

September Newsletter

Indian Summer



Supper Club Dessert



Stuffed courgette flowers



Simply summer on a plate

We've been chatting here at amba chefs and have come to the conclusion that we've had a pretty good summer. Ignore all the 'glass half-empty' people and celebrate with us the sunshine we've enjoyed. (And hopefully there's more to come.)

August was spent creating delicious salads for our private and corporate clients along with many requests for 'all things Spanish'. We have served more paella dishes than I can count and we held a hugely successful Spanish themed Supper Club. Our Moorish theme has also proved popular, with a client even requesting one of our recipes to impress his family with. We thought you may also wish to tackle a tagine and have included a recipe in this newsletter.

Despite clinging onto summer by our fingertips, our thoughts have naturally turned to autumn and winter and, dare I say it, Christmas? We love Christmas! We have been busy creating new 'Winter Warmer' dishes for our corporate clients (who really wants a salad lunch in November?) and delicious dishes for our private clients using the huge array of seasonal ingredients available at this time of year. We have also developed a brand new canapés menu – including a Christmas themed menu.

Along with recipe planning and the development of new dishes we have also updated our website www.ambachefs.co.uk. Please take a look – we would love to hear your feedback.

Meanwhile, get out into that sunshine and enjoy an Indian Summer (fingers crossed). See you next month.

Chicken and Fennel Tagine

Ingredients for 4 people

- 4 large organic chicken thighs, skin on
- Olive oil
- 1 large bulb of fennel, sliced
- 2 onions, peeled and roughly chopped
- A small bunch of fresh coriander, stalks chopped and leaves
- Small bunch of parsley
- 4 cloves of garlic, peeled and sliced
- 3 small preserved lemons, deseeded and chopped
- 80g green olives, stoned
- A good pinch of saffron
- 400ml hot organic chicken stock

For the marinade

- 1 teaspoon coriander seeds, ground
- 1 teaspoon ground cumin
- 1 teaspoon of ground ginger
- ½ tsp of cinnamon
- 2 tbsp olive oil
- Salt and pepper

Method

1. Mix all the marinade ingredients with the chicken thighs and leave to marinate for at least 2 hours but preferably overnight
2. Heat the oil in a casserole dish and brown the chicken thighs for a few minutes
3. Remove them from the dish and add the onion and fennel
4. Fry on a medium heat until soft
5. Add the garlic and chopped coriander stalks and fry for a couple of mins
6. Add the preserved lemons, olives and saffron
7. Return the chicken thighs to the pan and add the hot chicken stock
8. Bring to a simmer, cover the dish with a lid and let the tagine simmer (very slowly) for an hour until cooked through
9. Add the chopped coriander and parsley leaves to serve

Enjoy!