



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.



## EXTRA COURSE

# CRAB CRUMPET

Smoked Butter, Chives



### EQUIPMENT NEEDED

Toaster | Small Bowl | Teaspoon | 2x starter plates

### METHOD

1. Carefully remove your crab meat from the shell and place into a small bowl (please check for small pieces of crab shell). Add your crab dressing and mix well. Set aside.
2. Place your crumpets in a toaster for about 3 minutes.
3. As soon as they come out, place onto your serving plate. Place a slice of smoked butter on each crumpet and leave to melt for 1 minute.
4. Drizzle each scallop with 1/4 of your sesame oil. Place into oven and bake for 10mins.
5. Place your crab meat evenly over the 2 crumpets.
6. Garnish the crab crumpets with the chopped chives.
7. Finally, drizzle your plate and crumpet with the herb oil. Enjoy!

### ALLERGENS

Dressed Crab	Crumpets	Smoked Butter	Herb Oil	Crab Dressing
2	4, 8	4		4, 5, 9





## EXTRA COURSE

# HAND DIVED SCALLOPS

Gochujang Dressing, Spring Onion Salad



### EQUIPMENT NEEDED

Baking Tray | Small Bowl | Tablespoons | 2x starter plates | Kitchen Roll

### METHOD

1. Preheat oven to 200°C
2. Remove scallops from packaging and give them a rinse under cold water from your tap to help remove any pieces of shell from its journey to you.
3. Pat dry with a kitchen roll and place onto an oven tray.
4. Drizzle each scallop with 1/4 of your sesame oil. Place into oven and bake for 10mins.
5. Place spring onion salad into a small bowl and dress with 1/3 of your Gochujang dressing.
6. Remove scallops from the oven, carefully place onto your serving plate.
7. Split the remaining dressing over your 4 scallops.
8. Garnish each one with 1/4 of your spring onion salad and serve!

### ALLERGENS

Scallops  
11

Sesame Oil  
13

Gochujang Dressing  
3, 4, 5, 7, 8, 13

Spring Onion Salad