

**Jersey Royals - Cooked in Bacon Dashi, Hen of The Woods,
Crispy Hen's Egg, Iberico Ham**

**Recipe provided by Steven Smith, Chef Proprietor at the
Freemasons**



Ingredients

Dashi

2l of spring water
40g of kombu
45g of bonito flakes, 2 cups
1 dash of soy sauce
1 dash of mirin
4 slices of bacon, thick cut, skin only
1 dash of rice wine

Mushrooms

1 handful of hen of the woods, cleaned
1 knob of butter
salt
2 chestnut mushrooms, sliced
chives, finely chopped
1 dash of dry sherry
1 dash of extra virgin rapeseed oil
1 dash of lemon juice

Crispy eggs

4 pheasant eggs
breadcrumbs
1l of canola oil, for frying
flour
1 egg

Jersey Royals

12 Jersey Royal potatoes, washed
1 knob of butter
1 dash of lemon juice

Sauce

50ml of ham stock
50ml of dashi

1 knob of butter
1 dash of lemon juice

To serve

4 slices of jamon Iberico de Belotta, or good quality cured ham
pork scratching
chives, finely chopped

1. Begin by preparing the dashi. Gently wipe clean the Kombu, being sure not to remove the white (umami). Do not wash the kombu, it only requires a light wipe. Gently slice the kombu 2 or 3 times with scissors and place in a big saucepan with the spring water

2. Place the kombu into a pot with the cold mineral water and heat the contents of the pan to 85°C

3. Remove the Kombu and skim the surface of the water. Add the bonito flakes and simmer for a further 2 minutes, then remove from the heat - the bonito flakes should fall to the bottom of the pot. Once this has happened, strain the liquid through a fine strainer lined with muslin cloth and return to the pot

4. Add the soy sauce, mirin and rice wine vinegar to taste, but remember it should be delicate in flavour and not too overpowering. Bring to the boil and add the bacon skin, then remove from the heat and set aside to infuse

5. For the mushrooms, tear the hen of the woods into bite-size pieces. Place a pan over a medium heat and add a large knob of butter. Once the butter begins to foam, fry the mushrooms until lightly golden. Add a splash of sherry and pinch of salt and simmer briefly to glaze. Remove from the heat and finish with chives

6. To prepare the crispy eggs, bring a large pot of water to the boil. Once boiling, turn down to a simmer and poach each egg for 1 minute each, then remove from the water and cool in ice water. Once cold, trim away some of the excess egg white to make neat circles

HOW TO POACH AN EGG Bring a large pan of water up to a boil. Using a whisk, create a whirlpool effect and then drop the egg in slowly - you can crack the egg into a cup first so that it is easier to get closer to the surface when dropping it in. Make sure the egg whites stay close to the yolk by continuing to swirl the water round as the eggs cook. Remove the egg using a slotted spoon

7. Add the flour, additional egg and breadcrumbs to separate bowls for coating, beating the egg with a pinch of salt to make egg wash. In this order, coat the poached eggs in the flour, egg wash and breadcrumbs. Set aside until required.

CLASSIC COATING METHOD This technique involves creating 3 separate mixtures of plain flour, beaten eggs and breadcrumbs (small additions such as seasoning, herbs and cheese may also be added). Ingredients are, in this order, rolled in the flour, beaten egg and breadcrumbs to coat before being fried

8. For the Jersey Royals, heat the dashi in a medium pot and add the Jersey Royals. Boil until soft then remove the potatoes. Add to a hot pan with a knob of butter and a generous squeeze of lemon juice, cook until glazed. Remove from the pan and keep warm

9. To prepare a sauce, heat the dashi and ham hock stock in a small pan. Once warm, add a small dash of lemon juice and a knob of butter, remove from the heat and stir to emulsify. Keep warm until required

Heat the canola oil in a deep fat fryer to 180°C

DEEP FAT FRYER SUBSTITUTION If you don't have a deep-fat fryer, pour oil (use oil with a high smoking point like sunflower or walnut oil) into a large pan up to a third full. Once the oil reaches 180°C - or a cube of white bread browns after 40 seconds - it is ready to use. Note: hot oil can be very dangerous, take care

11. Deep-fry the crumbed eggs until golden, remove and drain on kitchen towel. Dress the sliced chestnut mushrooms in a little lemon, salt and rapeseed oil.

12. Dress each plate with swirls of the sauce, then place the egg in the middle with a piece of Iberico ham and chunks of pork scratching on top. Arrange the warm mushrooms and potatoes alongside and scatter with chopped chives. Finish with a small side of hot dashi and serve immediately.