

August 2018



Tasteology

TRENDS, PRODUCTS AND MORE FROM NEWLY WEDS® FOODS

EUROPE

National Fish & Chip Day Newly Weds Foods Goes Back to School

As part of our local community engagement, Newly Weds Foods visited 2 local schools. The project was scheduled to coincide around the time of National Fish and Chip Day on the 1st June.

A team from Ossett went to the local Gawthorpe Community Academy to demonstrate to Year 2 how some of their favourite coated foods are made. The session had an educational element focusing on where flour and potatoes come from, how to make a batter and how to make breadcrumb. Finally, a hands-on session put this into action with the children coating their own vegetable burger! After the interactive afternoon, the children were then tasked with designing their own product, made of fish, chicken or potato. Wowed by the response, our team decided there had to be more than one winner, so settled on four.

The overall winning concept, a chicken cone coated in breadcrumb, with a mash potato centre and fish sprinkles,

was brought to life by Newly Weds Foods' Development Chef Dan Bell, and presented to the entire class to taste. The reaction from the children was fantastic to see, with proud smiles from all the winners! The winners received National Book Tokens to aid their studies, and everyone in the class got an apron and a goodie bag.



Banbury visited St John's School in the town. The Year 2 children learnt about the different people involved whenever they eat fish & chips including fishermen, farmers, food manufacturers and chefs. They were amazed to hear that every year in the UK one and a half million tonnes of potatoes are turned into chips – that's the same weight as 120,000 double decker buses! A fun, interactive and very messy session followed where the children got to play with flour, dough, bread and breadcrumb. The stretchy gluten balls were a big hit – but maybe not with the school cleaner! Then it was down to the business of launching our competition. We asked the children to design a new version of fish and chips and promised we would return with the winning

idea made by our team for everyone to eat. We were stunned by the entries and couldn't choose just 1 winner, instead we chose to award 5 prizes... The Overall Winner was a "Fish Trophy and Gold Medal Chips".



The Ultimate Fish & Chip recipe

Batter

Debate rages whether Pollock, Haddock or Cod is best. Skin on or skin off? Fresh or Freshly Frozen? You choose.

BUT everyone agrees that great batter should be light and crisp, which means getting air into the mixture. There are two principal methods for doing so: adding a raising agent, such as baking powder or yeast. Or making up the batter with a carbonated liquid, such as sparkling water or beer.

Who's Batter is Better?

Rick Stein, proprietor of two chippies, ought to know what he's talking about! He uses baking powder – a hefty 3½tsp to 240g of flour (approx 7%) And opts for ice-cold

water instead of anything bubbly in his batter.

The River Cottage Fish

Book uses plain flour & beer, which gives a crunchy texture and flavour.

Trish Hilferty, gastropub legend uses fresh **yeast** for her traditional beer batter.

Gary Rhodes is a firm advocate of thick batters. He claims that the only secret to great fried fish is to "make sure the batter is very thick, almost too thick" so as the fish cooks, it soufflés around it, keeping it light and crisp. "If it's too thin, it will stick to the fish and become heavy". He goes for self-raising flour and lager.



Our Verdict....

Heston Blumenthal he stores his batter in a soda siphon. A shot of vodka –provides alcohol which will evaporate quickly on hitting the hot oil and help to provide a crisp shell. Rice flour is ground to a finer grain size than wheat flours, so the rice will crisp and brown quicker than the traditional wheat flour.

Ultimate Batter

100g plain flour

100g white rice flour, plus extra for dusting

1 tsp baking powder

1 tbsp honey

150ml vodka

150ml lager

Transfer the batter to a jug, then pour it into a syphon. Charge the syphon with three CO₂ charges

Allow to rest in the fridge for a minimum of 30 minutes.



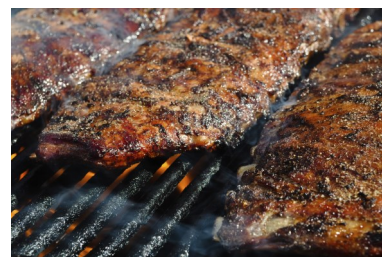
Heston Blumenthal's triple cooked chips Recipe

1. Place the cut chips into a bowl under running water for five minutes to wash the starch off.
2. Place 2000ml cold tap water in a large saucepan and add the potatoes.
3. Place the pan over a medium heat and simmer until the chips are almost falling apart (approximately 20 to 30 minutes, depending on the potato).
4. Carefully remove the cooked chips and place them on a cooling rack to dry out.
5. Then place in the freezer for at least one hour to remove more moisture.
6. Heat a deep-fat fryer or a deep pan no more than half filled with oil (to a depth of around 10 centimetres) to 130°C. Fry the chips in small batches until a light crust forms (approximately five minutes), remove from the oil and drain on kitchen paper.
7. Put the potatoes on a cooling rack and place in the freezer for at least one hour. (At this stage, if you don't want to cook and serve immediately, the chips can be kept in the fridge for three days.)
8. Heat the oil in the deep-fat fryer or deep pan to 180°C and fry the chips until golden (approximately seven minutes). Drain and sprinkle with sea salt.



Last Supper or Celebration meal - What did some of the World cup stars eat this Summer?

The way to **Argentina's** heart is through its asado, (BBQ). This is the national dish. Expect to find beef, pork, ribs, sausages, blood sausages, and sweetbreads hot off the fire. Or even a lamb or pig roasting over an open flame. Lightly salted, topped with chimichurri, and paired with Malbec – this is Argentina.



Portuguese cuisine is typically hearty, relying on fresh ingredients.

A popular Portuguese saying states there are more codfish recipes than days in a year. A staple in Portuguese cuisine, codfish (or bacalhau). If you sauté shredded codfish with onions and straw fried potatoes and mix that up with olives and parsley, you get bacalhau à brás. It's so tasty and easy to put together, its popularity comes as no surprise.

As for the **Brits**....Yes you've guessed it. Fish and Chips! Don't forget to start the day with a Full English breakfast and end it with a traditional Sunday Roast!



French people are well renowned for their love of good food. 418 years ago, *le vert galant* better known as Henri IV declared, "I want no peasant in my kingdom to be so poor that he cannot have a poule au pot on Sundays." Poule au pot literally means "chicken in the pot" However, according to the chef Raymond Blanc, pot-au-feu is the quintessence of French family cuisine. It is a stew using different cuts of beef and marrow bones with boiled vegetables (carrots, leeks, turnip) and it is the most celebrated dish in France. It honours the tables of the rich and poor alike!

Waffles, fries, chocolate, beer... **Belgium** may be famous for its typically indulgent food, but there's far more to its national cuisine than that. *Moules*, each pan of steaming mussels is served with a helping of the obligatory chunky frites (don't ask for french fries!) Traditionally sent out marinier-style, with cream, parsley and a splash of white wine, there's also a hearty version with beer marinade worth seeking out.



Neymar may be looking for a friend after his World cup antics. A lot of **Brazilian** food has Portuguese origins so perhaps he can drown his sorrows with Ronaldo over a hearty bowl of Feijoada. The dish is essentially a stew of beans with beef and pork, and its name derives from the Portuguese word *feijão*, meaning 'beans'. Vegetables such as okra, pumpkin and even banana are added, and thanks to African influences, it will come with a healthy dose of spices and chilies!

Rich in both history and carbs, **Russian** cuisine keeps you warm during cold winter months and helps you stay refreshed on a hot summer day. Russian food is usually made with simple ingredients, but is surprisingly comforting. *Borscht* is a red beetroot soup, that generally includes some meat, potatoes, carrots, and tomato, although there are so many local variations – trying them all could take you years. Usually served with some dill and sour cream, *borscht* can be eaten either hot or cold, which makes it a go-to dish for both cold Russian winters and hot summers.



JinJuu - London

Jinjuu is London's premier modern Korean food restaurant with celebrity chef Judy Joo. Jinjuu is the go to destination for both traditional and contemporary street food. Jinjuu Soho has two floors which will give you two different dining experiences. The ground floor offers you a casual dining while the lower ground has an open kitchen which is ideal to enjoy a sophisticated dinner.

American-born Judy Joo, is a chef and host of the new and successful cooking and travel show, "Korean Food Made Simple." She is a regular face on the Food Network/ Cooking Channel and Judy has especially made a name for herself as

the only female Iron Chef UK.

Chef Dan said "dining here was a culinary delight. My favourite dish was the quite simply the signature boneless Korean fired chicken. Using thigh meat is always a better way to encourage succulence of the protein which balances nicely against the crisp texture of the coating. This was then paired with a choice of gochujang red and black sauces. As we know today's consumer seeks a dining experience. The ambiance and service are increasingly as important as the food, which should not only delight, but excite and Jin Juu has it all!"



Korean Bulgogi

RECIPE

Chef Dan's Korean Fried Chicken Wings

Ingredients:

For the batter...

6 tbsp potato starch (or corn-flour)
3 tbsp sweet rice flour
3 tbsp plain flour
1 tsp baking powder
1/2 tsp salt
1/2 tsp white pepper
200ml soju

For the sticky chilli sauce...

8 tbsp rice syrup
5 tbsp Korean chilli paste (gochujang)
1 tsp minced garlic
5 tbsp apple or rice vinegar
1 tbsp Korean ground chilli (gochugaru)

For the pre dust...

2 tbsp potato starch
2 tbsp Korean ground chilli (gochugaru)
1 tbsp minced garlic
1 tbsp salt
1 tsp ground white pepper

For the pickled moo...

300g moo (or daikon), scrubbed clean and cut into 1cm cubes
1 tbsp rice vinegar
2 tbsp water

Method

1. Heat oil for deep frying to 180C or hot enough that you can splash in a little batter and it sizzles and floats.
2. Mix together all the chicken seasoning ingredients then turn the chicken into the flour mixture until all lightly coated.
3. Mix together all the batter ingredients in a large bowl. Dip the chicken and make sure each piece is completely coated in the batter.
4. Shake off the excess batter and slowly drop each piece of chicken into the oil. Do this in batches and be careful not to overcrowd as the batter can cause the chicken pieces to stick to each other.
- 5.a Fry for 5 minutes or until the inside reaches 65-70C. Remove the chicken from the oil and leave to rest on a wire rack, about 15mins to cool.
- 5.b Fry again for another 5 mins to get extra crispy. Then chill, freeze or Serve immediately
6. Drop half the pieces of chicken into the chilli sauce and use a pair of tongs to completely coat the chicken.
7. Sprinkle sesame seeds on top and serve with the pickled moo on the side.

