

U3A Men's cooking, 10 April 2017

Ken Griffiths

Goat's cheese and onion potato cakes

(Serves 4)



INGREDIENTS

Goats cheese, Onion & potato - natch
Five more ingredients, including egg yolk for binding
But – NO mention of any milk!

PREPARATION

All was going well until it came to mashing the spuds.

Tim was having trouble dealing with such a large quantity, and one of the front row team suggested it needed a bit of milk to make it easier to mash: "You always need to add a bit of milk, didn't you know?".

It certainly made life easier, but adding all the diced and chopped ingredients still left the mixture a bit sticky.

Mike P managed to create 27 reasonably round cakes, which John Pearce coated with the seasoned flour before carefully transferring them to waiting frying pans for shallow frying.

Whether it was the addition of milk, or perhaps the melting of the goat's cheese, or even a slight excess of oil in the pans, we don't know. It might even have been that the eggs had not been separated (look at the photo!). Whatever was the reason, the result was to end up with every cake disintegrating into an amorphous shape, and it was all we could do to serve up equal portions of semi-intact potato cake.

While they didn't look at all like the picture in Ken's handout, inset above, they were nevertheless extremely tasty.

Kenny G's lunchtime bash

Ken was very much in charge on Monday, and we knew we were in for something different when we saw his recipe sheets - adorned with scantily clad young ladies and glasses of wine. Well he delivered on the wine – all nine bottles of it - but any female company was noticeable by its absence.

He provided a masterly demonstration of delegation: rather than tediously asking for volunteers for each of the tasks ahead, he simply told the six of us in the backrow seats to prepare the starter, and the front row six to come up with the main course.

Both teams had problems with 'wetness' of their dishes as described here.

Mashing dry potatoes is such hard work



Courgette and smoked mackerel roulade

(Serves 6)



INGREDIENTS

Wet ingredients were principally milk and eggs. All but one of the remaining eleven ingredients (a few spoonfuls of tartare sauce) were in solid form.

Generous to a fault, Ken provided us with some quite large courgettes for the meal – whoppers - which were probably the cause of what was to come.

PREPARATION

One of the first activities was to grate and fry the courgettes in butter. This resulted in a large quantity of what could only be described as a green glutinous goo!

Mixing with it a pint and a half of milk, with relatively small quantities of dry ingredients, resulted in a mixture that was 'poured', rather than spooned into the lined Swiss roll tins, and needed little spreading.

Baking in the oven certainly stiffened the mixture, but even when cooled, it was still too soft to turn out onto fresh baking sheets for filling and rolling.

We were just about to give up and resort to serving flat slices when John Pearce picked up a carving knife and performed a skilful paring exercise to separate the soft roulade from the original baking sheet, with Ken carefully holding the baking sheet taught.

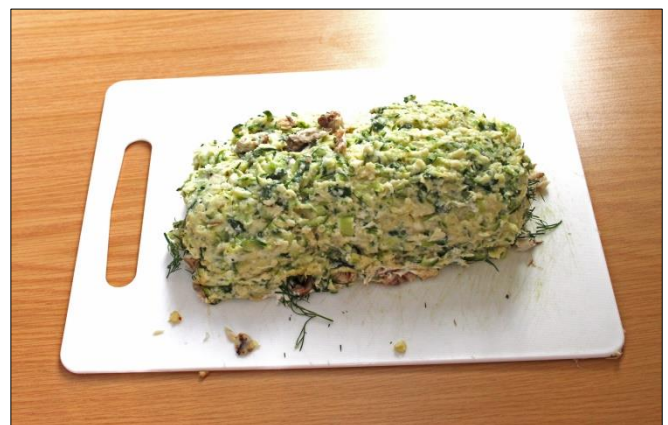
While the roulade might have lost its 'Swiss roll' form, the flavours remained, and the resulting meal was much appreciated.



Filling the baked roulade with cheese, fish and herbs before attempting to roll



Careful separation of the roulade from the original baking sheet. John used the flat of the knife to 'roll' the floppy base as he moved down the length of the roulade



As he completed the exercise on each sheet, the very wet roulade was eased onto a cutting board for slicing.