

Roasted Butternut Squash, Parmesan Ice Cream and Textures of Woodland Mushroom

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Restaurant Fraiche, Oxton, The Wirral
Michelin Star Chef



Ingredients:

Butternut Squash
1 butternut
3/4 sage leaves
2oz unsalted butter
2 tbs orange juice
salt and white pepper

Parmesan Ice Cream

150g fine grated parmesan
50g glucose
500g milk
30g dextrose
15g pro crema (Sosa)

Mushroom Textures

Raw chestnut mushrooms
sliced on a mandolin
Shimeji mushrooms
Cep mushrooms fresh or
frozen but not dried
Winter black truffle
Shitake mushrooms

Method:

At the restaurant we peel and dice the squash into squares, place in a sous vide bag with the rest of the ingredients and vacuum, cook for 15/20 minutes at 85°C, then refresh in iced water and reserve.

Heat the milk with the glucose and dextrose, pour over the cheese and pro crema. Blend well with the aid of a My cook or Thermomix, pass and chill before freezing in a pacojet beaker to set up ready, Freeze the beaker for 24 hours to ensure the mix is solid.

The cep mushroom element is confit in olive oil, thyme with garlic and tomatoes, and a touch of lemon juice.

The shimeji are trimmed and lightly pickled. At Restaurant Fraiche we use rice wine vinegar in the solution

The shitake are prepared for sauté and a few chestnut mushrooms are sliced in half or quarters depending on size.