

THE MAN THAT CAN

Recipes by men, for men to cook for their women



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Key Chef's Confidence Chart

 – Novice Chef

 – Competent Chef



 – Accomplished Chef



chinese style chicken soup

(David Ereira)

Serves 6-8

This will impress your friends but may not impress your Booba!
First you need to make the chicken soup.

Ingredients (for the soup stock)

- 1 chicken (approx 3lb), to be boiled and then shredded
- 4 slices fresh ginger
- 2 spring onions (the green bits) cut into 4-inch strips length ways
- 1 tsp black peppercorns

Ingredients

- 225g shredded chicken
- 9 ears baby corn sliced lengthways
- 200g chopped green vegetables such as pak choi or Chinese leaves
- 3 sheets 10x15cm fresh lasagne torn into 2.5cm squares
- 3 tsps lemon juice
- 3 tsps Thai fish sauce
- 1 red chilli sliced (optional)
- 10 shredded mint leaves
- 25g coriander leaves
- 1 thinly-sliced lemon

Rinse the chicken inside and out and pat dry. Add ginger, spring onions and peppercorns into a large saucepan with 4 litres of cold water. Bring this to nearly boiling point over a high heat and reduce the heat to maintain a steady simmer. After a few minutes skim off and discard the scum. Simmer the stock for 3 hours, strain through muslin or a sieve and shred the chicken. Set aside for use later.

Put around 1350ml chicken soup into a saucepan over a high heat. Add the shredded chicken, corn and chopped greens, and cook for about 1 minute until the vegetables are *"al dente"*. Cook the large lasagne pieces in salted boiling water, stirring occasionally until tender and then drain and place the lasagne, lemon juice, fish sauce and chilli in a large bowl and pour soup over the top. Finish with mint and coriander leaves and slices of lemon.





poached wild salmon with mashed garden peas & white button onions

(Lance Anisfeld)

Serves 2

Ingredients

- 2 fillets wild salmon
- vegetable stock or cube
- fresh mint (optional)
- fresh or frozen peas
- button onions
- butter
- herbs, such as chervil, tarragon or chives
- cos or iceberg lettuce
- salt and pepper
- lemon juice

Bring the vegetable stock to the boil and enhance with some fresh mint (*optional*). Once boiled, turn down to simmering and place your wild salmon portions in the liquid. Poach for five minutes. Once they are ready, place onto a warm serving dish, skin side up, to allow the excess moisture to drain. Reserve the stock.

Next, blanch some fresh or frozen garden peas in salted water for 6-8 minutes. Whilst cooking, prepare your button onions, by slicing thinly and sweating off in a pan with a large knob of butter. Once they become transparent, add the cooked peas and gently mash with the back of a fork to allow the colour and

flavour to blend. Then add another healthy knob of butter and gently warm. Add the freshly cut herbs and season with cracked pepper.

Wash lettuce thoroughly and blanch in the same stock you used for the fish for 30 seconds. Drain well. Season with salt, pepper and a good squeeze of lemon.

Alternative Serving Suggestions

Try serving with some nice steamed buttered spinach. For a more delicate dish, try the same recipe with wild sea trout. Reduce the cooking time by 1 minute.





chocolate & banana tart

(Patrice Martineau, Executive Chef, The Savoy)

Pastry

- 240g margarine
- pinch salt
- 150g icing sugar
- 1 egg
- 400g soft flour

Chocolate tart mix

- 175g non-dairy cream
- 100ml soya milk
- 2 eggs
- 250g dark Callebaut chocolate 56%
- 100g caster sugar
- 4 bananas

Using a blender, cream the margarine and sugar for about 10 minutes until soft, then add the egg and flour slowly to make a dough. Wrap in clingfilm and place in the fridge for 30 minutes to chill well.

Grease a tart ring with a little margarine and place it on a baking tray ready for the pastry. Roll out the pastry thinly on a floured surface using a rolling pin, and line the tart ring making sure you push the pastry in well. Trim the excess pastry from the edges and place a piece of clingfilm over the ring. Fill with baking beans and pack the tart well. Cook at 180°C or gas

mark 4 until the pastry is nice and brown then remove the beans and dry the centre of the tart out.

For the filling, heat the cream and milk together then add the melted chocolate and whisk well. Add the eggs and whisk again. Pour into the tart case and cook at 130°C or gas mark 8 until it sets. Remove and cool down for 20 minutes.

To finish, slice peeled bananas on top, sprinkle with sugar and caramelise.



