



DEAN|BANKS

Pro Series

DEAN BANKS

TOM RHODES

Masterchef Champion 2021



METHOD

STARTER ●

CITRUS CURED SALMON

Ponzu Dressing, Confit Tomatoes, Sichuan Crisp

1. Simply remove the cured salmon from the sealed bag.
2. Place the slices on each starter plate. Dress the salmon with Ponzu dressing. Top those with the confit tomatoes.
3. Finish with a drizzle of Basil oil and crisp on the side.

SECOND COURSE ●

NATIVE LOBSTER

Mirin & Seaweed Butter

1. Preheat your oven to 200°C (on fan setting).
2. Simply remove the lobster from the sealed bag and place into the oven for 8 mins.
3. Place a small sauce pan on the stove with 2 tablespoons of water and bring to a simmer.
4. Scoop out your butter sauce from packaging and whisk into the water until all butter is melted and warm.
5. Remove lobster from oven and place onto starter size plate, pour half of the butter sauce evenly over each half of the lobster and serve.

THIRD COURSE ●

GRASS-FED 32 DAY AGED RIBEYE OF BEEF

Miso Jus, Seaweed Potatoes, Cucumber Kimchi

1. Preheat your oven to 200°C (on fan setting).
2. Remove potatoes from bag and place on a roasting dish or tray. Put in oven at 200°C for 30 minutes.
3. Place a frying pan on a high heat and pour in 3 tbsp of neutral oil (veg, sunflower, rapeseed oil). Remove steak from bag and season with season mix provided. When pan is smoking hot, place steak in pan and push down slightly so that the meat is in full contact with the pan. Sear until golden on one side, then turn over. Now, remove butter from package and place into pan. Let the butter melt and begin to foam, then baste the steak using a dessert spoon for 1 minute with the foaming butter. Remove steak from pan and place on an oven tray. Cook in oven: 6 mins for rare, 8-10 mins for medium rare, 12-14 mins for medium, 16-18 mins for medium well, 26 mins for well done. Remove from oven and cover with tin foil or a bowl. Allow it to rest for 10 mins.
4. Slice thinly and serve. (Follow instructions on video link on website)
5. Remove the cucumber from bag, place them in a small bowl with the kimchi dressing and the chopped coriander and mixed. Place them on a serving plate.
6. Remove the miso jus from packet and heat until piping hot in a small pot.
7. Serve your 32-day, dry-aged Steak with potatoes, Cucumber Kimchi and Miso sauce.

FOURTH COURSE ●

CHOCOLATE BROWNIE

Black Sesame Caramel, Crème Fraîche

1. Pre-heat your oven to 150°C.
2. Remove the packaging brownie tray from the bag and place the tray in the middle shelf of your oven for 8 mins.
3. Place your caramel sauce in a small pot, and reheat gently.
4. Serve your brownie, topped with caramel sauce and crème fraîche.