

Hotel Al Khozama's Chef Gareth shares his recipes with RGBB news readers

Rosewood Hotels & Resorts, the premier manager of ultra-luxury hotels and resorts throughout the world, has recently appointed Chef de Cuisine, Gareth Carberry at Hotel Al Khozama in Riyadh Saudi Arabia.

Chef Gareth brings to his new post a passion for good food, a vibrant well organized personality and a rich catering management experience. He started his career in Dublin where he worked for Bang Café and fine dining restaurant Shanahans on the Green. Following more than 3 years experience with Grand Hyatt Dubai as a Sous Chef at the award winning Manhattan Grill and then at the Market Café managing 30 chefs in 4 different kitchens, he was hired by Tiara Palm Jumeira in Dubai to organize the pre opening team and to be in charge of 6 outlets.

At Hotel Al Khozama Gareth overlooks 5 restaurants with 18 chefs, and he takes personal interest in talking with guests and having their input for continuous development in the 5 outlets.

One of his and his guests' favorite recipes is "Chicken & Baby Spinach salad", which he is glad to share with RGBB news readers.

Chicken and Baby Spinach Salad with warm dressing of veal bacon and mushrooms

Ingredients - Prepares 10 portions

100gr shallot diced or white onion
 250gr veal bacon
 300gr button mushroom (sliced)
 50gr parmesan cheese (grated)
 200gr egg (boiled and grated)
 100ml balsamic vinegar
 60ml Clarified butter
 30ml lemon juice (see note below)
 5ml Olive oil
 10psc Chicken breast with bone
 1 kg baby spinach leaves
 Salt and pepper

Garnish: Parmesan shavings, crispy veal bacon

Method

Step 1. Place a pan over medium heat and add the olive oil. Season the chicken breast with salt and pepper and place the chicken skin side down on the hot pan. Leave for 2 to 3 minutes till the skin has turned a golden brown colour. Turn the chicken breast over and leave again for 2-3 mins. Place in a preheated oven for 12 minutes or till cooked.

Step 2. While the chicken breast is cooking, remove and discard all stokes from the baby spinach. Place in a large bowl and add the grated egg, parmesan cheese and balsamic vinegar. Set aside

Step 3 To make the warm dressing heat the clarified butter in a frying pan with the onions and mushrooms. Add the veal bacon and fry for 1 minute. Finally add the lemon juice and season with salt and pepper.

Step 4. Pour the warm dressing into the bowl with the spinach mixture and cover the bowl with the pan. This will help to wilt the spinach leaves a little and keep the salad warm.

Step 5 Remove the chicken from the oven and leave to rest for 1 minute.

Step 6. To plate the dish. Remove the pan from the top of the bowl and mix all the salad ingredients together (the salad will not be really hot but just warm) taste the salad to correct the seasoning. Build the salad on one side of your plate. Cut your chicken breast in large slices at an angle. Arrange the chicken next to the salad like a fan shape.

Garnish the salad with parmesan shaving and some crispy veal strips

Chef's tips, Clarified butter is butter that has had the milk solids and water removed. One advantage of clarified butter is that it has a much higher smoke point, so you can cook with it at higher temperatures without it browning and burning. Also, without the milk solids, clarified butter can be kept for much longer without going rancid.

It is very easy to make. Melt the butter slowly. Let it sit for a bit to separate. Skim off the foam that rises to the top, and gently pour the butter off the milk solids, which have settled to the bottom. Discard the milk solids and place in a container and use as you please.

