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LONDON RESTAURANT FESTIVAL 2017

in association with

KENWOOD

recipe collection





ABOUT LONDON RESTAURANT FESTIVAL

Now in its ninth year, London Restaurant Festival is the citywide celebration of eating out. It takes place throughout October in over 350 restaurants across the capital, with over 50,000 diners taking part.

There are two elements to the festival: firstly, one-off restaurant experiences: gastronomic events starring the capital's top chefs, secondly, Festival Menus – great value menus in over 250 restaurants, from the Michelin starred to the neighbourhood favourites really making October the month for eating out.

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For 70 years Kenwood has been famous the world over for innovation, quality and great design. Its mission is to enable food lovers to feed their imagination. From kitchen machines through to hand blenders, spiralizers and food processors, Kenwood makes intuitive and versatile products to inspire people to enjoy making and sharing their creations. Each Kenwood product offers versatility, control and reliability.

Whether you want the everyday done well, to something new that stretches the imagination, Kenwood is the perfect partner.

ABOUT THIS RECIPE BOOK

For those of you who want a taste of the London Restaurant Festival at home, we have asked ten of capital's most well-known chefs and restaurants, who all took part in LRF 2017, to create a recipe.

Don't worry, we asked all our chefs to suggest recipes that even an amateur cook could handle (but a couple are testing). The other chefs, and restaurants, include Galvin La Chapelle, Inamo, Trafalgar Dining Rooms, Le Gavroche, M Restaurant, Ametsa, Eneko and Roux at Parliament Square.

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Galvin La Chapelle

CURED SALMON AND CRAB



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SERVES 6

PREP TIME: 15 HOURS

COOKING TIME: 30 MINS



INGREDIENTS

700g piece of organic salmon fillet from the thick end, skin on

500g rock salt

500g caster sugar

200g lemongrass, finely chopped

25g white peppercorns

25g coriander seeds

1/2 bunch of coriander, chopped

finely grated zest of 1 lemon

sea salt and freshly ground white pepper

LEMON DRESSING

1 tablespoon olive oil

1 shallot, finely diced

finely grated zest and juice of 1 lemon

25ml Chardonnay vinegar or white wine vinegar

50ml Lemon Oil

AVOCADO CREAM

2 very ripe avocados

1/2 teaspoon lemon juice

TO SERVE

1 head of fennel, trimmed

50g white crab meat, preferably from the south coast of England

1 tablespoon chopped chives

a little olive oil

10g farmed caviar, such as Sevruka (optional)

a little coriander cress or a few coriander leaves

La Chapelle is the third restaurant to be opened by the acclaimed Galvin brothers. Chef Patron Jeff Galvin consistently provides a menu of polished French cuisine underpinned by a classical base and given a light modern gloss. La Chapelle gained a Michelin star an impressive one year after the restaurant opened.

METHOD

1. Clean any scales off the fish skin with the back of a large knife, then score the skin at 3cm intervals, being careful not to cut too far into the salmon flesh. Wash the salmon, check for any remaining bones and then place it in a deep dish. Mix together the rock salt, sugar, lemongrass, spices, coriander and lemon and sprinkle this mixture over the fish. Cover with cling film, place in the fridge and leave for 12 hours, turning after 6 hours. Remove the salmon from the cure, rinse well and pat dry. Place on a plate, cover with a clean cloth and leave in the fridge for 2 hours. Then use a long, thin knife to slice the salmon down and off the skin, leaving the dark blood line on the skin. Arrange the slices on each serving plate in a circle, cover with cling film and return to the fridge.
2. To make the lemon dressing, heat the olive oil in a small pan, add the shallot and sweat until softened but not coloured. Add the lemon zest and juice and simmer until the liquid has reduced by half. Add the vinegar and simmer until reduced by a third. Remove from the heat and whisk in the lemon oil. Adjust the seasoning and then chill. For the avocado cream, halve, stone, peel and chop the avocados. Toss with the lemon juice, then place in a food processor or blender and blend to a smooth purée; if it is too thick to blend, you can add a few drops of water to help keep it moving.
3. Season with sea salt and place in a piping bag (it's not absolutely necessary to pipe the avocado cream but storing it in a piping bag helps it keep its colour). Place in the fridge. Cut the fennel lengthwise in half and shred it very finely, preferably with a mandolin. Toss the fennel with a teaspoon of the lemon dressing, season with sea salt and set aside.
4. To serve, spoon a teaspoon of lemon dressing on to each portion of salmon and rub it all over the fish. Put the crab in a small bowl with the chives, a little olive oil and some salt and pepper and mix well. Sprinkle the crab over the plates of salmon, place the fennel on top, then add 5 dots per plate of the avocado purée, followed by the caviar, if using. Garnish with the coriander and then serve.

STK

BEEF SHORT RIB



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SERVES 4

PREP TIME: 30 MINS

COOKING TIME: 7 HOURS



INGREDIENTS

4 bones Jacob's ladder

Mirepoix vegetables

Bouquet garni

3l Veal stock

Seasoning

150 ml + 100 ml BBQ sauce

BBQ SAUCE

600g tomato ketchup

120g apple cider vinegar

60g Worcestershire sauce

Salt

5g garlic powder

5g onion powder

10g dry mustard

2.5g cayenne pepper

180g brown sugar

80g molasses

120g honey

50ml Bourbon

10ml liquid smoke

STK combines the modern steakhouse with the cocktail lounge. Sleek and chic, the restaurant boasts a raised dining area where theatrical lighting illuminates every table. The star attraction of STK is the USDA meat.

BBQ SAUCE

1. Put all the ingredients together in a large pan and bring to seamer, cook for 5 minutes and reserve aside.

METHOD

1. In a pan sear the Jacob's ladder seasoned with salt and pepper
2. Sautee the mirepoix vegetables and put both in a deep oven proof pot
3. Bring the stock to the boil add 150 ml of BBQ sauce, bouquet garni and pour over the meat.
4. Put in the oven at 140 C and cook for 5 to 6 hours till the meat falls of the bone.
5. When the meat is cooked, remove the meat and reserve in the fridge. Reduce the sauce, season and discard the vegetables.
6. When the meat is cold, cut each rib with their meat and set them in a roasting dish.
7. Pour some of the cooking liquor over the ribs and warm up in the oven, during reheating, keep glazing the meat with the liquor.
8. When it's almost finished, brush the BBQ sauce over the short ribs until very shinny.

SERVES 4

PREP TIME: OVERNIGHT

COOKING TIME: 30 MINS



INGREDIENTS

FOR CEVICHE SAUCE
(TO BE PREPARED 1
DAY IN ADVANCE)

½ Bunch fresh soft Thyme
 ½ Bunch fresh Coriander
 ½ Bunch fresh Parsley
 25g Fresh Garlic
 25ml Yuzu juice (alternatively
 use a good quality lime or
 lemon juice)
 20ml Rice Vinegar
 2.5g Red Chilli
 2.5g Green Chilli

4 PORTIONS OF
CEVICHE

200g Avocado
 280g Fresh Salmon
 4 Red Shiso Leaf
 4g Shiso Cress
 2 Fresh limes
 40ml Ceviche sauce
 8g Julienne Red Chilli
 8g Finely Diced Shallots
 8g Chopped Coriander

With locations in Soho, Covent Garden and Camden, Inamo craft Japanese, Chinese, Thai & Korean cuisine, including fresh sushi, served as a sharing concept. Guests can enjoy interactive projections on the table surfaces including retro games, live chef-cam feed and graffiti.

FOR CEVICHE SAUCE

1. Pick and wash the herbs, then allow to dry on a clean cloth.
2. De-seed and roughly chop the chilli.
3. Add all the ingredients together with the vinegar & yuzu juice, put into a blender and blitz to a very fine puree.
4. Chill in the fridge overnight.

FOR CEVICHE

1. Dice the salmon into 1.5 cm pieces.
2. Dice the avocado into 1.5 cm pieces and coat with the juice from 1 lime.
3. In a large salad bowl, mix the avocado, coriander, shallot and chilli with the salmon and ceviche sauce.
4. Check for seasoning and arrange salad in a bowl.

PRESENTATION

1. Present in a bowl. See picture for our suggested presentation.
2. Garnish with shiso leaf, shiso cress, and a ¼ wedge of lime.



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Trafalgar Dining Rooms

COURGETTE FRITTERS



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SERVES 4

PREP TIME: 40 MINS

COOKING TIME: 10 MINS



With views of Trafalgar Square, The Trafalgar Dining Rooms is a designation of style and great taste in the pulsing heart of the city. The kitchen celebrates the finest, freshest, and where possible, local ingredients, with favourites that nod to the Mediterranean.

METHOD

1. Place the grated courgettes in a colander & sprinkle 1 tsp of table salt.
2. Set aside for 10 minutes, then squeeze them to remove most of the liquid.
3. Transfer to a large mixing bowl, add all other ingredients except for feta cheese.
4. Mix well until it forms a batter, season, then incorporate gently the crumbled feta cheese.
5. Portion the fritters at 30 grams each & fry.
6. Mix the ingredients together for the garlic yoghurt.
7. Toss the broad beans with the pea shoots, olive oil and lime juice.
8. Serve the courgette fritters with the broad beans and a spoonful of garlic yoghurt.

INGREDIENTS

BROAD BEANS

- 100g broad beans (picked)
- 5g Pea shoots
- 20ml extra virgin olive oil
- 1 lime juiced

COURGETTE FRITTERS

- 8 medium sized green courgettes, grated
- 2 bunches spring onions (finely sliced)
- 100g garlic (finely & chopped)
- 100g mint (picked & chopped)
- 1 whole eggs (lightly beaten)
- 200g plain flour
- 4 limes zested
- ½tsp ground cumin
- 600g feta (crumbled)
- Sea salt & cracked black pepper (to taste)

GARLIC YOGHURT

- 1kg Greek yoghurt
- Lemon juice & zests to taste
- 300g garlic (confit & puree)

Le Gavroche

POACHED PEARS, SABLÉ BRETON AND VANILLA CREAM

SERVES 4

PREP TIME: 45 MINS

COOKING TIME: 90 MINS



INGREDIENTS

2 pears
175g caster sugar
250ml water
half vanilla pod

FOR THE VANILLA CREAM

120g mascarpone
100ml double cream
50g icing sugar
half vanilla pod

FOR THE SABLÉ BISCUIT

125g flour
pinch of fine salt
125g unsalted butter, softened
50g caster sugar
1 egg yolk
½ tbsp. crème fraîche



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Le Gavroche was the first UK restaurant to be awarded one, two and three Michelin stars. The chef de cuisine is Michel Roux Jr, who took over the reins from his father, Albert in 1991.

METHOD

FOR THE SABLE

1. Put the flour on a table and make a well in centre, place remaining ingredients in the middle and add the seeds from half the vanilla pod (keeping the pod aside for later).
2. Bring all the ingredients together until combined but do not over mix. Press into a square shape, wrap in cling film and chill.

FOR THE POACHED PEARS

1. Place the reserved vanilla pod in a pan with the sugar and water and heat gently.
2. Peel and core the pear. Add to the vanilla syrup and poach very gently until cooked. Leave to cool in the syrup.
3. Roll the sable dough out to approximately 5mm thick and place on a lined baking sheet. Cut into 8 rectangles 7cm by 3cm but do not separate.
4. Bake at 160C for approximately 8 minutes until golden brown.
5. Remove from the oven and cut again to separate. Set aside to cool.

FOR THE VANILLA CREAM

1. Whip the double cream until just thickening, then fold together with the icing sugar, vanilla seeds and mascarpone until you have soft peaks, do not over mix!

SERVE

1. Remove cooled pears from the syrup and dress on a serving plate with the vanilla cream and sable biscuits.
2. Serve with some chocolate sauce.



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SERVES 4

PREP TIME: 45 MINS

COOKING TIME: 2 HOURS



INGREDIENTS

60g butter, diced

vegetable oil

2 onions, finely chopped

200g risotto rice

100ml dry white wine

1.5 litres vegetable stock, simmering

200g Parmesan cheese, freshly grated, plus extra, to serve

pumpkin seeds, to garnish

sea salt and freshly ground black pepper

THE ROASTED SQUASH PURÉE AND CRISPY SQUASH SKINS

1 butternut squash, about 900g, cut

into wedges

4 thyme sprigs

60g butter

vegetable oil, for deep-frying the skins

THE BROWN BUTTER

125g butter, diced

2 thyme sprigs

freshly squeezed juice of ½ lemon

M is a group that focus on five elements; grill, raw, wine, bar and den. At both of their locations they have two different restaurants; Grill & Raw - GRILL specialises in the best steaks from across the world and RAW specialises in small plates of sushi, sashimi, tartars, salads, caviar, hot stones and bao. At their wine bars futuristic 'Enothetic' machines offer a range of the world's highest quality and unusual wines to taste and sample from taps.

METHOD

1. Preheat the oven to 160°C/Gas Mark 3. Set aside one wedge of squash, then wrap the remaining wedges in kitchen foil with the thyme sprigs and salt and pepper to taste and roast for 1 hour, or until very tender. Remove from the oven and leave to cool. Use a spoon to scoop out and discard the seeds. Scrape all the flesh from the skins and reserve the flesh and skins separately.
2. Melt 60g butter in a large sauté pan over a medium-high heat until the butter turns a hazelnut colour, whisking constantly. Add the squash flesh, reduce the heat to medium and stir for 10 minutes. Transfer it to a food processor and blitz until smooth. Pass through a fine sieve and season with salt and pepper.
3. Meanwhile, to make the crispy squash skins for garnishing, deep-fry and dry.
4. To make the brown butter, melt the butter in a saucepan over a medium-high heat until the butter turns a hazelnut colour, whisking constantly. Add the thyme sprigs and lemon juice, then remove the pan from the heat and set aside for 30 minutes to infuse and cool. Pass the butter through a sieve lined with a double layer of muslin.
5. To make the risotto, melt 60g butter with 1 tablespoon oil in a saucepan over a medium heat. When it is foaming, add the onions and fry, stirring, until they are soft and translucent. Add the risotto rice and continue stirring for 5 minutes, or until the rice absorbs the butter. Add the white wine, turn up the heat and leave it to bubble until it evaporates.
6. Slowly add the vegetable stock, stirring constantly and making sure each ladleful is absorbed before adding the next. Continue adding the stock until the rice is al dente, or just slightly firm to the bite.
7. Just before serving, peel and finely dice the reserved squash wedge. Heat a thin layer of oil in a large sauté pan over a medium heat. Add the squash dice and sauté for 2-3 minutes until they are tender and hot, then set aside. Reheat the squash purée and the brown butter at the last minute.
8. Stir the squash purée and the Parmesan cheese into the risotto, season with salt and pepper.
9. Divide the risotto among 4 bowls. Drizzle the brown butter around the edge of each portion and top with the sautéed squash and crispy squash skins. Sprinkle with Parmesan and serve immediately.

PORK CHEEK ON INK SAUCE

SERVES 10

PREP TIME: 1 HOUR

COOKING TIME: 4 HOURS



INGREDIENTS

PORKCHEEK STEW

- 2.5kg pork cheek
- 1l vegetable oil
- 500g onion
- 500g leek
- 500g carrot
- 1l red wine for cooking
- Some water
- Some salt
- 200g quince jam

BLACK SESAME SAUCE

- 500g cheek sauce
- 150g black sesame seeds
- 1tbsp squid ink

TOPINAMBUR PUREE

- 1kg Jerusalem artichoke
- Some salt
- Some olive oil

PICKLE TURMERIC

- 50g sherry vinegar
- 50g melon juice
- 100g water
- 25g sugar
- Some of turmeric (yellow colorant if necessary)

PICKLED MELON BALLS

- 200g piel de sapo melon
- 100g pickled turmeric (see above)

PICKLED TURMERIC GEL

- 50g pickled trumeric (see above)
- 0.25g Xanthan Gum

ALSO

- Jerusalem artichoke
- Some topinambur skin
- Some leaves of wormwood



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Ametsa with Arzak Instruction is a unique collaboration between Elena Arzak – voted Veuve Clicquot World’s Best Female Chef in 2012 – along with her father and others. The one Michelin Star Basque restaurant is located at The Halkin in Belgravia.

METHOD

STEW

Clean the membrane from the cheeks and season with salt and pepper, then sear in hot oil. Remove cheeks from the pan and add the vegetables, brown them and then add the wine, cook until softened slightly. In a large tray place the cheeks, vegetables with red wine, and quince jam. Cover with water and then foil. Cook for 3 hours at 150 degrees Celsius or until soft.

SAUCE

Remove the cheeks and vegetables from the pan and put to one side. Blend the remaining ingredients and pass through a sieve. Simmer the sauce for 20 minutes with the black sesame seeds and a bit of squid ink. Pass again and save.

JERUSALEM ARTICHOKE PUREE

Clean the Jerusalem artichokes and roast with the skin on, covered in foil. Peel and blend the inside, add some salt if necessary and extra virgin olive oil to make a puree. Deep fry the skins and then dry.

PICKLE

Bring the liquid ingredients to boil and add turmeric at the end. Leave to cool.

GEL

Mix 50g of the pickled turmeric and Xanthan gum together and blend. Pass through a sieve.

MELON

Use a small scoop to get melon balls. Vac-pack with 100g of pickled turmeric and leave to infuse. Remove the melon balls from the pickling liquid. Using a smaller scoop remove some of the middle and fill with the Jerusalem artichoke puree.

SERVE

Heat through the sauce, melon balls, and cheeks. Place the melon balls on the plate and garnish with crispy Jerusalem artichoke skins. Place the cheeks on the plate and cover with the hot sauce. Garnish plate with turmeric gel.



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SEARED DUCK BREAST WITH KING OYSTER MUSHROOMS AND PICKLED RED ONION

SERVES 4

PREP TIME: 1 HOUR

COOKING TIME: 9 HOURS



INGREDIENTS

CHICKEN SAUCE

- 1 small chicken carcass
- 4 peeled onions
- 200g peeled carrots
- 80g peeled leek

CHIVE EMULSION

- A bunch of chives
- 80ml sunflower oil
- 2 eggs
- Pinch of salt

DUCK

- 2 duck breasts

GARNISH

- Small colourful flowers

PICKLED RED ONION

- 80ml rice vinegar
- 160g caster sugar
- ½tsp peppercorns
- 4 red onions
- 80ml water

KING OYSTER MUSHROOMS

- 400g king oyster mushrooms
- Splash of sunflower oil



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Located in Covent Garden in the heart of London's West End, Eneko at One Aldwych is a stylish restaurant and wine bar from the acclaimed Chef Eneko Atxa. Serving a modern take on traditional Basque dishes in a relaxed and informal setting, the restaurant is a new departure for Eneko, whose three-Michelin Azurmendi restaurant is no. 38 in the World's Top 50 Restaurants.

METHOD

CHICKEN SAUCE

1. Brown the bones at 170°C in the oven. Once the bones are golden-brown remove excess fat from the tray.
2. In a casserole dish, cook the vegetables until golden brown then add the chicken bones and remaining juices. Cover with cold water and cook over a low heat for eight hours. Strain the ingredients and pass through a fine sieve or cheese cloth.
3. Reduce until it is thick and glossy in texture.

PICKLED RED ONION

1. Mix the rice vinegar, caster sugar and peppercorns together and bring to the boil.
2. Slice the red onions and place in an air-tight container.
3. Pour the liquid over the sliced red onion and cover the container with a lid and leave it to cool.
4. Once at room temperature place the container in the fridge. (This can be made in advance).

CHIVE EMULSION

1. Blend the sunflower oil with a bunch of chives and strain it to obtain a green oil full of chive flavour.
2. Place the eggs and salt in a blender on low speed. Slowly add the chive oil to the blender and mix until it is the texture of mayonnaise.

KING OYSTER MUSHROOM

1. Thinly slice the mushrooms and cut into fine julienne strips.
2. Stir fry the mushrooms in a hot pan and add the chicken sauce. Adjust the seasoning if required.

DUCK

1. Clean and score the duck breasts.
2. Sear them in a pan without oil, first on the skin side and then on the meat side. Finish cooking in the oven at 150 degrees for about four minutes and leave to rest to ensure that all the juices remain inside the meat.

TO SERVE

1. Place some chive emulsion on the base of the plate and place the duck breast, skin side up on top
2. Add the mushrooms in a quenelle style on the side of the duck as a garnish
3. Place one spoonful of chicken sauce on the side, and garnish the duck with the pickled onions to give it height and add flowers to colour the dish and serve.

Roux at Parliament Square

MACKEREL WITH GINGER PICKLED CARROTS & GRAPEFRUIT



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SERVES 1

PREP TIME: OVERNIGHT

COOKING TIME: 90 MINS



INGREDIENTS

FOR THE MACKEREL

1 large mackerel fillet, pin boned
1tbsp fine salt
1tbsp caster sugar

FOR THE PICKLED CARROTS

½ yellow carrot
½ sand carrot
60ml white soy sauce
50ml rice wine vinegar
60ml ginger syrup

FOR THE GRAPEFRUIT DRESSING

½ pink grapefruit segmented, juices reserved
25ml olive oil
Fine salt
1 large green shiso leaf, chopped

TO SERVE:

Mizuna leaves and micro purple shiso

Located in the heart of Westminster, Roux at Parliament Square offers a comprehensive and unique culinary experience in a contemporary restaurant. Michel Roux Jr and Restaurant Associates have developed a relaxed and personal gastronomic setting, using modern European cooking techniques and sourcing seasonal produce of the highest quality to create a unique menu.

METHOD

1. Sprinkle the mackerel fillet with the salt and sugar and leave skin side down for approximately 30 minutes. Wash well in lots of cold water. Dry. Score the skin across at intervals of 3mm.
2. Lightly oil the fillet then cook on the skin side only with a blow torch.
3. For the ginger syrup; make a batch of 500g sugar, 500ml water, and 500g chopped ginger. Blend the ginger with water then make as stock syrup steep overnight in fridge then strain.
4. Peel the carrots then scrub with a green scourer (not wire scourer!) Slice the carrots 2mm thick then blanch in boiling water until tender. Mix the ginger syrup, rice wine vinegar and soy sauce together and add the carrots and allow to cool.
5. Cut the grapefruit segments into 1cm pieces and add a teaspoon of the juice, mix in the oil, salt and shiso.
6. Serve altogether with the micro herbs and dressing.



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MAKES ONE 8" CAKE

PREP TIME: 35 MINS

COOKING TIME: 55 MINS



INGREDIENTS

- 240g unsalted butter
- 240g 70% chocolate
- 83g cocoa powder
- 175g egg yolk
- 245g egg white
- 200 + 15g caster sugar

The ethos of Tom's Kitchen is simple: use the very best seasonal and locally sourced ingredients wherever possible. The restaurants work with British suppliers and farmers that are as passionate about growing as the chefs are about cooking.

METHOD

1. Melt the butter and chocolate in a saucepan over a bain-marie. Remove from the heat and add the cocoa powder. Allow to cool.
2. Whisk the egg yolks with 200g of caster sugar until light and fluffy.
3. Whisk the egg whites with 15g caster sugar to a very soft meringue, taking care not to whisk it too dry.
4. Fold the egg yolk mixture into the cooled chocolate mixture until marbled.
5. Fold the soft meringue into this mixture, in two batches, taking care not to over mix.
6. Weigh 660g of batter into each tin.
7. Bake at 160°C in a fan assisted oven for 45 minutes, until a skewer inserted into the center of the cake comes out almost dry.
8. Let the cakes cool completely before spreading each cake evenly with 350g of the left-over batter.
9. Bake for a further 10 minutes.
10. Once out of the oven, allow the cakes to cool. When the cake has cooled, dust with cocoa powder and icing sugar.



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