

PRESS RELEASE

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News for Immediate Release

RECIPES AND COOKING TIPS FOR MOTHER'S DAY LUNCH

Clyde Hollett, Executive Sous Chef at the Highcliff Grill, has prepared special recipes and tips for children and dads to cook a delicious lunch on Mother's Day.

Timing is everything and when it comes to cooking, the trick is organisation. Don't leave it all to the last minute; there is nothing wrong with preparing things in advance, even the day before!

Cooking should be a joy not chore, when it comes to potato or carrot peeling or any other chopping, try to have it all done before you start. Throughout the recipes there are special 'Chef Notes' which should help cooking become fun rather than frantic!



As an alternative to cooking at home, leave the washing up to us and joins us to celebrate Mother's Day at the award winning Highcliff Grill. Enjoy a welcome aperitif followed by a delicious 3 course lunch including a gift for all Mothers for only £24.50 per person. For information or to make your reservation, call 01202 200 800 or visit HighcliffGrill.co.uk.

Editor's Notes

* The Highcliff Grill is part of the Bournemouth Highcliff Marriott Hotel. MARRIOTT INTERNATIONAL, INC. (MAR / NYSE) is a leading worldwide hospitality company with over 3000 operating units in the United States and 56 other countries and territories.

For more information about the Bournemouth Highcliff Marriott Hotel or Highcliff Grill, call 01202 55 77 02.

Recipes

Roast Chicken

Free Range Chicken
Bunch thyme
Bulb of garlic

Method:

- 1 - Season Chicken with sea salt and cracked pepper;
- 2 - Rub with butter all over;
- 3 - Stuff garlic and thyme into cavity;
- 4 - Cook in pre-heated oven at 140° C / 275° F / Gas Mark 1;
- 5 - Roast for 20 minutes per 500g plus an additional 20 minutes;

Roast Potatoes

Maris piper potatoes
Goose fat
Sea salt and pepper

Method:

- 1 - Peel and cut potatoes into quarters;
- 2 - Boil in salted water for 10-15 minutes;
- 3 - Drain well, shake well in colander until edges become fluffy;
- 4 - Season with sea salt and pepper, coat with goose fat until completely coated;
- 5 - Roast in oven until golden brown, 1 hour approximately.

CHEF'S NOTE: Goose fat is a must for amazing roasties. It is available from all supermarkets and it is cheap too!

Vegetables

Honey Parsnips

Large parsnips, about 1 per person
Honey - Blossom honey works best
Oil, sea salt and pepper

Method:

- 1- Peel parsnips and take the core out, this makes for much better eating
- 2 - Lay flat on roasting tray, drizzle with oil and honey
- 3 - Roast for 1 hour until golden brown

Broccoli

Cut the broccoli into small florets
Place in boiling water for 2 minutes
Drain well, serve immediately

CHEF'S NOTE: A knob of butter will increase the flavour of the broccoli.

Bread Sauce

250mls of milk
250gms of fresh bread crumbs
1 onion
6 cloves
Nutmeg

Method

- 1 - Simmer milk with sliced onion and cloves
- 2 - Pass through sieve to remove the onion and cloves
- 3 - Fold in bread crumb until dissolved
- 4 - Grate in nutmeg and season with sea salt and pepper

Dessert

Lemon Posset

Cooking time: 10 Minutes. Makes 4/6 portions

1pt of double cream
6oz caster sugar
Zest and Juice of 2 lemons

Method

- 1- Slowly bring cream and sugar to boil for 3 minutes
- 2 - Add lemon zest and juice and whisk in well, cool slightly
- 3 - Pour mixture into 6 large serving glasses
- 4 - Refrigerate for 4 hours until set

CHEF'S NOTE: This can be done the night before.

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