

# Le Creuset & Morleys Online Masterclass May 2023





## Confit Garlic Tomatoes

Serves: 2-4

Prep Time: under 30 mins

Cook Time: under 2 hours

### Ingredients

1,5kg exotic tomatoes

250ml olive oil, plus extra for jarring

1 head of garlic, crushed

Sea salt

### Method

1. Place all the ingredients into the Le Creuset 30cm Signature Shallow Casserole and roast at 120°C for 1 hour and 30 minutes.
2. Remove from the oven and place into a jar.
3. Cover with olive oil and close with an airtight lid.
4. Serve warm, spooned over grain salads, and use the pan juices as a vinaigrette or eat on butter-toasted bread with smooth goats' cheese or ricotta



## Mediterranean Roast Chicken with Beans and Olives

Serves: 4-6

Prep time: under 30 mins

Cooking time: under 2 hours

### Ingredients

Olive oil  
1 head of garlic, halved widthways  
6 sprigs of thyme  
4 sprigs of rosemary  
1 bay leaf  
2x 400g tins of cherry tomatoes  
500ml chicken stock  
1 teaspoon sugar  
140g green olives, pitted  
1 lemon, zested and halved  
1x 400g tin of cannellini beans, drained  
160g brined artichokes  
1 whole free-range chicken  
1 lemon, zested and halved  
100g butter  
Salt and pepper



### Method

1. Preheat the oven to 180°C (160° fan-assisted).
2. To prepare the sauce, heat the Le Creuset 30cm Signature Skillet with a drizzle of olive oil and fry the garlic flat cut side down until golden. Add the herbs and allow them to release their flavour. Add both tins of tomatoes and the stock and reduce the heat to a simmer. Cook for 20 minutes and season well with salt and pepper. Add 1 teaspoon of sugar to cut through the acidity. Turn off the heat and add the lemon zest and the olives. Allow to cool. To prepare the chicken, stuff the cavity with the zested lemon half. Gently lift the skin and stuff the butter under the skin over the breast of the chicken.
3. Close the skin and season generously with salt - this will yield crispy skin and succulent chicken breast. Once the sauce is cool, place the chicken in the sauce and roast in the oven for 1 hour or until cooked through. After 70 minutes of the cooking time has passed, place the cannellini beans and artichokes in the sauce and continue to roast for 20 minutes. Remove from the oven, carve, and serve hot in the sauce with crusty bread if desired.

## **Focaccia**

Serves:6-8

Prep time: under 2 hours

Cooking time: under 1 hour

### **Ingredients**

#### ***For the Dough***

350g flour (+ extra for kneading)

10ml salt

2ml sugar

30ml olive oil

10g instant yeast

300ml tepid water

#### ***Topping***

Olive oil

Sea salt

Vegetables and herbs (e.g., onion, peppers, herbs, garlic, olives etc.)

### **Method**

1. Place the flour, salt, sugar, olive oil and yeast in the bowl of an electric mixer. Mix using a dough hook. Add enough tepid water to make a soft, shaggy dough.
2. Knead the dough for at least 10 minutes until smooth and soft (not dry and tight). Cover with a damp cloth and leave in a warm place until the dough has doubled in bulk. This will take approximately 45-60 minutes.
3. Brush the Le Creuset Cast Iron Casserole base and sides with butter.
4. Knock back the dough and make sure all the air has been pushed out.
5. Tip the dough into the casserole. Bend your fingers slightly and firmly press them over the surface of the dough to form indentations at regular intervals. Brush the surface generously with olive oil and sprinkle with sea salt. Decorate with vegetables and herbs.
6. Cover with the lid and prove in a warm place until doubled again. This should take approximately 20 minutes.
7. Preheat the oven at 250°C (230°C fan-assisted).
8. Reduce the oven temperature to 200°C (180°C fan-assisted) and place the casserole in to bake. Bake for 20 minutes, then remove the lid and allow to bake for a further 20 minutes until browned.

## Classic Omelette

Serves: 1-2

Prep Time: under 30 minutes

Cooking time: under 30 minutes

### Ingredients

3 free-range eggs

Sea salt and pepper, to season

Olive oil

### OPTIONAL, TO SERVE

3 baby Bocconcini balls (small mozzarella cheese balls)

Sundried tomatoes

Fresh basil

### Method

1. In a bowl, beat the eggs and add salt and pepper to taste.
2. Heat a Le Creuset 3-Ply Frying Pan over medium heat with a drizzle of olive oil, before wiping out the excess oil with kitchen paper. Once the pan is warm, add the egg mixture.
3. The egg should immediately start to set in the base of the pan. Using a spatula, drag the edges of the raw omelette towards the centre of the pan and repeat in random spots to create folds in the omelette base.
4. At this point, turn off the heat and allow the residual heat to finish the cooking. Fold the omelette in half, and using a spatula, serve immediately, topped with torn Bocconcini, sundried tomatoes, and fresh basil.



## Wild Berry and Almond Tart

Serves: 6-8

Prep time: over 2 hours

Cooking time: under 2 hours

### Ingredients

#### *For the Shortcrust Pastry*

400g cake flour

200g diced cold butter

1 pinch of salt

60ml iced water

#### *For the Almond Filling*

85g soft butter

175g caster sugar

2 free-range eggs

5ml vanilla paste

175g almond flour

150g Sour Cherry or Mixed Berry Jam

500g assorted wild berries



### Method

1. Preheat the oven to 180°C (160°C fan-assisted) and grease the Le Creuset 28cm Fluted Flan Dish.
2. To make the shortcrust pastry, place the flour, butter and salt in a food processor and whizz to fine breadcrumbs. Add the iced water and process just until it comes together. Remove from the processor and place in cling film. Rest in the fridge for 1 hour.
3. Roll out the pastry between two sheets of baking paper to 4 mm thickness and transfer to the dish. Mould the pastry to the sides. Trim any excess pastry from the sides. Prick the base with a fork and rest in the fridge for another 30 minutes. Once rested, line the tart with baking paper and blind bake beans or rice. Blind bake for 20 minutes, then remove the paper and beans and bake for a further 5-10 minutes. Remove from the oven and allow to cool. Reduce the oven to 170°C (150°C fan-assisted).
4. To make the almond filling: Using an electric hand mixer, beat the room temperature butter till light and pale, add the sugar and beat until pale and creamy. Beat in the eggs one at a time, add the vanilla and beat until combined. Stir through the almond flour.
5. Once the pastry has cooled completely, spread the cherry jam on the base of the pastry case, top with the almond filling and bake for 40 - 45 minutes. Remove from the oven and allow to cool for 10 minutes. Top with the wild berries and dust with icing sugar. Serve warm with double cream plain yoghurt.

## Lemon Thyme Polenta and Olive Oil Cake

Serves: +10

Prep time: under 30 minutes

Cooking time: under 2 hours

### Ingredients

#### *For the Candied Lemons*

2 lemons

125g granulated sugar

250ml water

1 sprig thyme

#### *For the Cake*

120g caster sugar

120g light brown sugar

200ml olive oil

Zest of 2 lemons

5g picked thyme

260g almond flour

130g polenta

10g baking powder

4 free-range eggs

#### *For the Syrup*

100g sugar

60ml water

Zest of 2 lemons

60ml lemon juice

2 sprigs thyme



### Method

#### To make the candied lemons:

- Slice the lemons thinly. Plunge into boiling water for 1 minute to remove bitterness from the skin. Add the sugar and water into a heavy-bottomed pan. Dissolve, stirring frequently. When the sugar is completely dissolved, bring it to a steady boil. Boil for 5 minutes without stirring. Add the lemon and cook for 10 minutes or until translucent/glassy in appearance. Remove the lemon from the syrup with a slotted spoon and spread it into a single layer on a silicone-lined baking sheet. Preheat the oven to 100°C (90°C fan-assisted). Dry out the lemon for 30 minutes.



**For the cake:**

- Preheat the oven to 180°C (160°C fan-assisted). Grease a Le Creuset 26cm Heritage Rectangular Dish and set it aside.
- In the bowl of a stand mixer fitted with the paddle attachment, place the sugars, olive oil, lemon zest and thyme and beat until emulsified, about 5 minutes.
- In a separate bowl, whisk the dry ingredients together. Add the dry ingredients to the wet mixture with the eggs, alternating, beating until just combined, and continue until all the ingredients are used. Spoon the batter into the prepared dish and smooth the top (the batter should be thick). Bake for 1 hour 30 minutes.

**To make the syrup for the cake:**

- Combine the sugar, water and lemon juice, zest, and thyme. Dissolve the sugar and bring to a boil for 2 minutes, then remove from heat. Pour over the hot syrup and immediately decorate with the candied lemons and thyme sprigs. Serve warm with double-thick plain yoghurt and the reserved syrup from the candied lemons .

## Butter Chicken

Serves: 2 - 3

### Ingredients

#### *Spice mix*

1 teaspoon cumin  
3 teaspoons garam masala  
½ teaspoon ground turmeric  
1 tablespoon freshly grated ginger  
Black pepper

600g chicken breast diced  
75g butter  
1 onion very finely chopped /ground to paste  
2 cloves garlic finely chopped  
50ml plain yogurt  
75g tomato paste  
1 x160ml can coconut milk  
150ml double cream  
2 teaspoons honey  
Coriander to serve

### Method

1. Combine all the ingredients together for the spice mix
2. In a separate bowl mix together the yogurt, tomato paste, coconut milk, cream and honey
3. Place a Le Creuset Cast Iron casserole over a medium heat and add 25g butter. Once melted add the onion and cook gently for 10 minutes – reduce the heat to low once the pan is hot
4. Add a little salt, garlic and the spice mix and cook for 2 minutes until the aroma of the spices is pungent
5. Add the remaining butter and the coconut milk mixture and stir well – allow to come to the boil on a low heat, once boiling reduce to a simmer for 30 minutes
6. Add the chicken and simmer for 40 minutes with the casserole lid on.
7. Season to taste, garnish with fresh coriander and serve with basmati rice

## Spiced Golden Rice

Serves: 4 - 6

Vegetable rice dishes are so versatile to be served hot or cold. The heat retaining qualities of cast iron are such that once hot the casserole can be removed from the heat allowing the dish to complete cooking with no additional bottom heat.

### Ingredients

1 tablespoon extra virgin olive oil  
1 small onion, finely chopped  
1/2 yellow pepper, de-seeded and chopped  
225g easy cook long grain rice  
1/4 teaspoon ground turmeric  
1/4 teaspoon ground cumin  
1 tablespoon fresh chopped parsley  
200g can sweetcorn kernels, drained  
500ml hot chicken stock  
1/2 teaspoon salt  
Freshly ground black pepper

### Method

1. Heat the oil in a Le Creuset 20cm Cast Iron Casserole over a medium heat. Add the onion and pepper and fry gently without colouring for 2-3 minutes.
2. Stir in the rice and cook until the oil is absorbed, then add all the remaining ingredients. Bring to a slow boil, cover with the lid, and reduce the heat to low simmer for 2 minutes.
3. Remove the casserole from the heat and leave it to stand for 20 minutes: do not remove the lid during the standing time. Stir well before serving.

To serve cold as a salad allow the rice to cool slightly then stir in 2 tablespoons French vinaigrette dressing. Cool completely before serving.

## Spicy Persian Prawn Pilaf

**Serves: 4-6**

**Prep Time: Under 30 mins**

**Cook Time: Under 1 hour**

### Ingredients

500g large black tiger prawns, deveined and shells removed  
1 brown onion, peeled, sliced  
50g butter  
2-4 garlic cloves, minced  
2g smoked paprika  
2.5g cumin, ground  
2.5g cinnamon, ground  
2g coriander, ground  
1.5g turmeric  
500g basmati rice  
1 Litre chicken stock  
Sea salt and freshly ground pepper, to season  
30ml olive oil  
1 lemon  
200g bella rosa tomatoes

### To Serve

50g toasted almonds  
Pomegranate rubies  
fresh coriander



### Method

1. Add a drizzle of olive oil to a Le Creuset saucepan and place over a medium heat. Sauté the onion until translucent and lightly golden.
2. Add the butter, garlic, and spices and fry until fragrant, about 2 minutes. Add the rice and toss to coat in the spices and onions for 3 minutes. Next, add the stock and stir. Reduce the heat to medium and place the lid on the pot. Allow to cook for 20 minutes.
3. Remove the lid and gently fluff up the rice with a wooden spoon. Season well with salt and black pepper. To cook the prawns, heat a large Le Creuset Toughened Non-Stick 28cm Sauteuse with a drizzle of olive oil over medium heat. Once hot, add the prawns and season with salt and a squeeze of lemon juice.
4. In the same pan with a little more olive oil, blister the tomatoes until the skin just bursts and is slightly golden. Once the prawns are pink, they are cooked.
5. Add the toasted almonds and pomegranate rubies to the rice and top with the prawns, fresh coriander, along with the blistered tomatoes.

## Rosemary 'Yorkies'

### Ingredients

100g (3½oz) strong white flour  
1 tablespoon fresh rosemary, chopped, or 1 teaspoon of dried (omit for plain Yorkshire puddings)  
½ teaspoon salt  
½ teaspoon coarse ground black pepper  
250ml (9fl oz) semi-skimmed milk  
2 medium eggs  
4 teaspoons white vegetable fat or oil

### Method

1. Sift the flour into a bowl and add the chopped herbs, salt, and pepper. Make a well in the centre and add the eggs with the milk. Whisk all the ingredients together until very smooth and creamy. Use a balloon whisk, electric hand whisk or alternatively place all the ingredients into a blender and blitz together. Cover and stand for 45 minutes to 1 hour.
2. Pre-heat oven 10 minutes before end of standing time to 220°C/200°C fan/Gas Mark 7.
3. Place 1 teaspoon of vegetable fat or vegetable oil into a Le Creuset Cast Iron Skillet and place into the hot oven for 4-5 minutes.
4. Carefully remove the skillet from the oven, give the batter a stir and pour in the mixture. Place back into the oven and cook for 25-30 minutes. Do not open the oven door until near the end of cooking time or the pudding may collapse.

### Cook's Notes

When making ahead cooked puddings can be held in a warming oven for a short time or quickly reheated in a hot oven as required. Cooked puddings also freeze well, store in an airtight container and use within one month.

## Asian Salmon with steamed Greens

### Ingredients

2 salmon fillets  
4cms fresh ginger peeled and sliced finely  
2 garlic cloves finely sliced  
2 spring onions sliced into long thin strips  
1 star anise  
1 tablespoon teriyaki sauce

2 pieces Pak Choi

### Method

1. Place a piece of parchment in the base of the Le Creuset 3-Ply steamer
2. Place the ginger, garlic, spring onions, star anise and soy over the top of the salmon
3. Place a Le Creuset 3-Ply Saucepan of water on the hob and bring to the boil. Sit the steamer over the pan with the lid on it and steam for 8 minutes
4. Lift the steamer and place the Pak Choi into the boiling water for 1 minute replacing the steamer and lid
5. Serve on a warm plate

## Summer Berry Baked Vanilla Cheesecake

### Ingredients

#### Base

200g digestive biscuits finely crushed  
100g melted butter

#### Filling

350g full fat crème fraîche  
250g ricotta cheese  
150g cream cheese  
1 teaspoon vanilla bean paste  
200g caster sugar  
30g cornflour  
3 eggs beaten together

#### Decorate

1 x 300g punnet raspberries  
6 strawberries (2 cut in half and 4 cut into quarters)  
400g blueberries  
Melted chocolate



### Method

Pre heat the oven 150°C / 140°C fan/ gas mark 2

1. Mix together the crushed biscuits and melted butter
2. Press the biscuit mixture into the base of a Le Creuset 26cm Toughened Non-Stick Sauté Pan and bake in the oven for 15 minutes
3. To make the filling place the crème fraîche, ricotta, cream cheese, vanilla paste and caster sugar in a bowl and mix until smooth
4. Blend the cornflour into the beaten eggs
5. Add the egg mixture to the cream cheese mixture and whisk well together
6. Remove the Sauté Pan from the oven and, carefully pour the mixture on top of the biscuit base and put in the oven to bake for 50 - 55 minutes until the mixture is starting to set but slightly wobbly in the middle
7. Leave to go completely cold and then refrigerate.
8. When ready to serve decorate with the berries, or melted chocolate.

## Flatbread with Caramelised Onion and Goats' Cheese

Serves 8

Preparation time: 20 minutes plus 30-40 minutes resting time

Cooking time: 1 ¼ hours

These little flat breads are ideal for party snacks, appetisers or as a light meal. They can also be served without toppings to accompany a main meal such as a Tagine or Curry.

### Ingredients

#### *For the Caramelised Onions*

55g butter

5 medium onions, sliced

1 teaspoon sugar

Pinch of salt

#### *For the flat breads*

7g sachet of fast-acting dried yeast

½ teaspoon sugar

125ml warm milk

60ml natural yogurt

1 tablespoon melted butter

225g strong white flour, plus extra for dusting

½ teaspoon salt

1 tablespoon melted butter mixed with 1 tablespoon vegetable oil, to brush the dough

#### *To serve*

150g goats' cheese, crumbled (or feta)

A few fresh herb sprigs (such as oregano, basil, coriander, thyme) leaves torn.

### Method

1. To make the caramelised onions, melt the butter in a large skillet or frying pan over a low to medium heat. Add the onions, sugar, and salt, reduce the heat to low and cook slowly for about 45-50 minutes, stirring frequently until caramelised and a deep golden brown.
2. To make the flat breads add the dried yeast and sugar to the warm milk, leave for 5 minutes and then stir in the yogurt and melted butter.
3. Combine the flour and salt in a warm bowl. Make a well in the dry ingredients, pour in the liquid and mix together to make a dough.
4. Turn the dough onto a floured board or silicone baking sheet and knead for a few minutes until smooth. Place the bowl back in the bowl, cover with a piece of oiled cling film and put in a warm place for 30-40 minutes or until the dough has risen and become soft to the touch.
5. Divide the dough into 8 pieces, roll into ball and flatten using a floured rolling pin until about 5mm thick.
6. Heat a Le Creuset Cast Iron Grill on the hob over a low to medium heat. Test the temperature before cooking. Lightly coat each side of the dough with the melted oil and butter mixture using a silicone brush. Grill the breads for 2-3 minutes on each side until puffed up and nicely marked with sear lines.
7. Serve the warm flat breads with a generous topping of caramelised onions, some crumbled goats' cheese, or feta, and a sprinkling of freshly torn herbs.