

# LE CHAMPIGNON SAUVAGE FACT FILE.

HELEN AND DAVID EVERITT-MATTHIAS,  
24-26, SUFFOLK ROAD, CHELTENHAM, GLOCS. GL50 2AQ.  
T: 01242 573449 F: 01242 254365  
E: mail@lechampionssauvage.co.uk

OPEN WEDNESDAY – SATURDAY.  
LUNCH: 12.30 – 1.15 (last order: 1.30)  
DINNER: 7.30 – 8.30 (last order: 8.45)

THE MAIN MENU OFFERS TWO, THREE or FOUR COURSES

AT DINNER, WEDNESDAY – FRIDAY, THERE IS ALSO A SET MENU

AND AT LUNCH, THERE IS ALSO A SET MENU

## HOW TO FIND US.

Cheltenham is easily found at the junction of the M5 and A40. From central London, the M40, and then A40 offers the best route. But, from west London and Heathrow, use the M4 to junction 15. We are south of the town centre, near the Cheltenham girls college. And only a mile from the main railway station. See 'links' for info about trains.

## DIRECTIONS FROM M40/A40 OXFORD

Approaching Cheltenham town, first left on ring road a40 (Gloucester). Left at end - old bath road. Right at second roundabout. Left at traffic lights - Bath Road. Right immediately after NatWest bank (shoppers car park). Park at other end.

#### DIRECTIONS FROM M4 SWINDON EXIT

To Cirencester then Cheltenham on a417. At roundabout (air balloon pub) take second exit, then immediately first left to Leckhampton. After about 2 miles go over two mini roundabouts, and at third take 2nd. exit into Bath Road. At second pedestrian crossing turn left into shoppers car park. Park at the other end.

#### DIRECTIONS FROM M5/GLOUCESTER

M5 junction 11 - A40 to Cheltenham. Road splits A40/A46 at petrol station. Bear right onto A46 (Stroud) - Andover Road, leading into Suffolk Road at traffic lights. Second right after lights - Gt. Norwood Street. 2nd. left to shoppers car park.

#### DIRECTIONS FROM STRATFORD

From Broadway to Winchcome, then Prestbury. Take first left after double mini-roundabout - marked A40 (Oxford). Take road to the end - a good 2 miles. At traffic lights go straight over - marked M5 Gloucester. At second roundabout take second exit - Thirlestaine Road, marked M5 Gloucester. Left at traffic lights - Bath Road. Right immediately after NatWest bank (shoppers car park). Park at the other end.

#### SHOPPERS CAR PARK

From the shoppers car park walk right into Commercial Street (vet's is on corner). Take the alleyway between Jubilee Court and Suffolk Court. Right at end of alleyway - we are 3 doors along.

In the evenings, it's fine to park in the HSBC bank car park, just along the road from the restaurant.

Situated in the historic spa town of Cheltenham, Gloucestershire, Le Champignon Sauvage is the perfect place to relax whilst visiting the Cotswolds.

David Everitt-Matthias and his wife Helen have been running the restaurant since 1987. In that time they have been quietly amassing a range of accolades including: -  
2 stars - Harden's Guide.

4 AA rosettes.

Good Food Guide 2010, 8/10 rating.

One star - Michelin Red Guide.

National Chef of the Year.

Egon Ronay Dessert Chef of the Year.

Decanter Restaurant of the Year.

18/20 Matthew Fort, "The Guardian"

On entering Le Champignon Sauvage, guests will immediately notice an intimate feeling with a refreshing lack of pretension. The restaurant is warmly decorated in sunny yellow with a display of bold modern works of art, generous table sizes and comfortable chairs.

Helen's graciousness, blend of informal conversation and professional discretion creates a happy atmosphere with unobtrusive seamless service and, combined with David's culinary confidence and imagination will give you a most pleasurable experience.

The many awards reflect the esteem in which he is held as a chef. Recognised as one of Britain's leading craftsmen, he is always in the kitchen and has never missed a service. He is also known for his tireless experimentation with anything from the

most humble to the most expensive ingredients, and an “ability for making dishes taste more of themselves than the original ingredient”.

His food is a cross between the ‘terroir’ and modern French with very original touches. The menu changes seasonally with great care taken to source the finest local ingredients.

Following are a couple of recipes of dishes from David’s book, ‘essence’.

## Seared scallops with cauliflower purée, cumin velouté and ras el hanout caramel



I just love scallops and will not apologise at all for the frequent use of them in my book, 'essence'. They are quick to cook and have a wonderful natural sweetness. The cauliflower works as a bitter foil to the scallops, while the acidity and sweetness of the apple garnish complement them. The ras el hanout caramel adds another texture to the dish altogether.

Serves 6

For the seared scallops

9 extra-large hand-dived scallops

50ml olive oil

50g unsalted butter

For the ras el hanout caramel

200g caster sugar

2 tablespoons water

3 pinches of ras el hanout (see below)

Ras el hanout

15g cumin seeds

5g fennel seeds

10g coriander seeds

4cm piece of cinnamon stick

1 dried chilli

5g cardamom pods

5g ground ginger

20g ajowan seeds

7g medium curry powder

6 cloves

20 dried rosebuds

For the cauliflower purée

1 medium cauliflower

125g unsalted butter

For the cumin velouté

30g cumin seeds

250ml Fish Stock

200ml milk

150ml double cream

2g powdered lecithin

a little lemon juice, if needed

To garnish

3 medium cauliflower florets, thinly sliced

1 Granny Smith apple, cut into matchsticks

1 punnet of pea shoots

Preparing the scallops

Remove and discard the scallop 'skirt' and the orange roe, leaving only the pure white part of the scallop. If there is any grit, wipe it off with a damp cloth. Cut each scallop horizontally in half to give you 18 discs. Place on a damp cloth on a tray, cover and leave in the fridge. Remove 5 minutes before needed.

Ras el hanout

The quantities will make more than you need but it will keep in a jar for about a month. Heat a sturdy frying pan and add all the spice mix ingredients except the rosebuds. Toast on a medium heat until the seeds begin popping and a wonderful smell starts to come forth. Place in a spice grinder, coffee mill or liquidiser, add the rosebuds and blitz to a fine powder.

### Ras el hanout caramel

Put the sugar and water in a small, heavy-based saucepan and heat gently, stirring until the sugar has dissolved. Raise the temperature and boil, without stirring, until a golden caramel has been obtained; it should be the colour of teak. Have a baking tray lined with baking parchment, a rolling pin and another sheet of baking parchment ready. As soon as the caramel is the correct colour, pour it on to the lined tray and sprinkle immediately with the ras el hanout. Place the other sheet of paper on top and carefully roll out the caramel through the paper until very thin. Allow to set hard, then break into pieces; approximately the same size as the cauliflower slices for garnish.

### Cauliflower purée

Bring a large saucepan of water to the boil. Trim the cauliflower, discarding all the green and the major part of the stalk. Divide it into small florets, place in a sealable cooking bag, add the butter and some salt and pepper and seal, expelling as much air as possible. Place the bag in the water and cook for 30–40 minutes, until the cauliflower is very soft. Remove the bag and empty the contents into a blender. Blend until smooth, then check the seasoning.

Alternatively, if you do not have a cooking bag, place the cauliflower florets in a saucepan with 250ml milk, bring to the boil, then cover and simmer gently for 10–15 minutes, until the cauliflower is very tender. Drain, reserving the milk. Place in a blender, add 50g butter and blend until smooth, adding a little of the reserved milk if it is too thick.

In both cases, if the purée is too thick, add a little milk. If it is too thin, return it to a pan and cook gently until thick enough to hold its shape.



### Cumin velouté

Put the cumin seeds in a heavy-based saucepan and heat until they start popping and give off a pleasant scent. Add the fish stock and simmer until reduced by a third. Add the milk and cream and simmer for 3–4 minutes. Whisk in the lecithin and 2 tablespoons of the cauliflower purée. Season to taste, adding a little lemon juice if necessary, then pass through a fine sieve. Keep warm until needed.

### Cooking the scallops

Season the scallops with salt and pepper. Heat a large, heavy-based frying pan. When you feel the heat coming off it, put half the olive oil in it, then half the scallops. Cook for 30 seconds over a medium-high heat, then add half the butter. Cook for a further 1/2–1 minute, until golden underneath. Turn and cook for about 1 minute. Transfer to a warm plate, wipe out the pan with kitchen paper and repeat with the remaining scallops. When all are cooked, season again.

### Serving

Place a little streak of cauliflower purée on either side of each serving plate. In the middle, arrange a piece of scallop, a slice of raw cauliflower and a piece of caramel. Repeat using 3 pieces of scallop for each portion. Carefully lay the apple matchsticks on top and then the pea shoots. Froth the cumin sauce with a stick blender and pour it over the scallops.

## Chocolate délice with salted caramel and malted barley ice cream



This recipe (from my book 'essence') has been a work in progress for a long time, as we have been trying to get the texture just right and to stabilise the mixture. Well, I've finally done it. It started out as an olive oil and bitter chocolate mousse. My second chef at the time, Marcus McGuinness, suggested adding a salted caramel filling and set about working out the recipe. It quickly became apparent that this was a good idea but the mixture was very unstable, with a success rate of about 50 per cent. I then worked on a way of stabilising it, and discovered that the key was making a mayonnaise, which gave the olive oil something to hold on to. As a result, this is now one of our biggest sellers on the dessert menu. A great combination of tastes and textures, and a great collaboration between Marcus and myself.

Serves 8

For the malted barley ice cream

125g pearl barley

250ml double cream

500ml milk 1 vanilla pod, slit open lengthways

5 egg yolks

50g caster sugar

75g malt extract

For the sesame wafers

25g golden syrup

75g demerara sugar

25ml milk

75g unsalted butter

25g ground almonds

30g sesame seeds

For the salted caramel

250g granulated sugar

25ml water

150ml double cream

150g unsalted butter, diced

Maldon salt, to taste

For the chocolate délice

300g bitter chocolate (64–70 per cent cocoa solids), chopped, plus 125g bitter chocolate for the chocolate discs

25g unsalted butter

1/2 gelatine leaf

25ml hot water

2 egg yolks

5g bitter cocoa powder

200ml olive oil

5 egg whites (approximately 145g)

Malted barley ice cream

Spread the pearl barley out on a baking tray and place in an oven preheated to 180°C/Gas Mark 4. Toast for about 5 minutes, until golden brown.

Put the cream, milk and split vanilla pod into a heavy-based pan, add the toasted barley and bring to the boil. Remove from the heat and leave to infuse for 30–40 minutes. Place back on the heat and bring back to the boil. Whisk the egg yolks, caster sugar and malt extract together in a bowl, then pour in half the hot milk mixture, whisking continuously. Return the mixture to the pan and cook on a low heat, stirring constantly with a wooden spoon, until the mixture thickens enough to coat the back of the spoon (it should register about 84°C on a thermometer). Do not let it boil or it will become scrambled. Immediately strain through a fine sieve into a bowl and leave to cool. Pour into an ice-cream machine and freeze according to the manufacturer's instructions. Place in the fridge to soften slightly about 10 minutes before serving.

### Sesame wafers

Put the golden syrup and demerara sugar in a small pan and heat gently until the sugar has dissolved. Add the milk and leave to cool a little. Mix in the butter, ground almonds and sesame seeds. Place in the fridge for 30 minutes.

Spread the mixture on to a baking sheet lined with baking parchment, keeping it away from the edges as it will expand during cooking. Bake in an oven preheated to 180°C/Gas Mark 4 for 4–5 minutes, until golden brown. Remove from the oven and leave to cool. Carefully break into the desired shape; we create random jagged pieces. Store in a sealed container until needed; the wafers can be made 3–4 days in advance.

### Salted caramel

Put the sugar and water in a heavy-based pan and heat gently, stirring, until the sugar has dissolved. Raise the heat and cook without stirring until a rich, deep golden caramel is obtained, being careful not to take it too far or it will be bitter. The moment you are happy with the colour, remove the pan from the heat and pour in the double cream little by little; take care, as it will spit. Whisk until the caramel has dissolved. Cool slightly, then whisk in the butter a little at a time. Add the salt to your taste; start off with a pinch and gradually increase it until you achieve a slight saltiness. Leave to cool completely.

## Chocolate délice

Put the 300g chocolate in a heatproof bowl set over a pan of gently simmering water, making sure the water doesn't touch the base of the bowl. Stir until melted, being careful to keep any water away from the chocolate or it will thicken and become grainy. (Alternatively you could melt the chopped chocolate in a microwave, giving it 20 seconds, then stirring, 20 seconds, then stirring, and so on until silky and melted.) Stir in the butter, then place the bowl to one side, keeping it warm.

Soak the gelatine in cold water for about 5 minutes, until soft and pliable. Put the hot water in a small bowl. Squeeze out excess water from the gelatine and add it to the hot water, stirring until dissolved. Set aside. Whisk the egg yolks together and mix in the cocoa powder. Slowly drizzle in the olive oil a little at a time, whisking constantly, as if making mayonnaise. Stir in the gelatine water and then carefully add the mixture to the chocolate. Whisk the egg whites briefly, just to break them down (they should not be white and frothy), then carefully fold them into the chocolate mixture. Pour the mixture into 8 metal rings, 5cm in diameter and 5cm high, filling them two thirds full. Chill for 2 hours, until set. Keep the remaining chocolate mixture at room temperature. When the chocolate has set, push it up the sides of the moulds with your fingers so a well is formed in the centre. Pour in the salted caramel to just below the top of the mould. Place a chocolate disc on top and cover with the remaining chocolate mix. Return to the fridge until needed. They will keep for 3–4 days.

## Chocolate discs

Melt the extra 125g chocolate as described above. Spread it out on a sheet of cellophane (you can even use a black bin bag) and leave to set. Cut into eight 4cm discs with a metal cutter.

## Serving

Unmould the chocolate *délice* either by flashing a blowtorch quickly over the rings or by rolling them in the heat of your hands to release the mousse. Invert on to 8 serving plates. Place a scoop of ice cream on each plate and stud with a sesame wafer.