



In Association With



- Date:** Thursday 10th September 2020
- Time:** 6.30pm to 8.30pm
- Where to watch:** www.echoenvironmentawards.co.uk
- Host:** Roger Johnson
- Dress Code:** Dress to impress!
- Menu:** StedyChefs students Jeanette & Raven have designed a delicious two course menu for you to make for the awards and enjoy at home. Why not have a go at their recipe on the next page and post your pictures online during the evening.
- Social:** Share your celebrations on social media using #echoenvironment. We'd like to see you dressed up for the awards, toasting your achievements and celebrating with us. We'll be live tweeting from the awards via @echoenvironment
- Contact:** Katie Isaacson 07771 955949
katie.isaacson@reachplc.com



Smoked haddock fishcakes



Ingredients

600g potatoes, roughly chopped
400g undyed smoked haddock fillet
3 tbsp olive oil
1 tbsp capers, drained and chopped
Grated zest of 1 lemon
Small handful chopped fresh parsley
1 medium egg yolk
Plain flour, for dusting
Lemon wedges, to serve

For the horseradish mayo
150g good-quality mayonnaise
1-2 tbsp hot horseradish, to taste
Lemon juice, to taste



Method

- 1) Cook the potatoes in a saucepan of boiling, salted water for 15-20 minutes or until tender. Drain well, mash and set aside, covered.
- 2) Meanwhile, preheat the grill to medium-high. Put the haddock in a roasting tin and brush with 1 tablespoon oil. Grill for 8-10 minutes or until just cooked through. Set aside to cool, then discard the skin and bones and flake into chunks.
- 3) Gently fold the haddock, capers, lemon zest, parsley and egg yolk into the mash, and season. Shape the mixture into 8 fishcakes and cover and chill for 20 minutes or overnight.
- 4) Meanwhile, spoon the mayo into a bowl. Mix in the horseradish, lemon juice, salt and pepper to taste. Cover and chill until needed.
- 5) Heat the remaining olive oil in a frying pan over a medium heat. Dust the fishcakes with a little flour and fry for 3-4 minutes each side, until golden. Serve 2 per person with the horseradish mayo, lemon wedges and a mixed salad, if you like.



Easy chocolate molten cakes



Ingredients

100g butter, plus extra to grease
100g dark chocolate, chopped
150g light brown soft sugar
3 large eggs
1/2 tsp vanilla extract
50g plain flour
Single cream, to serve



Method

- 1) Heat oven to 200C/180C fan/gas 6. Butter 6 dariole moulds or basins well and place on a baking tray.
- 2) Put 100g butter and 100g chopped dark chocolate in a heatproof bowl and set over a pan of hot water (or alternatively put in the microwave and melt in 30 second bursts on a low setting) and stir until smooth. Set aside to cool slightly for 15 mins.
- 3) Using an electric hand whisk, mix in 150g light brown soft sugar, then 3 large eggs, one at a time, followed by 1/2 tsp vanilla extract and finally 50g plain flour. Divide the mixture among the darioles or basins.
- 4) You can now either put the mixture in the fridge, or freezer until you're ready to bake them. Can be cooked straight from frozen for 16 mins, or bake now for 10-12 mins until the tops are firm to the touch but the middles still feel squidgy.
- 5) Carefully run a knife around the edge of each pudding, then turn out onto serving plates and serve with single cream.