

# **RAFTERS AT HOME**

***“prepared by us, cooked by you”***

THANK YOU FOR SUPPORTING US AT THIS UNPRECEDENTED TIME

OUR AIM OF THIS IS TO HELP BRING PEOPLE BACK TOGETHER THROUGH THE ONE THING WE LOVE... HOSPITALITY!!

Tom has created this simple step by step guide, broken down into courses to help you finish cooking and presenting your menu. Please read fully before starting your culinary journey. We will also be posting a “how to” video on our social media platforms. If you have any questions please just drop us a message on Instagram or facebook and we will do our best to get back to you ASAP.

**You will have 2 bags containing food. The bag containing the bread can be stored ambient. The other bag must be refrigerated ASAP. Any frozen elements will need to be stored in the freezer.**

**All food must be consumed by 18/10/2020**

**Please note this menu may include the following allergens... MILK, GLUTEN, NUTS, SESAME, SHELLFISH, MOLLUSC, FISH & EGG**

if you require any more information please contact us

**CONTENTS: All ingredients are number coded the same as below**

- Our wonderful freshly baked granary and black treacle bread (GLUTEN & EGG)
- Henderson relish butter (MILK)

Starter-

1. **Cured Trout (FISH)**
2. **Pickled fennel**
3. **Grape fruit**
4. **Grapefruit gel**
5. **Fennel fronds**

Main-

6. **Free range chicken breast**
7. **Barley risotto (CELERY, GLUTEN)**
8. **Beer braised shallot**
9. **Tenderstem broccoli**
10. **Chicken Sauce**

Optional Dessert-

11. **Fig frangipane tart (GLUTEN, NUTS)**
12. **Sheffield Honey**
13. **Crème Fraiche (MILK)**
14. **Pistachio Crumb**

Extras

- Maldon salt**
- Butter**
- Lemon wedge**

## Instructions

### Bread-

- Warm bread in pre heated oven 180°C for 5 mins. Slice and serve with Hendos butter

### Starter-

- On a chilled plate lay the trout with the silicon paper on top then peel the silicon paper off
- Pipe 5-6 dots of the grapefruit gel on top of trout place the pickled fennel and grapefruit around the plate.
- Finish with the fennel fronds and serve.

### Main-

- Pre heat oven to 180°C
- Remove the lid from the braised onions and place in the oven for 10 minutes.
- Heat a little oil in a large frying pan. Carefully place the chicken into the pan skin side down. Caramelize the skin on a low heat. Once caramelised, flip the chicken and add the butter and place into the oven for 8 minutes. Take out of the oven and allow to rest in the butter. If you have a probe we are aiming for 65°C. Please note we have already brined and cooked the chicken. When you slice into the chicken it may have a slight pink tinge to it, rest assured we have already temperature probed it to a safe temperature, the pink is due to the brining much like bacon.
- Heat up a small amount of veg oil in a small frying pan, place the broccoli in and cook till lightly charred season with a pinch of salt and a splash of lemon juice.
- Heat the barley risotto up in a sauce pan stirring occasionally.
- Heat up the chicken sauce in the microwave till piping hot throughout.
- Spoon the risotto in the centre of the plate. Place the chicken on top, lean the shallot against it. Place the broccoli onto of the chicken and finish with the sauce. Serve

### Dessert-

- Pre heat oven to 180°C
- Warm the tart in the oven for 4 minutes.
- Ripple the honey in the crème fraiche, and swirl the crème fraiche on the bottom of the plate, sit the tart on top and sprinkle the pistachio on top. Serve

DON'T FORGET TO TAG US IN ANY POSTS ON SOCIAL MEDIA. WE WOULD LOVE TO SEE HOW YOU GET ON!!

FACEBOOK- [@raftersrestaurantsheffield](#)  
YouTube – [Rafters Sheffield](#)

INSTA- [@raftersrestaurant](#)  
TWITTER - [@rafterss11](#)