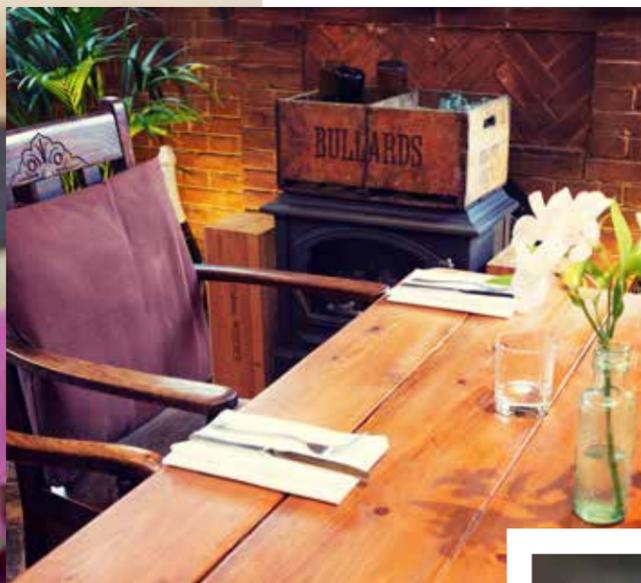




MY LIFE ON A PLATE



RECIPE OVERLEAF



SIMON TURNER

SIMON TURNER, CHEF PATRON OF THE BOARS IN SOUTH NORFOLK, CREDITS HIS MUM FOR HIS COOKING SKILLS AND LOVES A DOLLOP OF NUTELLA!

Who are you and what do you do?

I'm Simon Turner and I am chef patron at The Boars in Spooner Row, between Wymondham and Attleborough.

Where did you train?

I trained myself! I worked in strategic planning/marketing until I was 25 when I opened Elm Hill Brasserie in Norwich with absolutely no experience in a kitchen! The only training came from watching my mother as a child, but I learned from books, through trial and error, and working 80 hours a week for the first five years!

Who is your favourite chef?

The biggest influence on my style when I started was the late Anthony Bourdain. It is so sad that he took his own life last year. I also love Georgio Locatelli and his enthusiasm and love of ingredients, life and people!

What three ingredients are always in your store cupboard?

It has to be fennel seeds, cheese and wine - well, it is an ingredient!

What's your (foodie) guilty pleasure?

Crêpes with Nutella. The smell of them just makes me feel happy, and reminds me of being on holiday in France when I was little. Food is so much about nostalgia.

What's your favourite tippie?

As with food, it really depends on the day. No meal is complete without the perfect wine to match the food. It's hot today so I'd drink a good crisp, dry rosé with some garlic prawns!

Describe your perfect meal

The perfect meal is all about atmosphere and making memories, for me. Most of my best days involve a table, some food and friends. In hard times that might have been a bowl of pasta in my flat in Liege or it could be lobster and Champagne when celebrating. It's all about the people you are with and sharing great flavours and food. There is a reason why people don't cook much on their own.

Where do you like you eat out in Norfolk and beyond?

I am a big lover of The Neptune in Old Hunstanton (Kevin and Jackie are the perfect hosts) and we will be due our annual stay soon! Farmyard in Norwich is my favourite spot in the city, I love the simple, clear flavours of Andrew's food, and Ben is a great GM.

Tell us something we don't know about yourself

I'm a secret agent? Mmm, I speak fluent French, having enjoyed some of the best days of my life living in Liege, Belgium.

What's your foodie prediction for the coming few months?

There's a move towards lighter food but I don't think that just means vegan food. I'm seeing a lot of sustainable fish/shellfish, especially in the warmer weather. Mostly, I think people are ready to have fun again in the summer sun!





This is a classic crème caramel with candied orange and boozy sultanas. It is incredibly easy to make in essence, but does test your classic techniques, especially when making the caramel. The end result is luxurious and satisfying, and you'll rightly feel a little smug watching your guests as they ooh and ahhh over this little number!

INGREDIENTS

FOR THE CRÈME: 1000ml of whole milk; 120g of caster sugar; 1 vanilla pod, split and scraped into the milk; 3 whole eggs (medium); 3 egg yolks

FOR THE CARAMEL: 50ml of Cointreau or Grand Marnier; 100ml of water; 120g of caster sugar

FOR THE CANDIED ORANGE: 2 oranges; 2tbsp of caster sugar

FOR THE SULTANAS:

A handful of golden sultanas; A good glug of brandy

METHOD

FOR THE CRÈME OR FLAN FILLING: Heat the milk and vanilla in a saucepan until it's just boiling. Meanwhile, whisk the eggs, egg yolk and sugar together until pale and fluffy in a food mixer or with an electric whisk. Slowly pour the hot milk into the egg/sugar mix, whisking all the time. Make sure it is well mixed. Set this mix aside to cool. It may have a lot of bubbles on the top at this time. As it cools, these will go, leaving something like a light custard.

FOR THE CANDIED ORANGE AND SULTANAS: Peel the oranges with a potato peeler. Slice the orange peel into really thin strips. Put the orange peel into a pan of cold water and bring to the boil. As soon as it boils, drain the zest. Repeat this process three times. This takes the bitterness out of the peel. Now spread the peel on a baking sheet covered in parchment paper and sprinkle with sugar. Cook in an oven at 140°C for around 20 minutes, or until the orange peel is crystallised and crunchy. Set aside for later and try not to eat it all. Put the golden sultanas in a tub and cover with the brandy. Set aside for later - they will keep like this for months so you can do this well in advance.

FOR THE CARAMEL: This is the slightly more challenging part. Don't let the sugar know you're scared, you have to be the boss. You need a pastry brush and a pot of very hot water next to you for this.

Put your sugar, Cointreau and water in a heavy bottomed milk pan or saucepan. Stir it in and leave in a warm place for 10 minutes so some of the sugar dissolves. Brush around the inside of the pan without touching the caramel so that the surface of the pan



CRÈME CARAMEL WITH CANDIED ORANGE AND BOOZY SULTANAS

[SERVES 6]

is clean of sugar. Now put the pan on a low heat and DO NOT MOVE IT! It is so important at this stage to leave the pan alone and never to stir the sugar syrup. You are now in a fight to stop it from crystallising! Every 2 minutes or so, brush the inside of the pan without touching the mix so that you stop crystals from forming and the surface stays clean.

THE STAGES SHOULD BE:

1. Sugar dissolves to make a syrup 2. It starts to boil 3. Turn the heat up to medium (don't touch the pan) 4. Don't stir it 5. STILL DON'T TOUCH IT 6. The syrup starts to become caramel, light crystals may be forming but you can see a honey coloured caramel underneath 7. Wait a little longer and then, when it is golden in colour, take a cloth and pick up the pan. Now swirl the mix without stirring it for a minute and you will be staring at a beautiful, light caramel.

Pour this into 6 x 200ml ramekins to cover the bottom put the pan down and give yourself a big pat on the back!

COOK THE CRÈME CARAMEL:

Once the caramel has cooled (10 minutes), pour over the crème filling to the top of the ramekins. Place in a bain marie, and bake in an oven on 150°C for about 30 minutes or until the crème caramel is just set. This will vary according to the quality of eggs and the oven so please get to know your own cooking time. They should be just set, a little wobbly, when you shake the pan but not splitting and bubbling (overcooked). Take them out and leave to cool. When the time comes to eat them (they will keep in the fridge for a week), run a knife around the inside edge and turn them out. Decorate with boozy sultanas and candied orange peel.