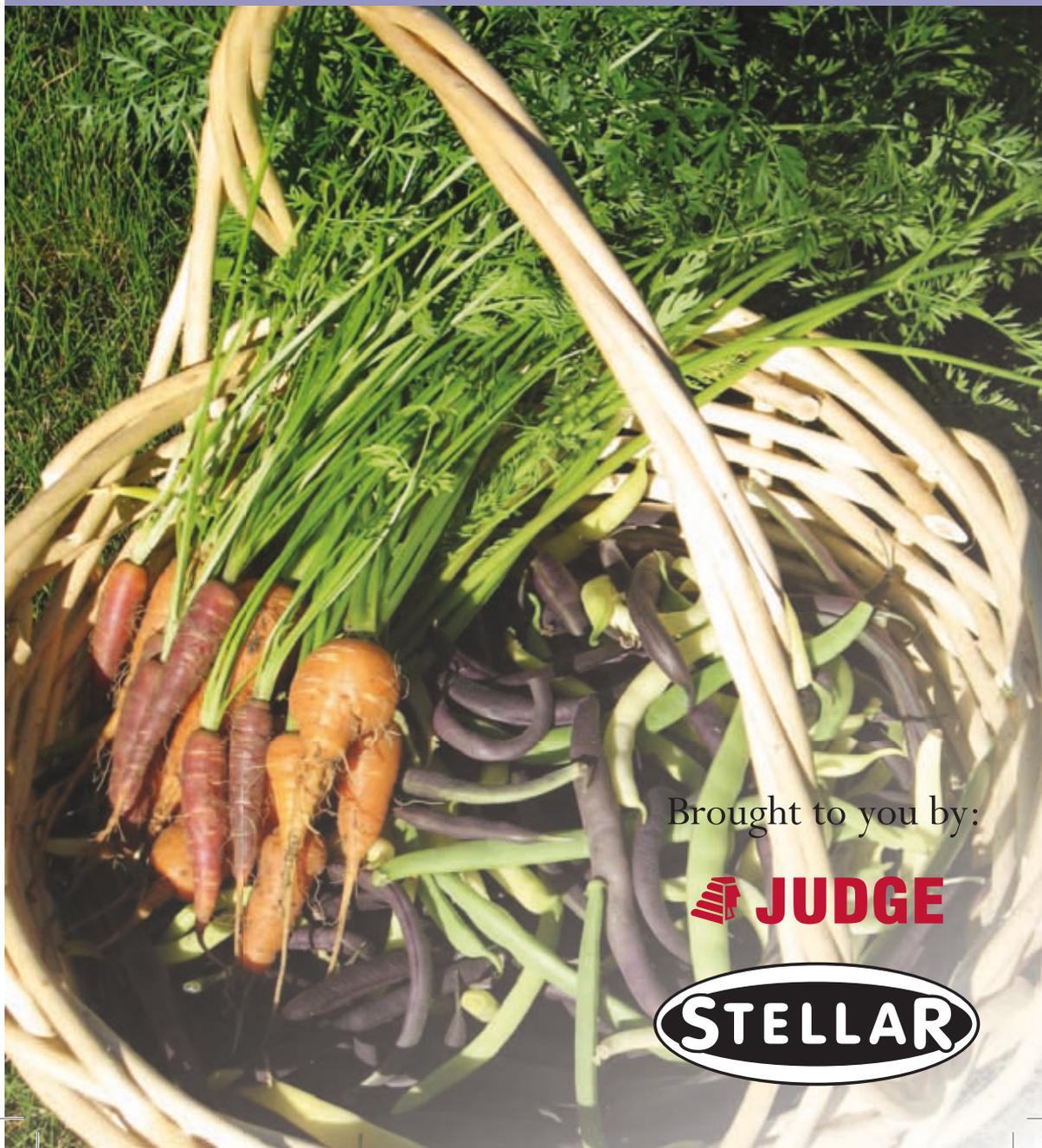


RECIPES BY

MALCOLM HARRADINE



Brought to you by:

 **JUDGE**

STELLAR



CHEESE SOUFFLE

I just love this rich, but light texture of this soufflé recipe. I made this recipe at Stringers department store up in Lytham St Anne's, using the Judge mini food processor, the Stellar acid etched grater and the non stick baking tray. If you are not a lover of blue cheese, then substitute it for a cheese of your choice or a mixture of cheeses.

Ingredients for 6 servings

- 175g cheese (Blue or mature cheddar)
- 2 cloves garlic, skin removed
- 500g Crème Fraiche
- 6 medium free range eggs, separated
- ½ tsp Cayenne pepper
- Good pinch salt
- 15g butter, melted
- 50g freshly grated Parmesan cheese
- Pinch of grated nutmeg

1. Place the cheese of your choice, cloves of garlic, into a Judge mini food processor and blitz until the ingredients are well mixed together and smooth in texture
2. Add the egg yolks, the Crème Fraiche, Cayenne pepper and salt and blitz again until well blended
3. In a clean bowl whisk the egg whites until stiff peaks form and then gently fold into the egg yolk mixture using a wooden spoon. Set aside
4. Line the inside of 6 ramekins with butter and then sprinkle in the parmesan cheese, shaking out the excess pour in the mixture, evenly between the 6 ramekins to ¾ level, and place them on a baking tray.
5. Bake in the oven at 180°C for about 30 minutes or until golden brown and set
6. Sprinkle with the grated nutmeg and more parmesan cheese and serve immediately

TIP: Make the day before, cover and keep in the fridge, cook when ready to eat and it still rises!



Acid Etched
Grater

Non - Stick Baking Trays

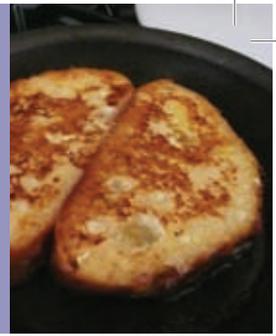


Mini Chopper



FRENCH TOAST BRUNCH

A classic that I have adapted over the years. I was at the Plymouth food festival and on stage with a French chef and we had a cooking challenge as to who makes the best French toast. The whole event was on Local BBC radio and the crowd voted the Englishman the winner!!



Ingredients for 2 servings

- 15ml extra virgin olive oil
- 2 rashers smoked bacon, diced
- 2 spring onions, thinly sliced diagonally
- ½ red and ½ yellow pepper, thinly diced
- 6 cherry tomatoes, thinly diced
- 4 chestnut mushrooms, diced
- 15ml Worcestershire sauce
- 15ml sweet chilli sauce
- 4 slices bread, crusts removed
- 2 small free range eggs,
- 25ml milk
- 50g butter
- 25g extra mature cheddar cheese
- Salt and pepper to taste
- 8 small basil leaves for decoration
- Drizzle of balsamic glaze

1. In a large fry pan heat up the olive oil until hot and fry the bacon until crispy brown. Remove the bacon from the pan and drain on kitchen paper.
2. Add the spring onions and the peppers and continue to cook on a medium heat until softened
3. Add the tomatoes and the mushrooms and continue to cook for a further 2 minutes
4. Return the bacon to the pan, mix in with the rest of the ingredients, and then add the Worcestershire sauce and the sweet chilli sauce and cook for a further 2 minutes
5. Place the eggs and the milk into a mixing bowl and whisk, until well combined
6. Using a small pastry cutter, cut out 4 rounds of bread and dip into the egg mixture to coat evenly
7. Taking a second fry pan, add the butter and ¼ tsp of olive oil and heat up until bubbling. Add the 16 rounds of bread into the foaming butter and on a low heat fry the first side until golden brown. Turn the discs over and repeat on the second side
8. Place 4 of the cooked discs onto 2 serving plates and add the filling on top. Place some grated cheese on top of the mixture, a drop of balsamic vinegar and a basil leaf and place the second on top at a slight angle.
9. Serve with a fresh green salad



6000

26cm Frypan

7000 30cm Frypan



Round
S/S Cutters

Non Stick
Turner



Stainless Steel
Mixing bowl





PAN FRIED STUFFED CHICKEN BREASTS, WRAPPED IN PROSCIUTTO HAM WITH A WHITE WINE SAUCE

This is a recent recipe that I first did when carrying out a cooking demonstration at Roomes department store in Upminster. It is a delicious dish and has gone down well since then!

1. With a pairing knife, carefully make a slit in the chicken along the whole length of the breast until you have made a pocket
2. In a mixing bowl blend the fresh herbs into the cream cheese until well combined and stuff into the chicken pocket
3. Lay 4 slices of ham on a chopping board, slightly overlapping and lay the stuffed chicken breast in the middle.
4. Season with a pinch of salt and black pepper and gently roll up the chicken breasts
5. In a frypan add the olive oil and heat up till hot
6. Add the chicken breasts and on a medium heat fry the chicken carefully turning until it is golden brown and cooked through. Transfer to a steamer compartment with the heat off but the lid on to keep warm
7. To make the sauce, drain off the residue fat from the fry pan and return to heat until fairly hot
8. Add the spring onions, and the mushrooms and cook for 3 minutes stirring and scraping up any caramelized bits from the bottom of the pan
9. Now add the white wine to the hot pan and reduce by a third of its volume
10. Add the chicken stock and again reduce by a third
11. Pass the contents of the pan through a fine sieve and return to a clean pan, discarding the sieved contents, leaving just the sauce
12. Bring the sauce back to a simmer and add a knob of butter and whisk until the butter has melted into the sauce
13. Slice up the chicken breasts and serve with the sauce, freshly steamed carrots, snap peas and pan fried potatoes

Ingredients for 2 servings

- 2 free-range chicken breasts, skin removed
- 8 slices of Prosciutto ham or Parma ham
- 2tbsp olive oil
- 2tbs cream cheese (Ricotta)
- 12 basil leaves, torn into small pieces
- 2tsp of fresh oregano or 1 tsp dried
- 2tsp of fresh thyme leaves or 1tsp dried
- Pinch of sea salt to taste
- Pinch of freshly milled black pepper

For the sauce

- 3 spring onions, chopped
- 4 chestnut mushrooms chopped
- 250ml of white wine
- 250ml of chicken stock
- Sea salt and black pepper to taste
- 25g unsalted butter

STELLAR

9000
26cm Frypan



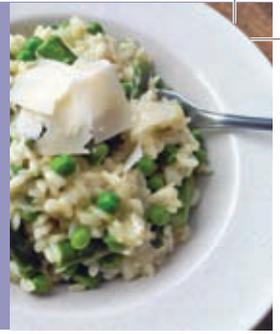
JUDGE
3 Pce Steamer



6
H
2

MUSHROOM & PEA RISOTTO

The golden rule for making this hearty dish is to keep to the rules – it is not as difficult as most people think. Go step by step through this recipe and you will get lovely creamy rice with the earthiness of the mushrooms and the sweetness of the peas



1. In a large 24cm casserole dish, heat up the oil and the butter until foaming
2. Reduce the heat to low to medium heat and then add the onion and the garlic and gently cook for 3 minutes or until the onion has softened, but not coloured.
3. Add the rice and cook on a gentle heat, stirring all the time, to coat the rice with the buttery mixture. Add the wine and stir in well and continue to cook for 2 minutes
4. In the meantime place the beef stock (use Knor beef stockpots) in a separate saucepan and bring to simmering point, turn down to lowest setting
5. Now add the beef stock, a ladleful at a time, making sure that the first ladleful is soaked up by the rice before adding the next ladle. You must stand by your pan stirring the rice mixture gently. This process will take about 30 minutes to complete, so have a nice glass of wine next to you and some romantic music in the background! The rice should still be al dente and glossy
6. In a large fry pan add the extra olive oil and on a moderate heat up the oil till hot. Add the field mushrooms and fry for 2 minutes, then add the Porcini mushrooms and fry for a further 2 minutes and finely add the mushroom liquor and cook through
7. Add to the risotto with the peas and bring the rice back to the boil
8. Place in a rimmed bowl, topped with parmesan cheese and some chopped parsley

Ingredients for 2 servings

- 10ml extra virgin olive oil
- 25g butter
- 1 small onion, finely chopped
- 220g risotto rice
- 175ml good quality white wine
- 800ml beef stock
- 25g extra olive oil
- 125g field mushrooms, thinly sliced
- 75g Porcini mushrooms, soaked in a cup of warm water for 5 minutes
- 200g fresh or frozen peas (thawed)
- Salt and freshly milled black pepper
- 100g shaved parmesan cheese



6000
Hard Anodised
26cm Casserole



Premium
Sauce ladle



6000
Hard Anodised
30cm Wok





SWEET AND SOUR STIR FRIED PORK

Stir Frys are quick and easy and this is one of my favourites. You can substitute the pork for chicken, beef or Tofu!

Ingredients for 2 servings

- 45ml Groundnut oil
- 200g loin of pork, fat removed and cut into thin strips
- 5 cloves garlic, peeled and crushed
- 3cm fresh ginger, peeled and grated
- 1 medium carrot, peeled and grated
- 2 red chillies, de-seeded and finely diced
- ¼ teaspoon dried chilli flakes
- 15ml sweet chilli sauce
- 175ml water
- 175ml red wine vinegar
- 175ml tomato ketchup
- 100ml runny honey
- 15ml light soy sauce
- 15g cornflour

1. Heat up a wok until very hot, add the oil and heat up until hot
2. Add the strips of pork and toss or stir in the wok until all sides are seared and brown
3. With a slotted spoon, remove the pork and put to one side
4. In a mixing bowl, add the water, rice wine vinegar, tomato, honey, sweet chilli sauce, crushed dried chillies and the soy sauce and whisk to blend together. Tip this mixture into the wok and bring to the boil, turn down to a simmer and continue to cook for 5 minutes, stirring occasionally.
5. Put the cornflour into a small bowl and add just enough cold water to mix to the texture of single cream consistency
6. Slowly add this to the wok and stir continuously over a moderate heat until the sauce thickens
7. Return the pork to the sauce and heat through
8. Serve with boiled rice

JUDGE

Garlic/Chilli
Chopper



STELLAR

Cast Non-Stick wok

JUDGE

Mini Rice
Cooker



MUM HARRADINE'S TREACLE TART

to finish ... I had to put my Mum's treacle tart into this leaflet. This recipe takes me back to when I was boy. It is simply "yummy"!



Ingredients for 6 servings

For the shortcrust pastry

- 150g plain flour, sifted
- ½ tsp salt
- 75g cold butter, small cubes
- 20g caster sugar
- 2 Medium eggs, lightly beaten
- some ice cold water

For the filling

- 25g butter, melted
- 100ml golden syrup
- 150g fresh breadcrumbs
- Zest & Juice of 1 un-waxed lemon
- 25g Cornflakes

Preheat the oven to 190°C

1. Grease the inside of a 23cm Stellar Bake and Twist silicon oven mould or tin flan tin with the melted butter and put aside
2. To make the pastry, put the flour, salt and the cubed butter into the food processor bowl and blitz until the mixture resembles fine breadcrumbs texture. Leaving the food processor running, pour in the eggs, in a thin stream and blend into the flour. Now add enough water in a thin stream, just enough to bind the mixture into a firm dough and leaves the inside of the bowl clean
3. Wrap the dough in clingfilm and allow to rest in the fridge for 30 minutes
4. Take out the pastry and knead lightly and place on a lightly floured board and roll out to fit the flan mould. Prick the base with a fork cover the base with greaseproof paper and tip in baking beans, and even them out on the paper
5. Bake in the oven for 12-15 minutes, remove the baking beans and greaseproof paper and return to the oven and blind bake for a further 10 minutes or until golden brown. Take out of the oven and put to one side
6. Reduce the oven temperature to 145°C. Mix all the filling ingredients into a bowl and mix well to combine and then spread evenly over the base of the pastry and finally distribute the cornflakes on top, return back to the oven and bake for 35 minutes or until set and golden brown
7. Serve with good homemade custard or double cream

 **JUDGE** Stick Blender



 **Bake & Twist**



Hand Whisk



MAL HARRADINE

A Little bit of history... . . .



Malcolm Harradine was “knee height to a grasshopper” when he got involved in farmhouse cooking and his Mum taught him and his two brothers basic culinary skills. The Harradine family lived in a 15th century farmhouse in Hinxworth, Hertfordshire. Malcolm and his brothers grew up in the local farming community during the 1950s and 60s.

Malcolm still remembers good old-fashioned British cooking and baking. Like kids of today, he waited eagerly to lick the last morsels of cake mix before the victoria sponge went into the oven, or tasting the crackling off the roast pork before it reached the dining room table.

In the mid 1970s, after running the family catering business in Cornwall, Malcolm ventured into sales and marketing which involved product development in both the catering and kitchen housewares industry.

In 1993 he first appeared on QVCTV Home Shopping Channel, and to this very day is seen in the QVC kitchen introducing a wide range of recipes coupled with launching the latest innovative kitchen products.

In 2004 Malcolm teamed up with Stellar & Judge as a professional in-store demonstrator; *“it is great to be part of a British Company that has manufactured and now distributes some of the finest professional cookware and accessories seen in the market today.”*

As well as seeing Malcolm regularly on QVC he will be travelling the length and breadth of the UK, featuring his own recipes and some of the best ranges from **STELLAR** & **JUDGE**

For more information on Malcolm, please visit his web site on:

www.melandmal.com

*Ask your local store about any
of the products that you find
in this recipe leaflet
or visit us at:*

www.judgecookware.co.uk

www.stellarcookware.co.uk