



**WEDDING BREAKFAST**

# FIT FOR A KING

*With marriage in the spotlight we asked Carolyn Robb, the former personal chef to the Prince and Princess of Wales and Princes William and Harry, for her wedding breakfast suggestions. Your plans could be lavish or low key – either way these stunning dishes are guaranteed to impress your guests on your big day*

## **SALAD OF PROSCIUTTO-WRAPPED PEACHES WITH FIGS, BUFFALO MOZZARELLA AND SPICED PECANS**

"It is always good to have a recipe up your sleeve that can be put together in a matter of minutes and this impressive salad fits the bill. However, it is definitely a summer dish, to be made when juicy peaches are at their sweet and succulent best. When peaches are not in season, try combining pears with crispy prosciutto and crumbled Roquefort cheese, dressed with an aged balsamic vinegar and a fruity olive oil to perfectly complement the stronger flavours of this salad."

Serves **4**  
Preparation time **20-25 minutes**  
Cooking time **12-15 minutes**

### **INGREDIENTS**

- 50g/2oz pecan halves
- 2 tbsp light olive oil
- Salt and freshly ground black pepper
- Brown sugar, for sprinkling
- Chilli powder, for sprinkling
- 12 slices prosciutto
- 2 large perfectly ripe yellow peaches, each cut into 6 wedges (peel them first if you don't like the downiness of the skins)

- 4 ripe figs, each cut into 3 segments
- 2 balls of buffalo mozzarella (250g/9oz), each torn into 6 pieces
- Handful ready-prepared wild rocket
- 8 tbsp walnut oil
- 4 tbsp raspberry vinegar
- Freshly ground sea salt and freshly ground black pepper

**1.** Place the pecans on a baking tray, drizzle with the light olive oil then sprinkle them with salt, pepper, brown sugar and chilli powder. Shake the tray to distribute the seasoning evenly

then bake at 170°C, 325°F, Gas 3 for 12-15 minutes. Remove from the oven and leave to cool.

- 2.** Wrap 1 piece of prosciutto around each segment of peach.  
**3.** Arrange 3 pieces each of peach, fig and mozzarella alternately around each plate in a circle. Place a little bundle of rocket leaves in the centre and sprinkle on a few spiced pecans.  
**4.** Spoon a little walnut oil and raspberry vinegar over the salad and finish with a twist of black pepper and a grind of salt. Serve immediately.



## ASPARAGUS AND NEW POTATO SOUP WITH PARMESAN STRAWS

"Whenever I cook with asparagus, I always remember the perfect asparagus that was grown at Highgrove, the Prince of Wales' country residence. Asparagus was only ever on the menu when it was growing in the garden."

Makes **4 generous lunchtime servings**  
or **6 starter-size servings**

Preparation time **20-25 minutes**,  
plus chilling

Cooking time **15-20 minutes**

### INGREDIENTS

#### For the Parmesan straws (makes 18)

- 200g/7oz ready-made all-butter puff pastry
- 1 medium free-range egg, beaten
- 2 tbsp fresh chives, finely chopped
- 3 tbsp Parmesan, finely grated
- 1 tsp white sesame seeds
- 1 tsp black sesame seeds
- A pinch of paprika

#### For the soup

- 800g/1¾lb asparagus (about 50 spears), the tough woody ends snapped off and discarded
- 2 tbsp olive oil
- 2 medium onions, peeled and finely chopped

- 1 small leek, washed, trimmed and finely chopped
- 750ml/26fl oz tasty chicken stock
- 6 small new potatoes, scrubbed and diced
- 150ml/¼pt crème fraîche
- 1 tbsp fresh chives, finely chopped
- Salt and freshly ground black pepper
- 2 tbsp butter
- Fresh chervil sprigs, to garnish

1. First make the Parmesan straws. Roll out the pastry on a floured board to a 25cm/10in square about the thickness of a £1 coin. Using a pastry brush, glaze all over with the egg then sprinkle with the chives, Parmesan, sesame seeds and paprika. Chill for 10 minutes in the refrigerator (this makes the pastry much easier to cut) then, using a long-bladed knife, cut 18 long points, as pictured (right), then chill again.
2. Preheat the oven to 190°C, 375°F, Gas 5 and bake the straws for 12-15 minutes. Remove and leave to cool.
3. Meanwhile, make the soup. Cut off the tips of the asparagus and reserve to use as a garnish. Chop the remaining stalks into 1cm/½in pieces.
4. Add the olive oil to a heavy-based

pan, add the chopped onions and leek and cook over a low heat, with the lid on, until the onion is translucent and the leek is very soft. Don't allow them to brown as this will spoil the colour of the soup.

5. Bring the chicken stock to the boil in another pan. Cook the asparagus tips in the stock for 3-5 minutes until tender then remove them to a colander with a slotted spoon, rinse under cold water to stop them cooking and reserve.

6. Cook the diced potatoes in the stock until tender then remove with a slotted spoon and reserve.

7. Once the onion and leek are soft, add the chicken stock and asparagus pieces to the pan. Cook for 10-12 minutes until the asparagus is tender. Don't overcook or the asparagus will become a very dull colour. Remove from the heat and cool before blending to a silky smooth consistency.

8. Just before you're ready to serve, reheat the soup then whisk in the crème fraîche and chives and season with salt and pepper. Meanwhile, in a pan reheat the asparagus tips and cooked diced potato in the butter.
9. Pour the soup into warmed cups or bowls and top with a spoonful of diced potato, a few asparagus tips and a pretty sprig of chervil. Serve with a couple of Parmesan straws.



## CRUNCHY PARMESAN-CRUSTED CHICKEN WITH ASPARAGUS AND LEMON PAPPARDELLE

"This is quick to prepare and the fresh flavours of citrus and asparagus are beautifully summery. Vegetarians love the asparagus pappardelle on its own without the chicken. Alternatively, for a light meal you could leave out the pasta and simply serve the chicken with a salad of mixed leaves and avocado tossed in a lemon and olive oil dressing."

Serves **4**

Preparation time **20-25 minutes**

Cooking time **25-30 minutes**

### INGREDIENTS

- 2 tbsp butter
  - 4 free-range chicken breasts, each weighing 150g/5oz, skins removed
- For the Parmesan crust**
- 40g/1½oz butter
  - 75g/3oz fresh breadcrumbs
  - 60g/2½oz fresh Parmesan, grated
  - 1 tbsp mixed fresh thyme leaves, parsley and marjoram, finely chopped
  - A few twists of ground black pepper
  - 1 tsp finely grated lemon zest

### For the pasta

- 16 asparagus spears, woody ends snapped off and discarded
- 200g/7oz pappardelle pasta
- 150ml/¼pt crème fraîche
- 60g/2½oz pine nuts
- 60g/2½oz ready-prepared rocket
- Zest of 1 lemon
- A few fresh Parmesan shavings

1. Preheat the oven to 190°C, 375°F, Gas 5.
2. To make the Parmesan crust, melt the butter and combine it with all the other ingredients and mix well.
3. Melt the butter in a sauté pan and sear the chicken so that each side is lightly golden in colour (2-3 minutes on each side), then place the pieces on a baking tray. Divide the crust topping between the 4 chicken breasts, packing it on well so that it doesn't fall off during cooking.
4. Bake in the preheated oven for 20-25 minutes until the topping is crisp and golden and the chicken is cooked through.
5. Meanwhile, make the pasta. Cut the asparagus into 2.5cm/1in lengths and cook in lightly salted boiling water until tender.
6. Cook the pappardelle in lightly salted boiling water, according to the instructions, then drain it and return to the pan.
7. Simmer the crème fraîche gently in a small pan for a couple of minutes then stir it into the pappardelle with the asparagus, pine nuts and rocket. Grate the lemon zest into the pasta and finish with freshly ground black pepper.
8. As soon as the pasta is ready, divide it between warm plates, sprinkle over Parmesan shavings and serve it alongside the chicken breasts. ▶





## LEMON AND LIME POSSET WITH SESAME SHARDS, FRESH BLUEBERRIES AND VANILLA SHORTBREAD FINGERS

"For a very quick and simple dessert serve the posset on its own. Presented with all the accompaniments, it becomes a special occasion dessert."

Makes **4**  
Preparation time **30-35 minutes**,  
plus **chilling**

### INGREDIENTS

#### For the posset

- 500ml/18fl oz double cream
- 100ml/4fl oz milk
- 150g/5oz caster sugar
- Grated zest of 1 unwaxed lime
- Grated zest of 1 unwaxed lemon
- 2 tbsp freshly pressed lemon juice
- 2 tbsp freshly squeezed lime juice

#### For the sesame caramel shards

- 100g/4oz caster sugar
- 4 tbsp water
- 2 tbsp sesame seeds

#### To serve

- Mint sprigs
- 200g/7oz fresh blueberries (optional)
- Vanilla shortbread fingers (optional)

1. First make the posset. Bring the cream, milk and sugar to the boil and simmer for 3 minutes. Watch it

closely – it can boil over easily. Remove from the heat, add the grated lime and lemon zests and the citrus juices and stir in well.

2. Pour the mixture equally between 6 ramekins or demitasse cups and leave to cool before putting in the refrigerator to chill for 2-3 hours.

3. To make the sesame caramel shards, place the sugar and water in a small heavy-based saucepan on a medium heat. Stir to dissolve the sugar then simmer until it becomes a rich gold colour (keep a close eye on it as it very quickly darkens and burns). Add the sesame seeds then pour out in a thin layer onto a baking tray lined with non-stick baking parchment. Leave for about 15 minutes to harden before breaking it into small shards. If it is a damp or humid day put the shards into an airtight container as soon as they are cold and hard or they will quickly become soft and sticky.

4. To serve, spike each posset with a couple of sesame caramel shards and top with a mint sprig. If liked, accompany with fresh blueberries and little vanilla shortbread fingers.

## ICED GINGER MERINGUE

"I love this for its sheer simplicity. Served with a salad of minted tropical fruit, it is ideal for a celebratory summer luncheon in the garden."

Serves **4-6**  
Preparation time **30-35 minutes**,  
plus **freezing**  
Cooking time **1 hour**

### INGREDIENTS

#### For the meringues

- 2 medium free-range egg whites
- 6 tbsp golden caster sugar
- 1 tbsp demerara sugar

#### For the ginger cream

- 300ml/½pt double cream
- Grated zest of 1 unwaxed lemon
- Grated zest of 1 orange
- 3 pieces of stem ginger, very finely chopped
- 25g/1 oz crystallised ginger, very finely chopped
- 2 tbsp The King's Ginger Liqueur

#### For the minted pineapple salad

- 1 small sweet pineapple, peeled and diced
- 2 passion fruit, cut in half and the pulp scooped out
- Handful of fresh mint leaves

1. First make the meringues. Preheat the oven to 130°C, 250°F, Gas ½ and line a large baking sheet with non-stick baking parchment.

2. In a clean, grease-free bowl, whisk the egg whites until stiff. Add the caster sugar slowly while continuing to whisk until firm and glossy.

3. Spoon the meringue into 10 mounds on the prepared baking tray and sprinkle with the demerara sugar. Bake in the preheated oven for 1 hour. If they are not crisp after this time then cook for a little longer. Once cooked, turn off the oven and leave them in while it cools down.

4. Line a 600ml/1pt china pudding basin with clingfilm, allowing it to overhang the edge, then put it in the freezer to chill.

5. Whip the cream until it stands in soft peaks, but don't overwhip it or you will spoil the texture of the frozen dessert.

6. Crush the meringues roughly and mix them into the cream. Add the grated zests, stem and crystallised ginger and liqueur into the cream mixture and gently combine.

7. Spoon the mixture into the chilled basin and pack down well. Cover with the overhanging clingfilm and freeze for 3-4 hours.

8. Combine the diced pineapple, passion fruit pulp and mint leaves in a bowl.

9. Turn out the iced meringue onto a plate, cut it into wedges and serve with the fruit salad.



## Command performance

Our recipes, simple to prepare and perfect for all sorts of special occasions and celebrations, are taken from *The Royal Touch* by Carolyn Robb, who spent 13 years working as personal chef to the Prince and Princess of Wales.

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