

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

Travelling Chef September Newsletter 08



Hi all and thanks for reading

After a busy August travelling in Europe it's great to be back and have a few of the home comforts for a while. Arriving in Bristol with the wind and the rain blowing sideways wasn't my ideal way to finish off a summer of travels but I guess you can't have it all!

I finished up on the beautiful Cap Ferrat in between Nice and Monaco this summer, see attached pictures. It was lovely to be back in the area and it bought back a few memories of my time living and working down there on yachts.

In September I will be launching my new autumn canapé menus for both corporate and private parties. The menus will feature the best of British seasonal produce and all ingredients are sourced locally where possible. If you have not, as yet, received them and would like a copy please email me for more information at [tyrone@tyronepower-personalchef.com](mailto:tyrone@tyronepower-personalchef.com) or call 07920 066 075

Also in the coming months, I will be working in conjunction with Mike Denman, owner of Badminton Wine Merchants [www.badmintonwines.co.uk](http://www.badmintonwines.co.uk) ; together we will be hosting food and wine evenings around the Bristol area. So far we have looked at several venues to include, the Old Cricket Pavilion at Clifton College and The Clifton Club. I'll keep you posted on dates but the first evening is looking like a Fusion cooking night with Wines from New Zealand!

For this month's Q and A, Imogen McIntosh asks, what are the best dips to use with Chinese dim sum?

I'm a big fan of good quality soy sauce, either Pearl River or Superior Brand; try the light version if you can get it. It goes best with steamed dumplings either pork or prawn, try adding some finely sliced chilli for extra kick. Other common dips are plum sauce, which is mainly used for fried dim sum, chilli paste or chilli oil which can be used in their soups or Chinese rice wine and red wine vinegar with finely sliced ginger which goes brilliantly with their pan fried dumplings!

Autumn is a great time for wild berries, and this month I've got a quick and easy dessert using the best of West Country produce. Blackberry fool, an old classic, fresh berries, whipped cream, a wafer or two and you'll have delicious dessert in minutes. Enjoy

Regards

Ty

## **Blackberry Fool**

### **Ingredients**

1kg Blackberries  
1 cup of cassis  
500g sugar  
600ml cream  
Vanilla essence

### **Method**

- 1) Divide your blackberries into two saucepans, add ½ of a cup of cassis to each pan along with 200g of sugar to each pan
- 2) Bring the first pan to a boil and cook for 10 minutes, then strain through a fine sieve pushing through all the pulp with a wooden spoon. Discard the remains, set the pulp to one side to cool
- 3) Bring the other pan to a boil and turn down to simmer for 10 minutes. Do not stir!!! You want to keep these blackberries whole. Once cooked set it aside to cool also.
- 4) Now whip your cream with a few drops of vanilla essence and 100g of sugar.
- 5) Now add the cooled pulp to the cream and stir through till you get an even colour and consistency.
- 6) With a tablespoon layer into a wine glass the cream mixture followed by the berry mixture
- 7) Leave in fridge until needed.



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