

Pan-fried sweetbreads with bacon, cauliflower puree, hazelnut brittle and blackberry coulis

30 mins to 1 hour
preparation time

30 mins to 1 hour
cooking time

Serves 4

Ingredients

For the sweetbreads

- 4 x 75g/2½oz sweetbreads, soaked in cold water
- 25ml/1fl oz white wine vinegar
- 8 rashers smoked streaky bacon
- 25g/2oz plain flour, seasoned with salt and freshly ground black pepper
- 1 tbsp vegetable oil
- 1 tbsp butter

For the cauliflower purée

- 400ml/14fl oz milk
- 200ml/7fl oz double cream
- 1 cauliflower, separated into florets
- salt and freshly ground white pepper

For the hazelnut brittle

- 50g/2oz hazelnuts
- 200g/7oz caster sugar

For the blackberry coulis

- 100g/3½oz blackberries
- 50g/2oz caster sugar (or to taste)

To garnish

- Mixed green micro leaves

Preparation method

1. For the sweetbreads, drain the sweetbreads. Bring a pan of water to the boil with the vinegar and blanch the sweetbreads for 3-4 minutes, then drain and refresh in iced water. Drain again and remove the outer membranes. Set aside.
2. For the cauliflower purée, bring the milk and cream to the boil in a heavy-based pan, then add the cauliflower florets. Reduce the heat and simmer for 10-15 minutes, or until the cauliflower is tender. Drain, reserving the cooking liquid, then transfer the florets to a food processor. Add 2-3 tablespoons of the reserved cooking liquid and blend to a smooth purée. Pass the mixture through a fine sieve, then season, to taste, with salt and freshly ground white pepper.
3. For the hazelnut brittle, line a baking sheet with a silicon mat. Using a heavy-based frying pan, toast the hazelnuts over a medium heat,

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- shaking the pan occasionally so they brown evenly. Remove and lightly crush with a pestle and mortar.
4. Place the sugar into a pan and melt over a low heat (do not stir the sugar). Increase the heat when the sugar has melted and as soon as the sugar turns to a golden caramel, stir in the nuts and pour the mixture out in a thin layer onto the silicone mat. Set aside until cooled and hardened, then break into pieces.
 5. For the blackberry coulis, cook the berries with sugar and a little water for 4-5 minutes, or until the blackberries begin to break down and release their juices. Break up the blackberries with the back of a spoon, then cook for a further 2-3 minutes. Pass the mixture through a sieve and discard the solids.
 6. Preheat the oven to 220C/430F/gas 7.
 7. Place the bacon rashers on a heavy baking sheet, then place another baking sheet on top. Cook in the oven for 10 minutes, or until the bacon is golden-brown and crisp. Break the rashers up into bite-sized pieces and set aside.
 8. Coat the sweetbreads in the seasoned flour. Heat a tablespoon of vegetable oil in a frying pan and fry the sweetbreads for 2-3 minutes on both sides, or until golden-brown. Add the butter to the pan and, when melted, add the bacon pieces and cook for a further 2-3 minutes, basting the sweetbreads continuously with the butter.
 9. To serve, reheat the cauliflower purée and spoon onto warmed plates. Top with the sweetbreads and bacon. Drizzle a line of blackberry coulis on one side of the plate and garnish with the hazelnut brittle and micro leaves.