

Lacquered English veal, lobster, strawberry & cabbage cake

By Chef Frances Atkins

Serves: Four

Ingredients

For the veal:

500g Veal Shin

1/2 Onion

1/2 Carrot

1 Stick Celery

2 Garlic Cloves

20g Lemon Thyme

1 Sprig Rosemary

2 Bay Leaves

200ml White Wine

200g Chopped Tomatoes

400ml Veal Stock

2 Violet Artichokes

4 Dessert Spoon Sweet Sherry

4 Teaspoons Tamarind

50g Veal Stock

50g Water

For the cabbage and

strawberry cake:

1 Med size 500g Hispi Pointed

Cabbage

Olive Oil

Salt & Pepper

120g Sour Dough Crumb

5g Parsley

10g Tarragon

(3 above, whizzed together to form a green crumb)

4 Large Strawberries

50g Goats Curd

30g Beaten Egg

Pinch of Chilli Powder

1/2 Nutmeg

10g Honey (mixed together)

5g Cider Vinegar (mixed together)

For the English lobster:

1 1/2 lb Chix English Lobster

6ltrs Water

60g Sea Salt

250g Unsalted Butter

60g Coral

15g lemon thyme

1 Onion

1 Fennel

1 Garlic

1 Celery Stick

For the fresh turmeric aioli

8g Garlic

50g White Wine

3g Sea Salt

20g Mustard

15g Fresh Turmeric

2 Egg Yolks

100G Vegetable Oil

50g Extra Virgin Oil or

150g Pomace Oil

For the smoked tomato brandade:

160g Smoked Potato Puree

5g Salt

65g Tomato Petals

260g Tomato Water

5g Basil

30g Olive Oil

Method

For the cabbage and strawberry cake

1. Season and oil whole cabbage and place in oven to roast for 45 minutes on 200°C. Remove from oven and take off outer burnt leaves.
2. Chop up centre of cooked cabbage it will have a slight crunch season with black pepper, add goats curd and green crumb. Mix in egg, sea salt season with chilli powder to taste and nutmeg. Place in a lined ring measuring 120cm for 25 minutes at 160°C.
3. Remove from oven. Slice strawberries and place in honey and vinegar and arrange on top of cake. Place back in oven for 4 minutes to soften and glaze strawberry top.
4. Slice the cabbage and strawberry cake. Place the aioli on the plate. Place the brandade with the lobster on top. Place the veal on the plate with the artichoke on top. Decorate with nasturtium.

For the lobster

1. Place lobster in boiling water with salt for 6 minutes. Remove and cool. Split and crack and save coral to one side remove meat and make stock with: 15g lemon thyme; 1 Onion; 1 Fennel; 1 Garlic; 1 Celery Stick. Place lobster meat in fridge.
2. Place in food processor unsalted butter with the coral and blend and roll in cling film place in fridge.
3. Prepare the fresh Turmeric aioli (to garnish the plate); blitz together by feeding in oil to an emulsion and place in piping bag.

For the veal

1. Brown off veal, place onto chopped vegetables with herbs, deglaze the pan with white wine and chopped tomatoes. Place in oven at 175°C for 1 hour.
2. When cool, remove meat from the bone and strain off stock. Refrigerate.
3. Remove top of artichoke with a knife pare down the side to the stalk with peeler. Rub with lemon cover with acidulated water thyme, salt and cling film. Bring to boil remove from heat and stand until cool.
4. Place these ingredients – 1 Cooked Veal Shin; 4 Dessert Spoon Sweet Sherry; 4 Teaspoons Tamarind; 50g Veal Stock; 50g Water – in a pan at 200°C in oven to glaze from approximately 8 minutes.

For the smoked tomato brandade

1. Reduce the tomato water.
2. Finely chop tomato petals and basil.
3. Mix together with the smoked potato puree and oil.
4. Melt the coral butter in a pan and toss the cooked lobster in it.