2 minutes to cook. Remove from the oven and allow to rest.
5. reduce the lamb jus until thick and sticky and add the mint jelly.

## Assembly:

Cut the lamb fillets into 5 pieces approx. 10mm thick and place onto bread base. Spoon over a little of the reduced lamb jus and serve.

\*Lamb fillet or fillet Mignon – this is the natural fillet which lies under the saddle and should not be confused with the nut of meat which runs along the saddle and best end.

# TARTARE OF SMOKED SALMON WITH GRAINY MUSTARD, CHIVES & CRÈME FRAICHE

## WHAT YOU'LL NEED

- 100gms smoked salmon
- 3gms finely chopped chives
- 5gms whole grain mustard
- 30gms crème fraiche
- 3gms finely chopped dill
- 30gms salmon caviar ] Garnish
- Pickled dill ]
- Small cracker biscuit or pumpernickel  
bread for base

## WHAT TO DO

1. Finely slice the smoked salmon and add the mustard, chopped chives and dill and combine.
2. Take a small ring 20mm approx. in diameter by 20mm high and place cracker biscuit in base. Top with the salmon mixture and press down to 2mm below the ring and smear the crème fraiche over the top.
3. Push the tartare from the bottom to remove from the ring. Top with a little salmon caviar and pickled dill.

# OVEN ROAST CHERRY TOMATO SERVED ON A PARMESAN SHORTBREAD

## WHAT YOU'LL NEED

- Grated parmesan ]
- Butter ] Parmesan Shortbread
- Plain flour ]
- Cayenne Pepper ]
- 10x cherry tomatoes
- Olive Oil
- Thyme
- Garlic
- Rocket leaves
- Balsamic syrup
- Parmesan shaves
- Basil Pesto

## WHAT TO DO

1. Cut cherry tomatoes in half and place on an oven tray. Slice garlic thinly and place on each tomato half along with some chopped thyme leaves, season with salt and mill pepper and liberally sprinkle with olive oil. Bake in a moderate oven 160°C / 320°F for approx. 30 minutes. Remove and allow to cool.
2. Cream the butter until soft and fluffy. Add the parmesan, soft flour and cayenne pepper. Wrap in Clingfilm and refrigerate.
3. Pin out the parmesan shortbread and cut 20mm rounds x 3mm thick. Bake in a an oven 400°F / 200°C until light golden brown; allow to cool.

## Assembly:

Lightly chop the rocket leaves and bind with a little pesto. Place onto parmesan shortbread and top with the tomato halves. Drip a few drops of balsamic syrup reduction and garnish with parmesan shavings.

# FILO PARCEL OF GOATS CHEESE, GRAPES & PINENUTS

## WHAT YOU'LL NEED

10 PIECES

- Filo pastry
- Olive oil
- 60gms goats cheese
- 40gms grapes
- 20gms toasted pinenuts

## WHAT TO DO

1. Chop the toasted pinenuts and add to the softened goats cheese. Halve and de-seed the grapes and cut into small dice, add to the goats cheese mixture.
2. Cut the filo pastry into 8mm squares and lay one square flat on a board, brush with olive oil and lay second square sheet on top across the first to form a star. Brush the centre with olive oil and place in rounded ball of the cheese mixture in the centre.
3. Create a ring in your left hand between your thumb and index finger and lay on filo. Allow the filo to slip through and close your fingers to seal, place on a baking tray and pull back the filo tips for neater presentation. Sprinkle with white or black poppy seeds and bake 400°F / 200°C for 4-5 minutes and serve.

\*Filo Pastry tends to be a machine manufactured product nowadays and is available from most suppliers.

\*When using filo pastry it is important to cover the pastry with thin polythene or plastic and cover the plastic with a damp cloth to prevent drying out and cracking. Do not work with too much pastry at the one time or again it may dry out and break.

\*The filo parcel may be sprinkled with poppy seeds, sesame seeds or black onion seeds.