Dressings and cold sauces

**Vinaigrette**

Olive Oil (to taste) 3-6 tbsp  
French Mustard 1 tsp  
Vinegar  
Salt & Pepper  

Combine all ingredients together

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**Roquefort Dressing**

50g Roquefort Cheese  
125ml Vinaigrette  

Puree the cheese.  
Gradually add the vinaigrette, mixing continuously.

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**Thousand island dressing**

Salt & Pepper  
3-4 drops of Tabasco  
125ml Vinegar  
375ml Oil  
50g of Red Pepper  
50g of Green pepper  
Chopped parsley  
2 Hard-boiled eggs  
2 tbsp Tomato Ketchup (optional)  

Place the Salt, Pepper, Tabasco and Vinegar into a bowl.  
Mix well and mix in the oil.  
Add the chopped peppers & parsley  
Mix in the sieved hard-boiled eggs

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**Mayonnaise Sauce**

2 Egg Yolks  
2 tsp Vinegar  
Salt and Pepper  
1/8 of a tsp Mustard  
250ml Oil  
1 tsp Boiling water.  

Place the yolks, vinegar and seasoning into a bowl, and whisk well.  
Gradually pure the oil over while whisking continuously.  
Add the boiling water, still whisking well. Correct the seasoning.

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**Andalusia sauce – sauce Andalouse**

Add to 250ml Mayonnaise, 2 tbsp tomato juice / ketchup, and 1 tbsp of pimento cut into a fine Julienne. Mix well. (Makes 250ml of sauce)  
Serve with cold salads only.

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**Green Sauce**

50g Spinach, tarragon, chervil, chives and Water crest.  
250ml Mayonnaise  

Pick, wash, blanch, and refresh the green leaves. Squeeze dry.  
Pass through a fine sieve. Mix well with the mayonnaise.  
Serve with: Cold salmon, or trout.
Hors d’ Oeuvre’s – Hors d’ Oeuvre trolley – Starters – Appetisers

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**Tartare Sauce – sauce tartare**
250ml Mayonnaise
25g Chopped Capers
50g Chopped Gherkins
Sprig of chopped Parsley

Combine all ingredients

**Remoulade Sauce – sauce remoulade**
250ml Mayonnaise
25g Chopped Capers
50g Chopped Gherkins
Sprig of chopped Parsley
1 tsp Anchovy essence

Combine all ingredients

**Horseradish Sauce – sauce raifort**
25g Grated Horseradish
1 tbsp Vinegar
Salt and Pepper
125ml lightly whipped cream

**Mint Sauce**
2-3 tbsp Mint
1 dsp Castor Sugar
125ml Vinegar

**Chaud-froid Sauce**

*White*
50g Gelatine Leaf
1L Béchamel or Velouté
125ml Cream

Soak the Gelatine in cold water.
Bring the sauce to the boil.
Remove from heat, and add the gelatine, stirring till dissolved.
Pass through a tammy cloth or fine strainer.
Once the sauce has half cooled, add the cream.

*Brown*
1L Demi-glace or brown stock or Jus lié
50g Gelatine leaves

Soak the Gelatine in cold water.
Bring the Demi-glace or brown stock or Jus lié to the boil.
Remove from heat, and add the gelatine, stirring till dissolved.
Pass through a tammy cloth or fine strainer.

**Aspic Jelly – Gelée d’ aspic**
2-3 Egg whites
1L Strong (fat free) seasoned stock
1 tbsp Vinegar
2 sprigs Tarragon
75g Gelatine leaves (approx: 24 leaves) – Soak before use.

Whisk the Egg whites in a pan with the cold stock, vinegar and tarragon.
Heat the rest of the stock in another pan, add the soaked gelatine leaves and whisk till dissolved
Add to the other pan and allow to gently come to the boil until clarified. Strain through a muslin cloth.

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Hors d’Oeuvres

**Satay Chicken**
Cut chicken fillets or breasts into thin strips (goujon size – 8 x 0.5cm).
Evenly coat in smooth peanut butter (heated and a little oil added).
Pan fry or char grill and serve hot or cold.
Accompany with peanut dressing

*Dressing:*
- 125g diced onion
- 2-3 cloves of crushed and chopped garlic
- 2-3 finely chopped red chilli’s
- 125g smooth peanut butter
- 5tsp vinegar
- 250ml coconut milk

Sweat onion, garlic, and chilli in hot oil for 2 mins.
Stir in remaining ingredients and simmer for 2-3 mins

**Egg Mayonnaise – Oeuf Mayonnaise**
Boil eggs for 8 – 10 mins.
Hors d’Oeuvre trolley: Slice eggs and lay in a ramekin on bed of lettuce (domino style: \\\ \\\ \\\ \\\) and coat in mayonnaise. Neatly dust with a little paprika.

Single starter: Cut egg in half and place in a bed of lettuce, and coat in mayonnaise. Dust with a little paprika. If space decorate side of plate with peeled sliced cucumber and 2 quarters of tomato.

**Beetroot salad – Salade de betterave**
200g Beetroot cut into batons
Toss with 1 tbsp of vinaigrette

**Potato Salad – Salade de pommes de terre**
200g cooked potatoes, cut into dice 0.5-1cm, tossed through 1 tbsp of vinaigrette.
10g of finely diced onion
60ml (0.25pts) Mayonnaise

**Stuffed Eggs – Oeufs Farci**
4 hard boiled eggs
50g butter
8 tbsp Mayonnaise
Salt and pepper
Cut the eggs in half and remove the yolk. Pass the yolks through a sieve, and then mix the remaining ingredients into the yolk. Pipe the yolk mixture back into the egg whites with a piping bag, using a star tube. Lay the eggs on leaves or shredded lettuce in a ramekin.

**Smoked Mackerel Mousse**
200g Smoked Mackerel – free of bone and skin
90ml Double Cream
Salt and pepper

Liquidise the mackerel and seasonings
¾ whip the cream.
Remove the mackerel from the liquidiser and fold into the cream.
Correct the seasoning and sever with hot toast.
Waldorf Salad
Celery, crisp russet apple, both diced, mixed with shelled / peeled walnuts (not too big) and bound together with mayonnaise.

Rice Salad – Salade de riz
100g tomatoes
100g Cooked rice
50g Cooked Pea’s
1 tbsp vinaigrette
Salt and Pepper

Skin and de-seed the tomatoes; cut into ½cm dice.
Mix with the rice and pea’s.
Add the vinaigrette and correct the seasoning

Coleslaw
200g White / Chinese Cabbage
50g Grated Carrot
25g Chopped Onion
1 Grated Apple

Finely shred the cabbage, mix the carrot, onion and apple together.
Mix the mayonnaise into the above ingredients.

Cooking Liquor for a la grecque dishes
250ml Water
60ml olive oil
Juice of 1 lemon
Bay leaf
Sprig of thyme
Peppercorns (6)
Coriander seeds (6)
Salt

Cauliflower a la grecque – Chou-fleur a la grecque
Trim and wash 1 cauliflower for 4 portions (2.5 for 10).
Break into small sprigs about the size of a cherry.
Blanch for about 5 mins and refresh.
Simmer in the cooking liquor for 5-10 mins, Keep the cauliflower slightly under cooked and crisp.
Serve cold with un-strained cooking liquor.

Leeks a la grecque – Poireaux a la grecque
Clean and trim ½kg of leeks for 4 portions. (1¼ kg for 10).
Tie into a neat bundle.
Blanch for 5 mins and refresh.
Cut into 2cm lengths and place into a shallow pan.
Cover with the cooking liquor. Simmer till tender.
Serve cold with un-strained cooking liquor.

Three Bean Salad
Use 200g for 4 portions, of 3 different types of dried beans (Red Kidney, black eyed, Flageolet etc)
Cook, and mix with 10g of chopped onion, salt, pepper, and vinaigrette.
French Bean Salad – Salade de haricots verts
200g Cooked French beans
1 tbsp Vinaigrette
Salt & pepper
Combine all ingredients together

Haricot bean salad – Salade de haricots blancs
200g Cooked haricot beans
1 tbsp Vinaigrette
Chopped parsley
10g dice onion
Salt & Pepper
Combine all ingredients together

Nicoise salad
100g Tomatoes
200g Cooked French Beans
100g Cooked diced potatoes
Salt & Pepper
1 tbsp Vinaigrette
10g Anchovy fillets
5g Capers
10g Stoned Olives
Peel tomatoes (blanched), de-seed and cut into neat segments.
Dress the beans tomatoes and potatoes neatly.
Season and add the vinaigrette.
Decorate with anchovy fillets, capers and olives.

Celeriac – Celeri-rave
200g Celeriac
Juice of ½ Lemon
1 tsp English / continental mustard
Salt and pepper
125g Mayonnaise
Wash the Celeriac and cut into fine Julienne.
Combine with the lemon juice and the remaining ingredients

French Bean Salad with almonds – Salade de haricots verts
200g Cooked French beans
1 tbsp Vinaigrette
Salt & pepper
Combine all ingredients together
Decorate with flaked almonds

Haricot bean salad with almonds – Salade de haricots blancs
200g Cooked haricot beans
1 tbsp Vinaigrette
Chopped parsley
10g dice onion
Salt & Pepper
Combine all ingredients together
Decorate with flaked almonds.
**Hors d' Oeuvre's – Hors d' Oeuvre trolley – Starters – Appetisers**

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**Tomato and cucumber salad – Salade de tomates et concombres**

2 Tomatoes

¼ Cucumber

1 tbsp Vinaigrette

Chopped parsley

Lay as alternate slices of tomato and cucumber. Drizzle with vinaigrette and sprinkle with parsley.

**Liver pâté**

100g Liver (any animal)

25g Butter / Margarine

10g Chopped Onion

½ Clove Garlic

Sprigs of Thyme, Parsley & Chervil.

50g Pork fat

50g Lean Pork

25g bacon

Salt & Pepper

Dice the liver into 2cm pieces. Toss through a frying pan with the hot butter and onions, garlic & herbs. Allow to cool. Pass content of pan through a mincer twice, along with the Pork and Pork fat. Mix together, and season. Line a terrine with cling film and the bacon. Place the mixture inside and cover the top with bacon and over lap of cling film. Stand terrine in a bain-marie with half cover with water, brought to simmer. Bake in over for 1 hr. Chill down. Serve cut into ½ cm slices, lettuce leaves, on a plate / dish. Usually accompanied by freshly made toast.

**Terrine of chicken and vegetables**

400g Minced chicken (white mean only)

50g each of: Carrots, Turnips & Swedes, peeled and cut into ¼ inch dice

50g Broccoli (small florets)

50g Baby corn cut into ¼ inch rounds

50g French beans, cut into ¼ inch lengths

2 Egg whites

200ml Double Cream

Salt & Pepper

Blanch the vegetables individually in boiling salted water, ensuring that they remain firm. Refresh in cold water and drain well. Blend the chicken and egg whites in a food processor until smooth. Turn out into a large mixing bowl and gradually beat in the double cream. Season well with salt and pepper, and fold in the vegetables. Line a lightly greased terrine and line in cling film with a overlap. Spoon the mixture into the terrine and overlap the cling film. Cover with foil, put the lid on and cook in a bain-marie in a oven for about 45mins. When cooked, remove lid and chill down.

**Potted meats**

200g Cooked meat (beef, salt beef, chicken, venison, or tongue)

100g Clarified Butter

Salt & Pepper.

Make a paste from the meat, seasoning and 75g of the butter. (Food processor) Pack firmly into an earthenware / china dish and chill. Then cover with 1 cm of butter and chill. Serve with a small green tossed salad and hot toast.
Avocado Pear
Allow ½ of an Avocado Pear per portion

The Pears must be ripe: - test by pressing gently, the pear should give slightly

Cut the pears in half length ways and remove the stone.
Serve garnished with lettuce and accompanied by vinaigrette.

Fruit cocktail
This is a mixture of fruits such as apples, pears, pineapples, grapes, cherries ECT. Which are washed peeled and cut into neat segments or diced or balled (melon). These fruits are then added to a syrup, which is made from: - Juice half a lemon, and 100g sugar to 250ml of water.

Melon cocktail
1 Melon should serve about 8 people (dependent on size)
Cut a melon in half, then scoop out the seeds. Using a Melon baler, scoop out balls of melon.
Take glasses and wet the top rims of the glasses with water, juice, or alcohol.
Dip the tops into sugar (frosted glasses).
Fill the glasses with a few balls of melon each, and drizzle with a little alcohol or syrup if desired.
(Crème de menthe or Maraschino suggested – or a sugar syrup)
Chill and serve chilled.

Diced Melon can be used in place of the balls.

Chilled Melon
Cut a melon in half and remove the seeds. Cut into quarters and then slices (like wedges).
Remove skin and chill before serving (so will stand firm).
Serve on bed of crushed ice. Use castor sugar and ground ginger as accompaniments.

Charentais Melon – Melon de charente
Cut a slice from the top of the melon, and scoop out the seeds.
Replace the lid and chill. 15 minutes before service, add ½ a glass of port into the melon and 50g of picked and washed berries. (raspberries and strawberries or mixed frozen berries - defrosted).
Serve chilled.

Shellfish cocktail
½ lettuce
100-150g Prepared shellfish
Shellfish cocktail sauce

Wash, drain and finely shred the lettuce. (Avoiding long strands).
Place about 2cm deep in cocktail glasses or dishes.
Add the prepared shell fish:-
✓ Lobster (Diced ½ cm)
✓ Shrimps ( Peeled and Washed)
✓ Prawns (peeled, washed, and cut into 2 or 3 bits if Large)

Coat in sauce

Shellfish cocktail Sauce
1) Mix some tomato juice / ketchup and Worcester sauce (optional) with mayonnaise.
2) 5 tbsp of lightly whipped cream mixed with 3 tbsp of tomato juice / ketchup, salt, pepper, and a few drops of lemon juice.
Soused Herring or Mackerel
2 Herrings / Mackerels
Salt & Pepper
25g Button Onions
25g Carrots - Peeled and flutes
½ Bay Leaf
6 pepper corns
1 sprig Thyme
60ml Vinegar

Clean, scale and fillet the fish
Wash the fillets well and season well.
Roll up with the skin out side. Place in an earthenware dish.
Cut the onions and carrots into neat thin slices / rings.
Blanch for 2-3 mins.
Add to the fish the remainder of the ingredients (Not Carrots and Onions).
Cover with greaseproof paper and cook in an oven for 15 – 20 mins.
Allow to cool, place in dish with the Carrots and onion.
Garnish with picked Parsley or Dill or Chives.

Shellfish Mayonnaise
1 Lettuce
100-150g prepared shellfish
125ml Mayonnaise
Capers and anchovies
Parsley / fennel (for decoration)

Shred the lettuce finely. Add the shellfish.
Coat with Mayonnaise.
Decorate as desired.

Russian Salad – salade russe
100g Diced Carrot
50g Diced Turnip
50g Sliced French beans
50g Pea's
1 tbsp Vinaigrette
125ml Mayonnaise or natural yoghurt
Salt & Pepper

Cook all vegetables in separate pans of boiling water and then refresh, dry off well.
Mix together in a bowl, add some vinaigrette, and then the mayonnaise / yoghurt.
Correct the seasoning.

Fish salad – salade de poison
200g Cooked fish (free of skin and bones)
1 Hard-boiled egg
50g Cucumber (optional)
Chopped Parsley or fennel
Salt & Pepper
1 tbsp Vinaigrette
¼ Lettuce

Flake the fish. Cut the egg and cucumber in ½ cm dice.
Finely shred the lettuce. Mix ingredients together, add the parsley.
Correct the seasoning, and mix in the vinaigrette.
May be decorated with lettuce, anchovies and capers.
Meat salad – salade de viande
200g Cooked Lean Meat
25g Gherkins
50g Cooked French Beans
50g Tomatoes
5g Chopped Onion or Chives (Optional)
1 tbsp Vinaigrette
Chopped Parsley or mixed fresh herbs

Cut the meat, gherkins, and beans into ½ cm dice.
Skin the tomatoes, de-seed, and cut into ½ cm dice.
Mix with remainder of the ingredients.
Correct the seasoning if needed, and dress neatly.
Decorate with Lettuce leaves, tomatoes, and fan of gherkins.

Well-cooked, braised, and boiled meats are ideal for this salad.

Chicken Salad
1 Washed Lettuce
400g Cooked Chicken – free from skin and bone
2 tomatoes
1 Hard-boiled Egg
10g Anchovies
4-8 Olives
5g Capers
4 tbsp Vinaigrette

Remove the heart from the lettuce and shred the lettuce. Place in a salad bowl.
Cut the chicken into neat pieces and place on lettuce.
Decorate with quarters of tomatoes, hard-boiled egg, anchovies, olives, quartered heart of lettuce, and capers.

Serve accompanied by vinaigrette.
Cold Meats

Raised Pork Pie

*Hot water paste*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lard or Margarine</td>
<td>125g</td>
</tr>
<tr>
<td>Strong Plain Flour</td>
<td>250g</td>
</tr>
<tr>
<td>Water</td>
<td>125ml</td>
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<tr>
<td>Salt</td>
<td></td>
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</tbody>
</table>

Sift the flour and salt into a basin (bowl). Make a well in the centre. Boil the fat and water together. Pour into flour straight away. Mix with a wooden spoon until cool. Mix into a smooth paste and use while still warm.

*Main Ingredients*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoulder of Pork (with out bone)</td>
<td>300g</td>
</tr>
<tr>
<td>Bacon</td>
<td>100g</td>
</tr>
<tr>
<td>All spice or Mixed spice &amp; chopped sage</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Salt &amp; Pepper</td>
<td></td>
</tr>
<tr>
<td>Bread soaked in Milk</td>
<td>50g</td>
</tr>
<tr>
<td>Stock / Water</td>
<td>2 tbsp</td>
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</tbody>
</table>

Cut the pork and bacon into small even cubes and combine with other ingredients. Keep ¼ of the Pastry warm and covered. Roll out the other ¾ and line a well-greased raised pie mould. Add the filling and press down firmly. Roll out the remaining pastry for the lid, and egg wash the edges of the pie. Add the lid, seal firmly, neaten the edges, cut off any surplus pastry and decorate if desired. Make a hole 1 cm wide in the centre of the pie and brush all visible pastry with egg wash. Bake for 20 mins in a hot oven (230-250°C). Bake for a further 1.5 hours to 2 hours (150 - 200°C). If the pie colours too quickly – cover with greaseproof paper or foil. Carefully remove from oven and tin. Egg wash all over and return to oven for 5 mins. Remove from oven and pour in 125ml hot stock / water, in which 5g gelatine has been dissolved. Serve cold, garnish with picked watercress and off a suitable salad with it.

Veal and Ham Pie

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Ham or Bacon</td>
<td>150g</td>
</tr>
<tr>
<td>Salt &amp; Pepper</td>
<td></td>
</tr>
<tr>
<td>Hard-boiled Egg (shell removed)</td>
<td>1</td>
</tr>
<tr>
<td>Lean Veal</td>
<td>250g</td>
</tr>
<tr>
<td>Chopped Parsley and Thyme</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Grated Lemon zest (1 lemon)</td>
<td></td>
</tr>
<tr>
<td>Stock or Water</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Bread soaked in Milk</td>
<td>50g</td>
</tr>
</tbody>
</table>

Cut the ham / bacon into small even cubes and combine with other ingredients. Keep ¼ of the Pastry warm and covered. Roll out the other ¾ and line a well-greased raised pie mould. Add the filling and press down firmly – Placing the egg in the centre of mixture. Roll out the remaining pastry for the lid, and egg wash the edges of the pie. Add the lid, seal firmly, neaten the edges, cut off any surplus pastry and decorate if desired. Make a hole 1 cm wide in the centre of the pie and brush all visible pastry with egg wash. Bake for 20 mins in a hot oven (230-250°C). Bake for a further 1.5 hours to 2 hours (150 - 200°C). If the pie colours too quickly – cover with greaseproof paper or foil. Carefully remove from oven and tin. Egg wash all over and return to oven for 5 mins. Remove from oven and pour in 125ml hot stock / water, in which 5g gelatine has been dissolved. Serve cold, garnish with picked watercress and off a suitable salad with it.
Cooking and presentation of cold fish

**Fish Cooking Liquid (Court Bouillon)**

- 1L Water
- 10g Salt
- 50g Sliced Carrots
- 1 Bay Leaf
- 2-3 Parsley Stalks
- 60ml Vinegar
- 6 Pepper Corns
- 50g Sliced Onions
- Sprig of Thyme

Simmer all ingredients together for 30 – 40 mins.
Pass through a strainer and use as required.

**Cooking of a whole Salmon**

- Scrape off all the scales with the back of a knife.
- Remove all the gills and clean out the head
- Remove the intestines and clear the blood from the back bone
- Trim off all fins. Wash Well.
- Place in a salmon Kettle, cover with cold court bouillon.
- Bring slowly to the boil, skim, and then simmer gently.
- Allow the following approximate simmering times:
  - 3½kg    15 mins
  - 7kg       20 mins
  - 10½kg  25 mins
  - 14kg     30 mins

*Always allow the salmon to remain in the court bouillon until cold*

**Cold Salmon**

8 – 10 portions

- 1¼kg Cleaned Salmon
- 1 L Court Bouillon
- ½ Cucumber
- 1 Large Lettuce
- 200g Tomatoes
- 250ml Mayonnaise or Green Sauce.

Cook the salmon in the court bouillon either whole or cut into 4 or 8 darns.
Allow to cool thoroughly in the cooking liquid to keep it moist.
Divide Whole Salmon into darns. Remove centre bone, and cut each darn in half, if required.
Except when whole, remove the centre bone, also the skin and brown surface and dress neatly on a flat dish.

Peel and slice the cucumber and neatly arrange a few slices on each portion.
Garnish with quarters of lettuce and quarters of tomatoes.
Serve the sauce in a sauceboat separately.
Presentation of a whole salmon

If a salmon is to be presented and serve cold from the whole fish, the procedure is as follows:

- Carefully remove the skin and the dark layer under the skin (which is cooked blood). The bared salmon flesh should be perfectly smooth.
- Make sure that the salmon is well drained and place it onto the serving dish or board.

- The salmon is now ready for decorating and garnishing.
  Keep this to the minimum and avoid over covering the fish and the dish
  Neatly overlap slices of cucumber (in a scale pattern), quartered tomatoes and lettuce hearts can then be used to decorate the dish / board.

Salmon Mayonnaise

1 Lettuce
300g Cooked Salmon - Flaked
125ml Mayonnaise
200g Tomatoes
1 Hard-boiled egg
¼ Cucumber
5g Anchovies
5g Capers
4 Stoned Olives
Chopped Parsley

Shred the lettuce and place in a salad bowl.
Add the flaked salmon, free from skin and bone.
Coat with the mayonnaise.
Decorate with quarters of tomato, egg, slices of cucumber, thin fillets of anchovy, capers, olives, and chopped parsley.