



I am really excited to be a part of the British Cheese Weekender this year, at our restaurants in the Lake District we work with Cartmel Cheeses and promote British cheese in our dishes, cheese trolleys and boards. One of my favourites is Westcombe Cheddar and that is what I will be using today, showing you how to create Westcombe Cheese Dumplings, one of our signature dishes. I hope you enjoy them as much as I do!

- Simon Rogan

Westcombe Cheese Dumplings



Broth of Onions, Westcombe Cheddar and Fragrant Thyme Oil

This recipe will give enough mixture for 4 people to enjoy. An important thing to note is that part of the preparation will need to be done one day in advance.

Ingredients:

For the broth:

1.25kg Sliced White Onion

1L Water

For the thyme oil:

25g Lemon Thyme Leaves

100ml Sunflower Oil

For the dashi stock*:

500ml Water

6g Dried Mushrooms

10g Kombu

14g Bonito Flakes

For the cheese water:

500g Grated Westcombe Cheddar

500ml Water

For the dumplings:

400g Cheese Water

38g Kuzu***

All ingredients can be found online for the dashi stock, alternatively you can find dashi granules as opposed to making your own stock

Shimaya Konbu Dashino-Moto Stock Powder, 8g x14 sachet: [Amazon.co.uk](https://www.amazon.co.uk): Grocery

** Kuzu can be found online and is also available in most Asian supermarkets and even some local grocery shops. It is crucial you buy the powdered version.

CLEARSPRING WHOLEFOODS Organic Kuzu Root Starch 125g (PACK OF 1): [Amazon.co.uk](https://www.amazon.co.uk):

Grocery

Clearspring Organic Japanese Kuzu, - Japan Centre - Flour & Panko

Manto Yoshino Kuzu 130g– SushiSushi

Equipment:

- Pans (different sizes will be needed throughout the preparation process)
- Mixing bowls
- Piping Bag, or a spoon
- Sieve
- Silicone moulds approximately 3cm/15ml, alternatively you could use a silicone ice tray, or a medium sized dish then once the mixture has set use a ring cutter to create the desired dumpling shape
- Silicone spray (if using moulds)
- Hand blender, a whisk can be used instead
- A temperature probe where possible
- Cling film

Method:

The day before:

First make the onion stock by caramelising 1.25kg of onions in a small amount of sunflower oil, once golden in colour add 1 litre of water and then cook on a very low heat for 30 minutes. Leave to cool before covering with cling film and leave in the fridge to infuse overnight.

Make the thyme oil by heating 100ml of sunflower oil to 86 degrees and adding 25g of thyme leaves, also leave overnight to cool covered with cling film.

On the morning:

Pass the onion stock through a fine sieve ensuring to extract all that lovely stock, then repeat the same process with the lemon thyme oil.

Next make the dashi stock by placing 500ml of water with 6g of dried mushrooms and 10g of kombu into a pan and bringing to the boil, continue to simmer this on a very low heat for 30 minutes then pass through a sieve into a clean pan. Bring the liquid back to 80 degrees, stir for 15 seconds and then pass through a sieve once more.

Now to make the Westcombe cheese water which will form the basis of our dumplings, place 500g of grated cheese into a pan with 500ml of water. Heat up slowly for a few hours to melt the cheese so that it can infuse into the water. Once ready pass through a sieve and leave to chill in the fridge.

Final steps:

Now that your cheese water is chilled take it from the fridge and remove any fat from the surface, this can be done by gently skimming the top with a ladle or spoon.

Finally, to make the dumplings mix 400g of the cheese water with 38g of kuzu (please ensure the kuzu is in powder form) in a pan with a little salt, heat up gently, continuously whisking as it starts to thicken then cook out a little further until the mixture starts to come away from the pan when whisking, this should take a few minutes.

Transfer the dumpling mixture to 15ml silicone moulds or a silicone ice tray (which have been sprayed with silicone spray) this can be done using a piping bag or spoon, alternatively transfer the mixture into a flat dish. Leave the dumpling mixture to fully set in the fridge.

If you are using a tray for the mixture instead of moulds then you will need to use a ring cutter approximately 3cm wide to cut your dumpling shapes once the mixture is fully set.

Plating:

Take 25g of butter with 100ml of water in a pan, bring to a simmer and whisk to emulsify then place the dumplings into the pan to warm them through.

Heat up the onion broth and then season with the dashi stock to your taste.

Place the dumplings into a bowl, pour over the onion broth and finally drizzle the thyme oil over the top of the dish. Garnish with fresh thyme leaves.



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