



GREAT TASTE

Somerset based personal chef Tyrone Power takes us on a mouth-watering journey of discovery from Clifton to Marrakesh, Aspen to St Moritz, as we discover what it's like to cook supper for the Rolling Stones

From left to right: Luxury yachts require the very best from their on-board chefs; A stop off point in the Balearics - time to check out the markets; Personal chef Tyrone Power takes some time out of the kitchen



USING THE VERY FINEST INGREDIENTS FROM LOCAL SUPPLIERS makes perfect sense, especially if you are truly passionate about food and also happen to be one of the UK's leading personal chefs. However, sourcing top quality fresh ingredients in foreign lands and far flung corners of the world within hours of arrival can prove more of a challenge. It's a good thing that travelling chef Tyrone Power thrives on all kinds of adventure and positively embraces culinary opportunities that push his creative skills to the limits. In between his travels we catch up with one of the region's hottest talents in the kitchen and uncover the secrets of creating fine food anywhere in the world.

First great love

When you first meet Tyrone you are instantly caught up in an whirlwind of enthusiasm and his unshakable confidence in his work is clearly evident in the manner in which he talks about his great love 'food'. I caught up with him one sunny afternoon at his base-camp in Clifton where he concocts

unique personal menus and plans his cookery workshops and culinary weekends. Over an extremely good glass of wine I was enthralled by tales of some extreme cooking and also managed to extract a couple of Tyrone's latest seasonal recipes.

Born in Australia and educated here in the West Country Tyrone grew up in a world that revolved around food, preparing, experimenting, cooking and eating. Both his parents are cooks, and it was no surprise therefore that he inherited such a passion for all things flavoursome. Throughout his childhood he was positively surrounded by the buzz of a professional kitchen and it was pretty much a forgone conclusion that he should choose a career in the hospitality industry.

He explains "My family returned to England when I was fourteen and I was introduced to the refined world of European cuisine. Trips to France and Italy, Germany and Spain fostered a passion for food that saw me through catering college and back to Melbourne where I swiftly exchanged my enthusiasm for consumption into the art of professional preparation. I loved the bustle

and buzz of the kitchens that had shaped my childhood and always knew that cooking would be my life. Over time and under the tuition of some fantastic chefs I developed the essential techniques required to be a good, traditional hands on chef."

From Marrakesh to St Moritz

With a solid gastronomic pedigree and over a decade's experience of working in professional kitchens across the globe Tyrone has now forged a successful and somewhat extraordinary career as a personal chef where every working week varies and he never truly knows what each day new day will bring. As a private and personal chef his skills have been put to the test in some sensational locations and his work has bought him into contact with many famous names. From ski resorts to luxury yachts, catering in private villas and country residences Tyrone's work takes him to some stunning destinations worldwide. It seems that no two jobs are the same for a personal chef and no challenge too tough, with sometimes almost nightmarish timescales and very little preparation space

the key to successful cooking seems to always lie in the quality of the ingredients and some creative thinking.

Keeping it simple

"I am passionate about the food I create and when I arrive at a client's property whether it be a yacht, castle or chalet I will have already researched traditional and regional dishes, checked out availability of seasonal produce and noted my clients individual style and personal culinary requirements. The primary factor is the quality of ingredients and I have been privileged to have visited some of the most inspiring markets and food producers in the world including cheese-makers in the South of France, food stalls in Palma, the souks of Morocco, street markets in Asia and some awesome Italian Delis in Tuscany. Cooking on a boat is always fun we will be stopping in different places and picking up supplies but then of course you have to consider storage space, quite often I will have thought out a menu beforehand but then will unexpectedly discover some fantastic fresh fruit on a market or some fish landed jut minutes beforehand and I know instinctively how I am going to treat it. Keeping things simple is important, good fresh produce will have its own inherent great taste and I always have some vibrant spices on hand to enhance natural flavours and add interest."

Cooking rocks

More recently his cooking abilities were stretched to the limit when he went on the road with the Rolling Stones as their personal tour chef. Producing high energy and delicious dishes in large quantities for an assortment of very different tastes and individual personalities was a big

challenge. "It was great fun joining the band on the UK leg of their tour last year, surprisingly the guys favour good old English food and were really easy to please and I got to see some brilliant gigs. Being a tour chef was a pretty different experience for me as many of my clients expect to be presented with several courses in a silver service environment, this was a step in the other direction, a relaxed if somewhat 'Rock and Roll' atmosphere."

Seasonal sensations

Looking to the future Tyrone is booked to produce some fantastic feasts for clients in extraordinary places both on land and at sea next Spring whilst gathering more great recipe ideas during his travels. He will also be running his popular culinary weekends and individual tuition courses throughout 2009 both in England and in Mallorca where you can enjoy expert guidance in all areas of cooking from the sourcing of ingredients right through to producing an impressive and memorable gourmet dinner.

This season though you will find Tyrone enjoying life a little dividing his time between the ski slopes of Europe and the USA where he combines the best of both worlds' cooking for some fascinating people whilst indulging in his passion for a touch of the white stuff. So with passport at the ready and a wealth of culinary creativity to hand he will be off to some cooler climes this autumn. He concludes "Good food, stunning views and some serious snow, it doesn't get much better than that does it?"

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Top: Tyrone's other great love, some adrenalin laden skiing; **Left:** The spice market in Antigua

ADVERT

Roasted butternut squash soup with pan seared Cornish scallops

Serves 4

Ingredients

1 Butternut squash peeled and diced
 ½ Medium onion peeled and diced
 1 Carrot peeled and diced
 2 Sticks of celery washed and diced
 ½ Leek washed and white part diced
 1 Litre of chicken stock
 1 Bay leaf
 4 Cloves of garlic
 1 Bunch of thyme
 1 Tsp ground nutmeg
 1 Tsp ground ginger
 1 Tsp ground clove
 1 tsp ground cinnamon
 Olive oil
 Sea Salt
 Black pepper
 300ml of cream
 8 fresh scallops
 1 knob of butter

Method

Preheat your oven to 180 degrees. Toss your diced butternut squash in olive oil, sea salt and black pepper. Place on a roasting tray with your thyme and put into the oven. It will take about 40 minutes to brown off. Turn it a few times whilst in the oven

On the stove place a heavy based saucepan with a good lug of olive oil in the bottom. Sweat off your carrot, celery, leek and onion with your garlic and bay leaf.

Once the butternut squash is browned off remove the thyme and add this to the pan along with the spices.

Next add you chicken stock.

Season and place a lid on it and cook on a medium heat for about 40-50 minutes

Remove from the heat, add the cream.

Now blend all the ingredients with a hand blender. To finish, heat up a non stick frying pan on the stove. Add some olive oil and butter, place the scallops in the pan and season. They will only take a minute each side.

Once cooked bowl up the soup and garnish with the scallops.



Gloucester Old Spot Rolled Pork Belly, Braised in Cider

Your local butcher should be able to do this for you. Make sure you get him to give you the bones as these make a tasty stock! A must for this dish is good quality dry cider and a heavy based earthen ware pot.

Serves 4

Ingredients

1 kg of boned, skinned, rolled and tied pork belly
 1 Carrot peeled and diced
 1 Leek washed and sliced
 1 Onion peeled and diced
 2 Sticks of celery washed and diced

2-3 Bay leaves
 4-5 Cloves of Garlic
 1 Good handful of rosemary, thyme and parsley
 2-3 Tablespoons of honey
 750 ml of cider
 750ml of pork stock
 2 Tablespoons of olive oil
 1Knob of butter
 1 Tablespoon of peppercorns
 1 Tablespoon of salt

Method

Preheat your oven to 180 degrees. Place you earthen ware pot on your hob and get it nice and hot. Melt your butter and add the olive oil. Add your veg and brown off making sure they're well coloured.

Next add you herbs, bay, salt and pepper. Place your pork bones on top of the veg. Now place your pork on top of the bones.

Finally add you cider, stock and honey. Place in the oven and cook for 2 hours.

Check your liquid levels after an hour just to make sure it isn't drying out, if it is top it up with more stock and cider.

After two hours remove the pork from the pot and place to one side to keep warm.

Strain the remaining juice from the pot into a saucepan and put on top of your hob to reduce. It will thicken as it reduces and the flavours will concentrate creating a wonderful sauce. A cup of good quality west country cream can be also added to the sauce at this stage if you prefer something a little richer.

This dish is a wonderful winter warmer and is best served with pureed parsnips and maybe some roasted apples. ➔





Blackberry Fool

Ingredients

1kg Blackberries
1 cup of cassis
500g sugar
600ml cream
Vanilla essence

Method

Divide your blackberries into two saucepans, add ½ of a cup of cassis to each pan along with 200g of sugar to each pan
Bring the first pan to a boil and cook for 10 minutes, then strain through a fine sieve pushing through all the pulp with a wooden spoon. Discard the remains, set the pulp to one side to cool

Bring the other pan to a boil and turn down to simmer for 15 minutes. Do not stir!!! You want to keep these blackberries whole. Once cooked set it aside to cool also.

Now whip your cream with a few drops of vanilla essence and 100g of sugar.

Now add the cooled pulp to the cream and stir through till you get an even colour and consistency.

With a tablespoon layer into a wine glass the cream mixture followed by the berry mixture.

Leave in fridge until needed.