

Isle of Man *Chef of the Year* Competition

Sponsored by:



Chef:

Zaneta Krol, Chef at Haworth's Restaurant

Recipe:

Manx Honey Parfait with Okells Aile Porter Sorbet

Here on the Isle of Man we are surrounded by wonderful local produce and ingredients which are often underestimated or used very little. Honey is one of those products which the island can pride itself on as an excellent ingredient. There are over 80 honey producers here on the Island. For my parfait I have chosen the honey of Jerry Norton.

Due to importing bees in the UK, disease has caused the bee population to decline dramatically. With a ban of importing bees to the Island which has been in place for over 20 years it has resulted in almost pure black bees which produce 100% traceable quality product.

To complement the natural sweetness of the honey parfait, I introduced a sharp sorbet, for this I have chosen the locally produced "Aile" (pronounced 'isle') porter from Heron & Brearley from the Manx word meaning 'fire' the porter is very dark in colour. Its rich, bitter flavour counteracts the sweetness of the honey. The addition of honey pollen to the sorbet helps to enhance the flavour and texture of the sorbet.

Locally grown thyme from Staarvey Farm helps to compliment the honey flavour. Walnut and thyme tulie biscuits create texture as well as visual appeal. The whole honey experience is completed with honeycomb and honey caviar. With the addition of local cream, eggs and flour this dish can be proud to be Manx!

Manx Honey Parfait

Ingredients

12 egg yolks

300g granulated sugar

75g water

50g dry white wine

7 ½ leaves golden gelatine

200g honey

1lt slightly whipped cream



Method - Soak gelatine in cold water. Put sugar and water in the pan and boil until syrup reaches 121 Celsius degrees. In the meantime put the yolks in a mixing bowl until they have ribbon consistency. Slowly pour the cooked sugar into the egg yolks, whisking all the time. Continue whipping until the mixture is cool and thick. Squeeze the gelatine dry and dissolve in the warm white wine. Whisk into the yolks mixture. Allow to cool for 5

minutes, fold in the honey then fold in lightly whipped cream, pour the mixture in the mould. Place in the fridge and allow to set for at least two hours.

Aile and Bee Pollen Sorbet

Ingredients

500ml Aile

200g water

100g granulated sugar

80g bee pollen

Method - Heat the water and sugar in a pan. Let the sugar dissolve and cool. Add Aile, mix well, churn in the ice cream machine for 8-10 minutes and add bee pollen after 6 minutes. Put in container and store in freezer until required.

Walnut and Thyme Tulie Biscuit

Ingredients

50g soft unsalted butter

50g caster sugar

50g sieved plain flour

50g ground walnuts

25 thyme leaves

Method - Cream butter and sugar, add flour, mix and add egg whites, then add ground walnuts. Let the mix rest in the fridge for an hour, spread thin layer of paste on silicone mat to desired shape, sprinkle with thyme leaves and bake in the oven at 180 Celsius degrees for 3-4 minutes until golden in colour. Store in airtight container until ready to use.



Honeycomb

Ingredients

75g honey

140g liquid glucose

400g caster sugar

5tbsp water

25g sieved bicarbonate of soda

Method - In a pan, bring honey, glucose, caster sugar and water to 145 Celsius degrees, add bicarbonate of soda, take off the heat, spread on silicone mat, cool down, break and store in airtight container until required.

Honey Caviar

Ingredients

80g water

125g honey

3g agar-agar

Method - Bring honey and water to the boil, add agar-agar, pour mixture in vegetable oil to form caviar-shaped balls. Wash in cold water, drain and store in the fridge until ready to use.