

Personal Chef  
*Tyrone Flower*  
Catering to villas, yachts, chalets & private homes. 

Travelling Chef May Newsletter 08



Lamb kebabs with lemon and oregano served with tzatziki and Greek salad

Hi All

Sorry about the late arrival of this letter but, as mentioned in last month's edition I have been in the Caribbean working and haven't had a minute to myself. No, I didn't manage to get a tan or even step foot on a beach unfortunately. Fifteen hours a day in a galley put an end to that, but it was great and thanks to the crew of Bystander and Velsheda I managed to have a few laughs along the way.

This month i have two new faces to introduce. Jennifer De Vane and Jane Barnefield. Both are working for me this summer and are very much looking forward to being of service. Jennifer and Jane will be available to travel in Europe to offer that little bit of extra help around your villa whether it is serving at the table, or babysitting for you whilst you take an evening off!

Jane has just finished at Clifton College in Bristol and is taking a gap year before starting at Oxford University to study English Literature in 2009 and Jennifer has just returned from teaching English in China after studying Social Work and Psychology at the University of Cape Town and has also completed a personal trainers course at the Sports Science Institute of South Africa in Cape Town.

Any client wishing to inquire about front of house staff can email me at [tyrone@tyronepower-personalchef.com](mailto:tyrone@tyronepower-personalchef.com) for more information or call on 07920 066 075. In the near future I hope to have a profile page on my website with all my team on so clients can read their profiles.

This months question and answer time is related to catering equipment. The quality of your knives that you use for cooking can make quite a difference to the outcome of your dish and play a very important role in cooking. My good friend Heidi Cornish has asked me what type of knives I use and recommend.

Personally I use the German knife, "Whustof Trident" it's excellent quality steel and provided it is kept sharp and clean can provide many years of use in the kitchen. My current cooks knife has been with me for 3 years now. The average price on a cooks knife is around £80.00.

Other top brands include, Henckels also from Germany, Sabatier from France, Victorinox from Switzerland and Granton from England. Also very popular these days are the Japanese knives like Global and Kai Shun . They have a finer blade and are great for intricate work like sushi and sashimi.

This months recipe of Asparagus with poached duck egg is a great brunch item or even fabulous starter and perfect for light summer dining. Asparagus is in season right now and the local stuff is at its best! Enjoy with a glass of champagne.

### **Lamb kebabs with lemon and oregano served with tzatziki and Greek salad**

#### **Recipe**

#### **Serves 4**

#### ***Lamb kebabs with oregano and lemon***

1 Kg of leg of lamb in 1 inch dice  
1 good handful of fresh oregano  
5-6 Tbls of extra virgin olive oil  
Juice and rind of 2 lemons  
Sea salt and black pepper  
3-4 Cloves of smashed garlic cloves  
12 Skewers

#### ***Tzatziki***

6 Large tablespoons of Greek yoghurt  
4 Inch piece of cucumber deseeded and diced small  
1-2 Tbls or extra virgin olive oil  
2-3 Cloves of minced garlic  
Juice of half a lemon  
Salt and pepper

### ***Greek Salad***

1 Red pepper diced  
1 Green pepper diced  
1 Yellow pepper diced  
½ a red onion sliced thinly  
150g Of Kalamata olives  
3 Vine ripened tomatoes diced  
½ a cucumber diced  
200g Of feta cheese diced

### ***Dressing***

Juice of 1 lemon  
Olive oil  
Salt and pepper

### **Method**

Ok, first skewer your lamb pieces, then combine with your lemon rind, olive oil, oregano, salt and pepper and your smashed garlic cloves. Place in an airtight container with a lid and marinate for a minimum of an hour. Better left overnight!

Next place all in ingredients for the tzatziki in a bowl and mix, easy huh?

And now for the Greek salad. Place ingredients in a bowl and squeeze your lemon juice on top followed by a good glug of olive oil. Don't forget to season!

Now for the hard part, heat up a griddle pan or better still light your BBQ. When it's hot, place your kebabs on and grill for 4-5 minutes on each side. I like my lamb fairly pink. If you're not a lover of pink meat, then leave them on a little longer. Finally with your lemon juice that you have had left over pour it over the lamb just before removing them from the pan.

Pull them off and rest them for a few minutes, serve with the tzatziki and the salad.

Enjoy!

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