



# MASTERCHEF OF GREAT BRITAIN SHARES THE SECRET TO HIS SUCCESS

When you've cooked for royalty and pop stars you pride yourself on the quality of your ingredients.

Masterchef of Great Britain Keith John Smee has run the restaurant of Wadenhoe House - a magnificent Jacobean manor house in the rolling Northamptonshire countryside near Oundle - for the last three years.

During his career he has cooked for all sorts of people including music legends Dame Shirley Bassey and Frank Sinatra as well as royalty such as the Queen Mother, Prince Charles and Prince Philip.

Today Keith is Chef Director at Wadenhoe House which is renowned for its residential and non-residential conference and training facilities, and as an exclusive wedding venue.

It prides itself on treating its visitors in the old fashioned way - as house guests.

Keith and his team have worked hard to build up their reputation for producing an exquisite dining experience. They use only the finest

ingredients to produce their food - which is why they turn to Essential Cuisine's range of stocks, jus and glaces to create their dishes.

"Our style of food is modern English - and Essential Cuisine's products fit perfectly with our style of cooking, flavours and ingredients," says Keith, who also oversees the running of The King's Head in Wadenhoe, which is well known for its traditional English country pub food.

He uses Essential Cuisine's Veal Jus in his signature dish - Roast Fillet of Scotch Beef with Liquorice Glaze on a Sweet Potato Fondant with Wild Mushroom Foam and Parsnip Crisps.

Keith, who is a member of the prestigious Scotch Beef Club which is supported by some of the finest chefs in the country, says: "I really like their Premier Veal Jus. I can get veal bones from suppliers but they can lack in consistency. Also because of tough new food safety rules and health concerns, it is not really an option for us to have veal bones simmering away all day long."

The chef relies on the veal jus for the Liquorice Glaze in his signature dish which he drizzles over the succulent roast fillet of beef.

"In other dishes I also use Essential Cuisine's range of stocks and glaces, and their lobster glaze is ideal. It's hard to justify buying lobsters to turn into a glaze, so, financially for the business their products are perfect," he adds.

"I also make my own vegetable stock and add Essential Cuisine's vegetable stock mix. All their products are excellent and I have tried many other brands but now I use nothing else in my dishes."

As well as weddings, on a few special evenings throughout the year a limited number of discerning clients gather at Wadenhoe House to appreciate its gourmet food, prepared by Keith, and specially selected fine wines in its exclusive dining club.

Keith says: 'The hotel's dining club is very popular with people who really appreciate fine dining so they are looking for a consistently high standard.'

*"All their products are excellent and I have tried many other brands but now I use nothing else in my dishes."*

It is my reputation on the line and I am confident that Essential Cuisine's stocks, jus and glaces will never fail to deliver."

It is not just a love for cooking great tasting food that Wadenhoe House and Essential Cuisine have in common.

Like Keith, the chef behind Essential Cuisine – Nigel Crane - is a former pupil of Anton Mosimann and they both worked at the Dorchester Hotel.

Nigel Crane, managing director, launched his Cheshire-based company eleven years ago after working as a top chef in London. He wanted to create stocks, jus and glaces to complement his fellow chefs' kitchens.

His company prides itself on listening to the needs of chefs around the UK and it constantly strives to produce the best products – which can be trusted time after time.

As a result, chefs from some of the country's leading hotels, restaurants and gastro-pubs turn to Essential Cuisine's chefs for help with their own stocks.

Nigel says: "All Master Chefs know that a fantastic stock is the basis for good cooking. A good stock can make or break a meal but how many chefs in today's busy kitchens have the time to make their own?"

"I know how hard chefs work. They work long and demanding hours and they are expected to be creative every working day. But if they haven't the time to make their own consistently good stocks, they need someone who can.

"You want your dishes to taste of the food not the stock. You need to know that you have not compromised on the stock if you are going to be able to concentrate on preparing the perfect final dish.

"And it's a pleasure to work with chefs like Keith and his team at Wadenhoe to help them create fantastic tasting food for their own customers."

## Recipe - Roast Fillet of Scottish Beef with a liquorice glaze on a sweet potato fondant and a forest mushroom foam and parsnip crisps



### Ingredients – Serves 4

- 4 x 7oz Scottish beef fillets
- 4 large sweet potatoes
- 1 litre chicken stock
- 2 large parsnips
- 6 tspns liquorice syrup
- 400g forest mushrooms
- 4 tspns essential cuisine jus
- 1 tspn double cream
- 3½ tspns Madeira
- 40g butter
- salt and freshly ground black pepper

### Instructions

1. Pre heat oven to 200°C / 400°F / gas mark 6

2. Peel potatoes and cut out with a round cutter approx. 8cm in diameter and 4cms in depth. Preheat a frying pan with oil, butter and brown the potatoes on each side. Place into a deep baking tray. Now add half the chicken stock and place in the oven for around 45 minutes.
3. Season and sear off beef fillet. In a very hot frying pan transfer to an over preheated oven 200°C / 400°F / gas mark 6 and roast for 8-9 minutes until medium rare. Remove from oven, transfer to a warm wire tray and leave to rest for 15 minutes.
4. Reduce liquorice syrup with essential cuisine jus by half and glaze beef fillet about six times.
5. Season and sauté off in butter forest mushrooms and keep warm.
6. Peel parsnips, cut in strips, fry in hot deep fat as crisps.
7. In a small pan warm madeira, add cream and a little jus, whisk to a froth.
8. Place hot sweet potato fondant in the centre of a plate, glazed hot fillet on top.
9. Sprinkle warm forest mushrooms around, spoon hot foam in between mushrooms. Warm crisps on top of fillet steak.



- Essential Cuisine was set up by Nigel Crane in 1995.
- Essential Cuisine work with some of the country's leading hotels, restaurants, pubs and gastro-pubs.
- Essential Cuisine produce a wide range of stocks, jus, demi-glaces and glaces, all made to taste and perform like kitchen-made stocks.
- The entire range is free from artificial colours and preservatives, and from flavour enhancers such as MSG.

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