

It's all about *jus*

Timeless, classical recipes using
our Premier Jus range

essential
cuisine

Contents

Introduction	4
Confit duck pie	7
Vegetarian cottage pie	8
Red wine gravy	11
Peppered pork cream sauce	12
Mushroom stroganoff	15
Veal Wellington	16
Rack of new season lamb	19
Vegetable and goats cheese tian	20
Slow-braised shoulder of lamb	23
Fillet of veal and cassis jus	24
Ingredients to inspire	26



Introduction

Welcome to 'It's all about Jus', our recipe book that unlocks the countless possibilities for our unique Premier Jus range.

Created using only the best ingredients, this gluten free range tastes and performs as a kitchen made jus would, giving you a consistent solution but in a fraction of the time it would take to make your own, allowing you more time to get creative in the kitchen.

Over the following pages you will find some of our favourite recipes compiled over the years by our own chefs that really demonstrate the versatility and product attributes of the range.

From our indulgent Veal Wellington to the fantastic Vegetable Goats Cheese Tian, you will find a host of recipes and product applications to make your dishes all the more special.

Showcasing Essential's #1 best seller, the iconic Premier Veal Jus, and our latest addition to the range, our Premier Rich Vegetable Jus - turning vegetarian dishes from after thoughts into truly spectacular creations, we hope this book will inspire you to make the most of the range.

You will also find handy tips and ideas to add those special finishing touches to your dishes and a personal twist to your menu.

We'd love you to share your creations using the Premier Jus range! Tweet @essentialcuisin or find us on Instagram @chef.essential and use the hashtag #itsallaboutjus

Let's get creative!

Team Essential



Confit duck pie

🕒 PREP TIME 1 HOUR ⏰ COOKING TIME 30 MINS 🍴 10

INGREDIENTS

1.5kg duck leg meat

1ltr Essential Cuisine Premier Veal Jus (made up to instructions)

Sprig of thyme

200g carrots brunoise

200g celery brunoise

200g onion, finely diced

6 garlic cloves, crushed

PASTRY

200g lard

600g plain flour

70ml milk

Salt and pepper

METHOD

1. For the filling, first warm the duck legs gently, remove the meat and ensure no bones are in the meat and set aside
2. Finely dice the celery, onion, garlic, and carrots and slowly sweat them down in a little bit of vegetable oil, do not colour the vegetables, but let it gently caramelize
3. Add the duck and the **Essential Cuisine Premier Veal Jus** and let it cool down with a sprig of thyme for 30 minutes. Set aside and allow to cool
4. For the pastry, gently bring the milk and the lard to the boil
5. Sieve the flour and a pinch of salt together in a separate bowl, when the lard has completely melted and the milk is starting to boil add it to the flour and stir with a wooden spoon
6. Mould the pies. It's important to work quickly and in a warm area as the pastry loses its consistency and goes tough when it cools because of the fat content
7. Once they are moulded in, bake at 180c for around 30-40 minutes
8. Serve hot with mash and seasonal vegetable and an onion gravy, or cold on a Ploughman's

CHEFS TIP

Try adding a spoonful of **Essential Cuisine Duck Glace** for an extra boost of flavour!



Vegetarian cottage pie

🕒 PREP TIME 20 MINS ⏱ COOKING TIME 40 MINS 🍴 10

INGREDIENTS

40g unsalted butter

200g peeled and finely chopped onion

2 finely chopped garlic cloves

250g leek, finely shredded

250g carrot, finely chopped

250g celery, finely chopped

300ml dry white wine

1ltr Essential Cuisine Premier Rich Vegetable Jus (made up to instructions)

1kg meat free mince

250g fresh or frozen peas (defrosted)

2.5kg peeled King Edward potatoes, cut into quarters

400g grated smoked cheese (applewood smoked cheddar)

1 pinch ground nutmeg

5 egg yolks

A good twist of freshly ground pepper

Sea salt

METHOD

1. Preheat the oven to 180°C
2. Melt the butter in a suitable pan on a medium heat. Add the onion, garlic, leek, carrot and celery, gently fry until they are tender with not too much colour
3. Add the white wine and reduce by half
4. Pour in the **Essential Cuisine Premier Rich Vegetable Jus**, stir in the meat free mince, bring to the simmer
5. Cover with a lid and cook for 20 minutes in the oven, remove and stir in the peas. Season to your taste with freshly ground pepper and sea salt
6. Meanwhile, boil the potatoes until tender, drain well and push through a sieve or ricer. Beat $\frac{1}{2}$ of the grated cheese into the warm mash and season to taste with sea salt, freshly ground pepper and ground nutmeg, finally beat in the egg yolks
7. Place the pie mix into a suitable dish
8. Spoon the cheese mash into a piping bag with a large nozzle, pipe the potato onto the pie mix. Sprinkle the remaining cheese on top
9. Bake for 20 minutes until piping hot and golden brown on top. Your Vegetarian Cottage Pie is now ready to serve with your choice of vegetables and buttered new potatoes



CHEFS TIP

Fill the base of the pie first and chill to set, add the mash potato when the base is cold to prevent it from moving - bake as per instructions

Gluten free

Red wine gravy

🕒 PREP TIME 10 MINS ⌚ COOKING TIME 5 MINS 🍴 2 LTRS

INGREDIENTS

125g **Essential Cuisine Premier Red Wine Jus**

75g **Essential Cuisine No1 Beef Gravy**

2ltrs water

METHOD

1. Pour 2 litres of tepid water into a suitably sized pan (50% boiling water / 50% cold water)
2. Whisk the **Essential Cuisine Premier Red Wine Jus** and **Essential Cuisine No1 Beef Gravy** into the water
3. Bring to the boil, whisking continuously
4. Simmer gently for 5 minutes. Your gravy is now ready to serve

CHEFS TIP

Use as the base of a beef bourguignon with shallots, mushrooms and bacon lardons



Peppered pork cream sauce

🕒 PREP TIME 15 MINS ⏱️ COOKING TIME 10 MINS 🍴 10

INGREDIENTS

20g butter
200g finely chopped shallots
3 crushed garlic cloves
30g crushed green peppercorns
400g sliced button mushrooms (optional)
50ml calvados
200ml dry white wine
1.5ltrs Essential Cuisine Premier Chicken Jus (made up to instructions)
50g Essential Cuisine Pork Glace
200ml double cream
Good twist of freshly ground pepper
Sea salt
1tbsp finely chopped fresh herbs (optional)

METHOD

1. Heat a suitably sized saucepan on a medium heat, add the butter
2. Gently fry the shallots, garlic and peppercorns until softened but with not too much colour
3. Stir in the mushrooms and cook for a few minutes
4. De-glaze with the calvados and flame, pour in the white wine and reduce by two thirds
5. Pour in the **Essential Cuisine Premier Chicken Jus** and bring to the boil, whisk in the **Essential Cuisine Pork Glace** and double cream, simmer gently until the correct consistency is achieved, stirring regularly
6. Season to your taste with freshly ground pepper and sea salt, stir in the herbs if required
7. Your peppered pork cream sauce is now ready to serve



Gluten free

CHEFS TIP

Use as a base for a tagliatelle pasta dish with a hint of garlic and thyme or as a pie filling with chicken, ham hock and leeks!

Gluten free

Vegetarian

Chestnut mushroom stroganoff

🕒 PREP TIME 20 MINS ⏱️ COOKING TIME 15 MINS 🍴 10

INGREDIENTS

1tbsp olive oil
2 onions, peeled and finely chopped
4 garlic cloves, peeled and finely chopped
1kg chestnut mushrooms, cleaned and sliced
50ml measure Cognac
1tsp English mustard
2tsp smoked paprika
500ml Essential Cuisine Premier Rich Vegetable Jus (made up to instructions)
400ml sour cream or crème fraiche
1 lemon
A good twist of freshly ground pepper
Sea salt
10 tbsps sour cream or crème fraiche
Strips of gherkin to garnish

METHOD

1. Heat a frying pan on a medium heat, add the onion and garlic, gently fry until tender but without too much colour
2. Add the mushrooms, continue cooking for 5 minutes until the mushrooms soften and start to colour. Stir in the mustard and paprika, deglaze with the Cognac and flame
3. Pour in the **Essential Cuisine Premier Rich Vegetable Jus**, bring to the boil and then simmer for 5 minutes. Stir in the sour cream and remove from the heat, squeeze in the juice from the lemon
4. Season to taste with the freshly ground pepper and sea salt. Spoon onto braised wild rice, garnish with a spoon of sour cream on top and strips of gherkin

CHEFS TIP

Try using wild mushrooms instead and add a spoonful of **Essential Cuisine Wild Mushroom Glace**



Veal Wellington

🕒 PREP TIME 90 MINS ⏱ COOKING TIME 45 MINS 🍴 10

INGREDIENTS

40g butter
4 shallots, finely chopped
400g chestnut mushrooms, finely chopped
300g young nettle leaves
300ml sherry
100ml double cream
1 tablespoon rapeseed oil
10 British rose veal fillets
600g puff pastry
2 eggs, beaten
1 tablespoon poppy seeds (optional)

PORT SAUCE

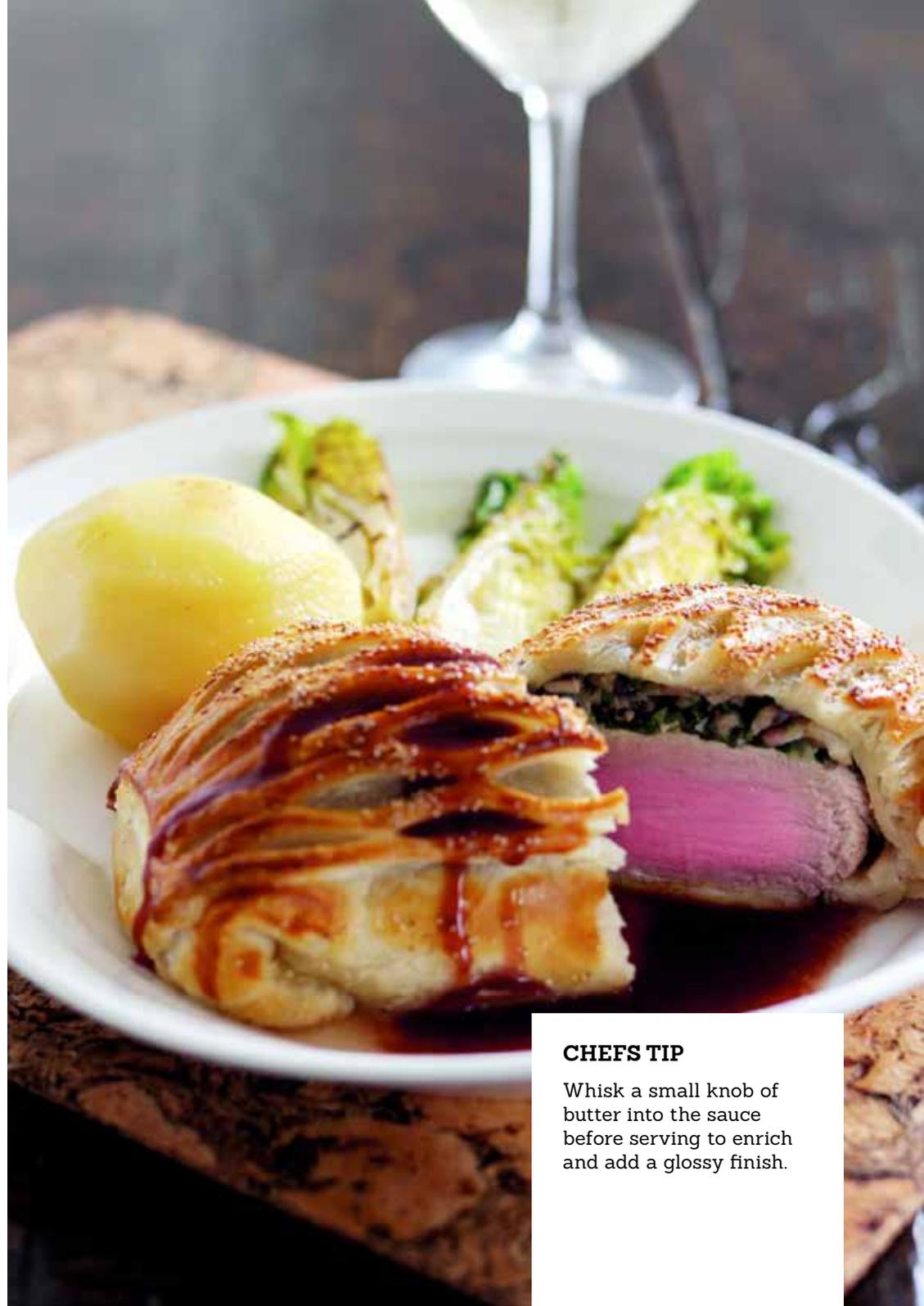
150g butter
400ml port

1 ltr Essential Cuisine Premier Veal Jus (made up to instructions)

Salt and pepper, for seasoning

METHOD

1. Blanch the nettles in boiling water for a couple of minutes. Squeeze out as much water as possible and roughly chop
2. Cook the shallots in the butter over a low heat until soft, add the mushrooms, bacon and nettles and cook until softened. Pour in the sherry, turn up the heat and cook until the liquid has evaporated
3. Remove from the heat and stir in the double cream. Season with sea salt and black pepper
4. Season the veal. Heat the oil in a pan over a high heat, and then sear the fillets on both sides for 2-3 minutes. (Leave the pan to one side, you'll need it later to make the sauce)
5. Roll out the puff pastry thinly and cut out 4 squares big enough to envelope the meat. Divide the duxelle mixture between them, leaving enough of a border to seal the pastry. Place a fillet onto each square and brush the edges with the beaten egg. Carefully fold the edges of the pastry to seal the meat inside, then turn over and place on a baking sheet
6. Brush the tops with the beaten egg. Roll out the remaining pastry and cut squares using a lattice cutter, then carefully place on to each parcel. Brush again with the egg and sprinkle with poppy seeds
7. Rest in the fridge for 30 minutes before cooking. Cook at 200°C for 15 minutes for rare and 20 minutes for medium, then set aside to rest
8. To make the sauce, melt the butter in the pan used to fry the veal, add the port and reduce by half. Make up the **Essential Cuisine Premier Veal Jus** according to the pack instructions, add to the pan and simmer for 2-3 minutes. Season with salt and pepper and serve with the Veal Wellington



CHEFS TIP

Whisk a small knob of butter into the sauce before serving to enrich and add a glossy finish.

Rack of new season lamb

🕒 PREP TIME 20 MINS ⏳ COOKING TIME 30 MINS 🍴 10

INGREDIENTS

5 x 6-7 bone French trimmed racks of lamb

4tbsp olive oil

40g unsalted butter

2tbsps grain mustard

1tsp Essential Cuisine Lamb Glace

200g roughly chopped shallots

4 roughly chopped garlic cloves

500ml red wine

2tbsps redcurrant jelly

1ltr Essential Cuisine Premier Lamb Jus (made up to instructions)

PEAS

1200g fresh peas

100ml extra virgin olive oil

2tbsps chopped marjoram

2tbsps chopped mint

2tbsps fresh lemon juice

PROVENÇAL BREADCRUMBS

150g thickly cut stale white bread

2tbsps finely chopped flat-leaf parsley

1tbsp finely chopped fresh thyme

1tbsp finely chopped fresh rosemary

4tbsps extra virgin olive oil

Salt and pepper for seasoning

METHOD

1. Pre-heat the oven to 190°C, season the lamb racks
2. On a medium heat, in a suitable frying pan, heat the olive oil and butter. Add the lamb and colour the meat side for 3-4 minutes, turning onto the fat side for a further 3-4 minutes until golden brown
3. Transfer onto a baking tray, into the oven for 10 minutes, remove and allow to cool slightly
4. Stir the shallots and garlic into the same frying pan and fry gently until softened but without too much colour, scrape the sediment from the pan at the same time. Pour in the red wine and reduce by ½ on a high heat, stir in the **Essential Cuisine Premier Lamb Jus** and redcurrant jelly, bring back to boil. Pass through a fine sieve into a clean pan and keep warm
5. Crush the peas in a food processor using the pulse button, but do not puree! Transfer to a suitable saucepan, stir in the olive oil, marjoram and mint. Season to your taste
6. Crumble the bread into a food processor, use the pulse button again to turn it into crumbs that have a coarse texture, not powdery! Transfer to a bowl and stir in the parsley, thyme, rosemary and olive oil. Season to your taste
7. Mix the mustard and lamb glace together, brush onto the fatty side of the lamb racks. Press into the breadcrumb mix and pat on gently. Return the lamb to the oven and continue cooking for 8-10 minutes for pink, remove from the oven and allow to rest for 5 minutes
8. In the meantime, cook the crushed peas on a medium heat for 4 minutes with a lid on, removing the lid and stirring occasionally, stir in the lemon juice. Place the crushed peas onto a warm plate, carve the lamb so that each person has 3 cutlets and arrange onto the peas. Drizzle the warm Essential Cuisine red wine sauce over and around the lamb



CHEFS TIP

Ask your butcher to clean the rib bones and remove the chine bone from the lamb rack so it is easier to carve. Warm your plates in a low oven

Vegetable and goats cheese tian

🕒 PREP TIME 20 MINS ⏱ COOKING TIME 20 MINS 🍴 10

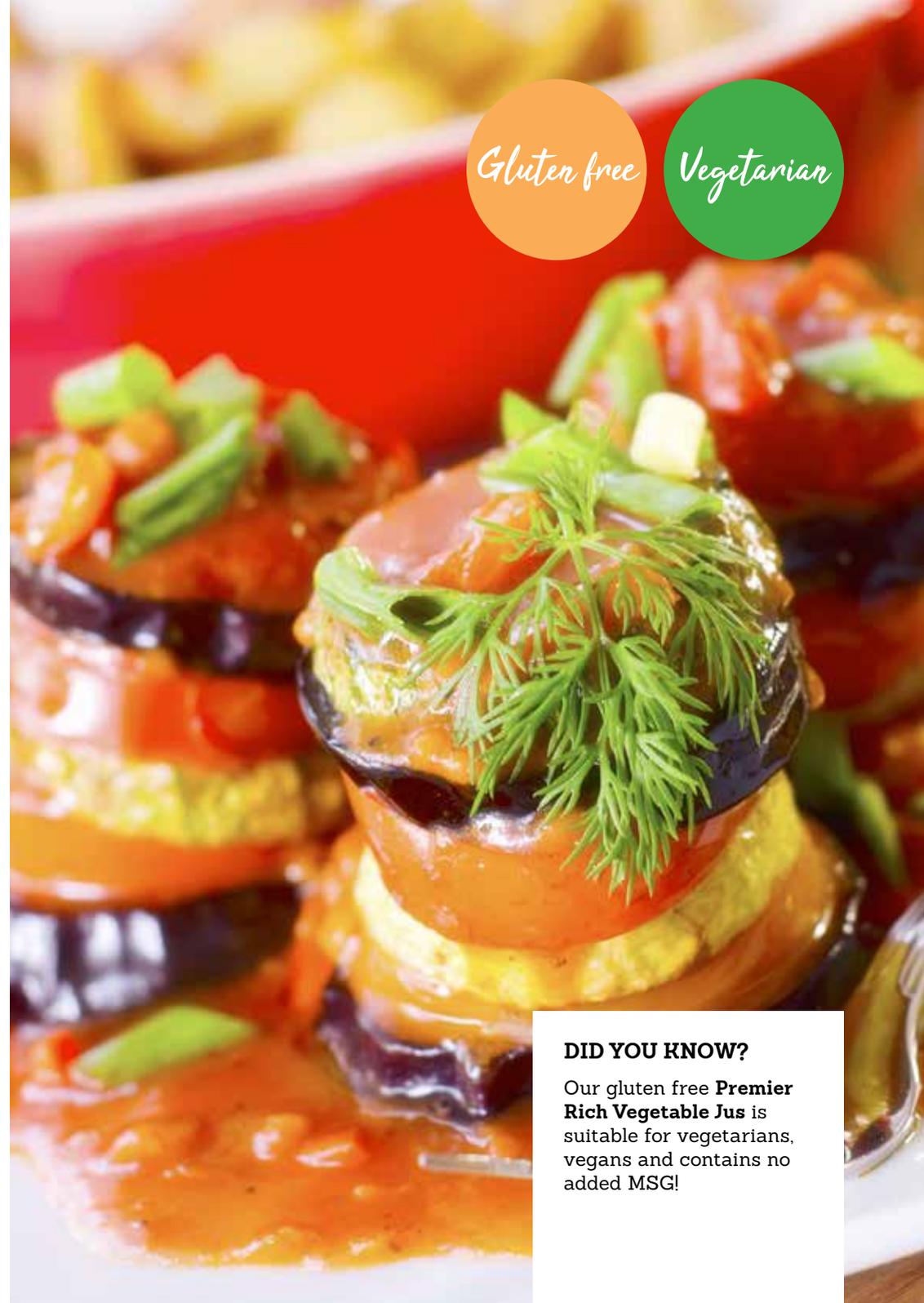
INGREDIENTS

50ml olive oil
2 aubergines, cut into 10 slices
5 red peppers, quartered and de-seeded
5 green peppers, quartered and de-seeded
Freshly ground pepper
Sea salt
3 beef tomatoes, cut into 8 slices
20 slices of goats cheese

1ltr Essential Cuisine Premier Rich Vegetable Jus (made up to instructions)

METHOD

1. Preheat oven to 180°C
2. Oil the aubergine and peppers, season with freshly ground pepper and sea salt, lay onto a baking tray and cook in the oven until they start to soften and colour
3. Using a suitable cutter, build up layers of the vegetables and goats cheese, alternating colours etc. Reserve any trimmings from the peppers to add to the jus
4. Bake in the oven on a tray until hot in the centre (approximately 20 minutes), place on 4 warm plates. Next take the pre-prepared **Essential Cuisine Premier Rich Vegetable Jus** and add any leftover diced pepper - spoon around the tian and serve



Gluten free

Vegetarian

DID YOU KNOW?

Our gluten free **Premier Rich Vegetable Jus** is suitable for vegetarians, vegans and contains no added MSG!

Gluten free

Slow braised shoulder of lamb

🕒 PREP TIME 15 MINS ⏰ COOKING TIME 3 HOURS 🍴 10

INGREDIENTS

40ml vegetable oil

40g Essential Cuisine Lamb Glace (optional)

2x1.5kg boned and rolled shoulders of lamb

Good twist of black pepper

200g peeled and roughly chopped shallots

2 peeled and roughly chopped garlic cloves

2cm peeled fresh ginger, roughly chopped

2 crushed lemon grass stalks

4 kaffir lime leaves

40g Essential Cuisine Asian Aromatic Base

1ltr warm water

125g Essential Cuisine Premier Lamb Jus (made up to instructions)

2tbsp chopped coriander

METHOD

1. Preheat your oven to 160°C. Mix the oil and the **Essential Cuisine Lamb Glace** together, rub into the lamb shoulders, season with the pepper, cover and marinate overnight in the fridge
2. Remove from the fridge 1 hour before required. Heat a non-stick frying pan and seal the lamb on all sides for 4-5 minutes until golden brown. Transfer to a suitable ovenproof dish with a lid
3. In the same pan, gently fry the shallots, garlic and ginger until soft but with not too much colour, add to the lamb with the lemon grass and lime leaves. Deglaze the pan with a little water to release the sediment, add to the dish
4. Whisk the **Essential Cuisine Asian Aromatic Base** into the water until dissolved, pour onto the lamb, top up with more water if required to cover the meat
5. Bring to the boil on the stove, cover and place into the pre-heated oven. Cook for 2-3 hours, turning occasionally or until the lamb is tender
6. Remove the dish from the oven and allow to cool slightly. Remove the lamb and keep warm. Pour the remaining cooking liquor through a chinois into a clean saucepan, allow to cool until tepid
7. Stir in the **Essential Cuisine Premier Lamb Jus** and bring to the boil, whisking continuously, simmer for a few minutes. Adjust the consistency by adding more liquid or reducing on a high heat
8. Your Aromatic Slow-braised Shoulder of Lamb is now ready to serve sliced on a bed of rice or noodles with stir fried Asian greens. Pour the rich aromatic jus over the meat and finish with chopped coriander



CHEFS TIP

We are using boned shoulders of lamb, but you could cook them on the bone and pull the lamb instead of slicing for a more rustic feel

Fillet of veal and cassis jus

🕒 PREP TIME 45 MINS ⏱️ COOKING TIME 45 MINS 🍴 10

INGREDIENTS

2 loin fillets of Limousin veal
150g of peeled baby carrots, quartered
300g of baby courgettes, cut 5cm long
100g broad beans

POMME PUREE

2kg marris piper potatoes
500ml whole milk
400g butter (300g for mash)
Salt and pepper to season

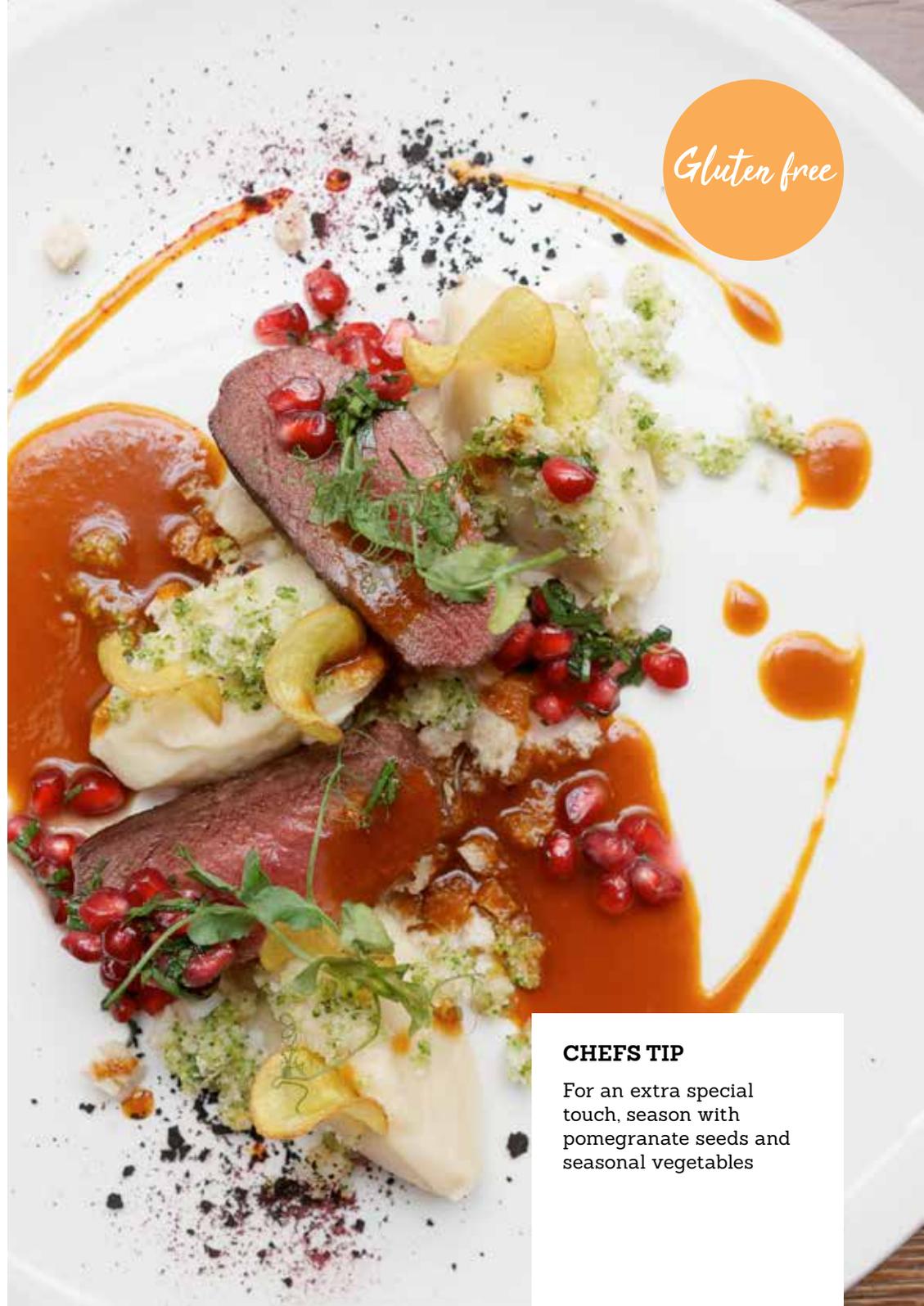
CASSIS JUS

1ltr **Essential Cuisine Premier Veal Jus (made up to instructions)**

400g fresh blackcurrants
600g icing sugar
100ml honey
100ml white wine vinegar
150ml crème de cassis

METHOD

1. Season the veal and sear quickly on both sides till golden brown. Place the veal on a baking tray and bake for 20 minutes in a 120°C oven
2. To make the pomme puree, peel and quarter potatoes and place in cold water with salt. Bring to the boil and cook until tender, drain and allow steam to evaporate - mash potatoes through a ricer. Add butter and milk to the pan heat until melted, mix through potatoes
3. Wash the vegetables and blanch them until al dente in salted boiling water. Drain and rinse in iced water to keep colour - just before serving, melt and season the butter in a frying pan, add the blanched baby vegetables, and toss in the butter to warm through
4. For the jus, puree the blackcurrant with icing sugar, honey vinegar and crème de cassis. Pass through a sieve
5. Combine the puree with the **Essential Cuisine Premier Veal Jus**, season to taste and let it simmer on a slow heat for 5 minutes



Gluten free

CHEFS TIP

For an extra special touch, season with pomegranate seeds and seasonal vegetables



Ingredients to inspire



Signature range

Made from 100% natural ingredients our Reduced Chicken Stock has a naturally occurring gelatinous sticky mouth feel, with all the attributes of a kitchen-made stock.

For a chicken cream sauce simply sweat some shallots in a little butter, add and reduce white wine, add our chicken stock and finish with double cream, season and garnish.

Find out more about the rest of the range online!

No1 gravy

Made with the finest ingredients, our No1 Gravy range was voted both the consumers and chefs favourite during independent blind taste tests!*

What's more, the full range is now gluten free and contain no declarable allergens.**

For a more luxurious gravy, blend our No1 beef gravy with our Premier Red Wine Jus! Find more ideas and inspiration online.



Glaces

Made with the finest ingredients, our Glace range is full of taste and versatility to make your dishes spectacular.

Not only are they perfect for soups, you can spoon into sauces, marinades or drizzle onto dishes, the options are endless.

With the full range being gluten free, you and your team can use with confidence.

Looking for more inspiration?



We hope you've enjoyed this recipe book, why not check out our other handy recipe books on our website, all incorporating the freshest, seasonal ingredients and of course the best range of stocks, glaces and Asian bases!

Download them for FREE today!



Find out more about the full range...

www.essentialcuisine.com
advice@essentialcuisine.com
 01606 541 490



@essentialcuisin



@chef.essential



Essential Cuisine

* Independent research conducted by Good Sense with 100 consumers and 50 industry wide chefs
 ** These products do not contain declarable allergens under the EU regulation 1169/2011 (Annex II)

