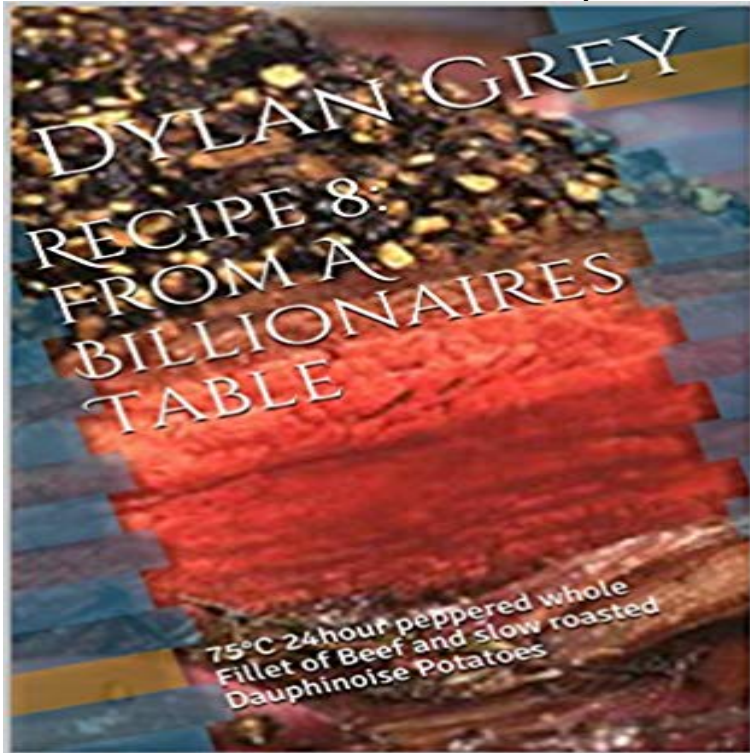


## Recipe 8: From A Billionaires Table: 75°C 24hour peppered whole Fillet of Beef and slow roasted Dauphinoise Potatoes



I am the chef on a super yacht, I work for the worlds wealthiest billionaires, 7 days a week I produce exceptional food for at least 12 people, on demand 24 hours a day! This sounds difficult I know, and in reality it is much harder! I have to produce flawless food under extreme pressure while cruising remote locations. I have to please demanding guests, fussy guests, celebrity guests and people with every sort of eating disorder and diet you have ever heard of. The skills required to do this job are unique and my aim is to produce a series of simple recipe cards which transfers these skills into the repertoire of the enthusiastic home cook, enabling them throw dinner parties without inhibition, successfully entertain large groups of friends while remaining calm and stress free, or just knock up an interesting snack which you may never have tried before. It is important for me when writing these recipes to avoid boring the reader with too much science, having said this a small amount of knowledge on the techniques used here will go a long way to unlocking a whole new understanding of some different culinary techniques. The methods I am proposing are cheap and accessible, and I hope home cooks take them on board to make their lives easier, as they have mine. My recipes will contain only the most vital precise measurements, cooking times and temperatures, and many of the ingredients are open to substitution or omission, this reflects my working environment when items are often hard to come by. There are enough cookbooks on the shelves which have readers blindly following recipes like robots without learning anything along the way. The recipes I will publish are unique, they are inspired by my travels to the worlds most glamorous locations, while cooking for some of the worlds most discerning clientele. My aim is to give people at home a glimpse into life on a super yacht, and hopefully give them the tools to produce

some great food as well. Whether cooking for one, cooking for two or having a large dinner party, my recipe book will have something appropriate. In yachting I have to deal with a wide range of specialist diets, from vegetarian, vegan, gluten free and paleo, or just a simple Mediterranean diet. Some of the ingredients in my recipes may be expensive, but if you're throwing a dinner party it is about excess, it's a time to be flash and forget about your weekly food budget. When I cook for my bosses there is no budget, I can provide the most luxurious meals to the most remote places in the world, no matter what the cost. This is reflected in many of my recipes. I want to tell some stories to accompany my recipes, my aim is to provide an insight into the excessive world of yachting. Why have these recipes evolved the way they are? Why am I smoking meat, smoking fish, why do some guests choose to eat gluten free and some paleo? The food and wine demands of the rich and famous are another world, and as well as giving the reader a recipe collection of simple and wholesome food, I want to tie in a small portion of that theme.

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