

# MAYOR OF LONDON

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## THE FEAST OF ST GEORGE ED BAINS' RECIPES

### Orange cured salmon with soda bread, asparagus, and orange chilli dressing

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#### Ingredients

3 orange zests  
1 lemon zest  
100 mls Malden salt  
300g salmon fillet

#### Soda bread

250g plain white flour  
250g whole meal flour  
1 tsp salt  
400 mls yogurt

#### Salad

1 bunch trimmed and  
blanched asparagus  
1 head of butter leaf lettuce  
Juice of 3 oranges  
1 lemon  
1 red chilli

#### Method

- Mix the lemon and lime zests with salt and coat the salmon, marinade for 1 hour.
- Gently wash off the salt marinade mix, dry and roast in oven on grease proof paper at 50 degrees for 45 mins remove and allow to cool.
- Heat oven to 200 degrees / gas mark 6.
- Mix soda bread ingredients together, shape into a loaf and cut deep cuts in a cross.
- Bake for 30 mins and allow to cool.
- Boil the citrus juice and chilli until 2/3rds has evaporated.
- Add 2 tbsp of olive oil and blend till smooth.
- Season with pepper.
- Serve the salmon over 4 asparagus spears, lettuce, a drizzle of dressing and cut soda bread on the side.

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## THE FEAST OF ST GEORGE ED BAINS' RECIPES

### Grilled beef rib with mustard crust, horseradish butter, onions in parsley sauce rough roast potatoes, seed mustard dressed beans

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#### Ingredients

1 tsp mustard powder  
1 tsp curry powder  
24 oz beef rib on the bone  
2 carrots  
1 leek  
2 sticks of celery  
½ bulb garlic  
1 sprig rosemary  
salt and pepper  
400 mls beef stock  
2 large white onions peeled and cut to 1/4s  
2 oz butter  
2 tbsp flour  
½ tsp garlic powder  
400 mls milk  
pinch of nutmeg salt and pepper  
4 potatoes peeled  
200 mls goose fat  
300 g bunch green beans of choice  
1 tbsp seed mustard  
1 tsp butter  
1 tbsp horse radish cream  
4 oz soft butter

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#### Method

- Preheat the oven to 230 degrees.
- Peel the potatoes and cut into 8 pieces, bring to a gentle boil and cook for 15 mins.
- Strain and steam dry, mix well in oil and place in oven with the beef at 230 degrees for 30 mins, then 180 degrees for 20 mins.
- Heat a muffin tin with the oil and add the batter mix. Cook at 230 degrees for 12 mins, then 180 for 10 mins or until golden brown.
- When you remove the beef to rest allow potatoes to keep cooking until golden brown.
- Roughly chop the vegetables, sprinkle the mustard and curry powder over the beef and lay over the veg.
- Place in the oven at 230 degrees for 10 mins then reduce to 180 for 10 mins.
- Gently fry the onions and butter until soft add the flour and mix well and slowly add the milk, nutmeg and seasoning.
- Bring to the heat and cook slowly for 20 mins.
- Remove and allow to rest. Add the stock to the roasting tin and over the hob cook and reduce to ¾ of the volume. Strain in to a sauce boat.
- Boil the beans strain and while still hot mix with butter seed and mustard.
- Serve beef with the horseradish butter.

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## THE FEAST OF ST GEORGE ED BAINS' RECIPES

### Lamb chipotle dumplings with cobblers

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#### Ingredients

##### Lamb chipotle

400gs lamb mince  
1 bunch spring onions  
2 cloves of garlic  
1 rosemary stick  
300 mls gravy  
2 carrots  
1 white onion  
2 rash of smoked bacon  
350 mls red wine  
Splash of Worcestershire sauce  
2 bay leaves

##### Cobbler

350g self raising flour  
4 tbsp mixed fresh herbs,  
parsley,  
rosemary, thyme  
200g chilled butter  
Juice of 1 lemon  
Beaten egg to glaze

#### Method

- Heat oven to 180C / fan 160C / gas 4.
- Mix the mince meat and spring onions salt and pepper into about the size of Golf balls.
- In a flameproof casserole, heat the oil, then sizzle the bacon for 5 mins.
- Turn up the heat, and then cook the lamb for 5 mins until brown.
- Remove the meat, and then add the onions, carrots and garlic.
- Cook for about 5 mins until starting to colour.
- Add 1 tbsp of flour and stir.
- Return the meat and bacon to the pan with the herbs, and pour over the wine, stock and Worcestershire sauce. Season, then cover and braise in the oven, undisturbed, for about 1 hr 20mins
- After about 1 hr start to make the cobblers.
- Tip the flour and herbs into a large bowl, then season with salt and pepper.
- Add the butter and mix using a fork.
- Make a well, and then add the lemon juice and 3 tbsp water.
- Gently bring together to make a soft dough.

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## THE FEAST OF ST GEORGE ED BAINS' RECIPES

### Lamb chipotle dumplings with cobblers

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#### Continued

#### Method

- Roll out on a lightly floured surface to about 5mm thick, then cut into rounds using a 7.5cm pastry cutter.
- Re-roll the trimmings, and then cut out more rounds until the dough is used up. After 1 hr 20, take the casserole from the oven, remove the lid, and then arrange the circles of dough, overlapping, around the edge of the dish, sticking bay leaves between them.
- Brush with egg and bake for 45 minutes until golden.

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## THE FEAST OF ST GEORGE ED BAINS' RECIPES

### Mixed dark fruit spotted dog

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#### Ingredients

##### pudding

300g plain flour  
10g baking powder  
150g shredded suet or  
vegetarian suet  
75g caster sugar  
50g currants  
50g dried cherries  
50g dried chopped plums  
200ml dark rum  
Grated zest of ½ lemon  
225ml whole milk  
50g butter for greasing

##### Rum custard

8 egg yolks  
150g caster sugar  
300ml milk  
300ml double cream  
2 vanilla pods  
The remaining rum from the  
steeped fruits  
1 tin golden syrup

#### Method

- Soak all the fruits with the rum and lemon zest, allow to steep for 30mins.
- To make the pudding, mix together in a large bowl, the sifted flour, baking powder, suet and sugar.
- Add the milk to the dry ingredients, combine to make the pastry.
- Sift off the rum from the fruit, reserving any remaining liquid for the custard.
- Fold the fruits through the batter.
- Add the golden syrup and batter to a pre greased pudding basin.
- Cover with greaseproof paper with a fold and foil with a fold, tie with string.
- Place the pudding in a steamer and steam for 1 hour.
- To make the custard, separate the egg yolks, heat the milk and cream in a pan.
- In a bowl, mix the egg yolks sugar and vanilla, heat over a saucepan and cook out until pale.
- Add the rum, then the preheated milk and cream.
- Once it's thickened, remove from the heat and gently remove the pudding basin from the pot.
- Remove the greaseproof paper and foil.
- Run a small knife around the edge of the pudding basin to break the sir lock and ensure the pudding slides out smoothly.
- Place a dish over the pudding basin; flip it over, lift off the pudding basin.
- Serve with custard