



**GARY RHODES'S MARMITE RECIPES**



# Smoked haddock with melting Marmite rarebit on grilled salt and pepper plum tomatoes

Serves 4

## BREAKFAST

### Marmite rarebit

350g cheddar cheese  
75ml milk  
50g plain flour  
25g fresh white bread crumbs  
1 teaspoon English mustard powder  
2 tablespoons Marmite  
salt and pepper  
1 egg  
2 egg yolks

### Method

Put the cheddar into a pan and add the milk. Slowly melt the two together over a low heat, not allowing to boil.

When the mixture is smooth and just begins to bubble, add the flour, bread crumbs, mustard and Marmite and cook for a few minutes, stirring over a low heat until the mixture comes away from the sides of the pan and begins to form a ball shape.

Season with salt and pepper and leave to cool.

When cold, place the mixture in a food processor and slowly add the egg yolks.

Chill for a few hours before using.

### Ingredients for smoked haddock

4 x 100g portions smoked haddock fillet  
4 x rarebit (recipe opposite)  
4 large plum tomatoes, halved lengthways  
coarse sea salt  
cracked black pepper  
knob of butter  
olive oil  
Marmite for squeezing

### Method

Each portion of smoked haddock needs to be topped with a generous slice of the Marmite rarebit. This can be rolled by hand, creating a 4-5mm portion ready to sit on top of the fish and trim for a neat finish.

The rarebit mix can also be rolled between two sheets of clingfilm, refrigerating to firm before peeling away the film and cutting to size required. Any excess mix can be chilled for up to 1 week, or frozen for later use.

Drizzle olive oil on the tomato halves flat side up on a baking tray. Top each with a knob of butter before seasoning with the coarse sea salt and cracked black pepper, squeezing a little Marmite on top of each.

Put the Marmite rarebit haddock portions beneath a pre-heated grill, allowing to colour to a golden brown before lowering them to the next shelf down.

The tomatoes can now be placed above the haddocks, cooking for 8-10 minutes and tender. The heat created beneath the tomatoes will be enough to complete the cooking of the haddocks.

To serve, arrange the tomatoes on the plate, finishing with the golden brown Marmite rarebit smoked haddock.

A little olive oil can be drizzled over the fish before serving.



## Mushroom and poached egg Marmite crumpet with hollandaise sauce (v)

Serves 4

### BREAKFAST

4 x large flat mushrooms  
4 x eggs  
Butter for spreading  
Marmite for squeezing and spreading  
4 x crumpets  
Salt and pepper

### Poached eggs

4 eggs  
Malt or white wine vinegar (optional)

#### Method

Fill a large, deep saucepan with water (replace up to one-third with vinegar should it be required).

Bring to a rapid simmer and whisk vigorously in a circular motion. Crack an egg into the centre. As the liquid spins, it pulls and sets the white around the yolk, before the egg reaches the base of the pan.

Poach the egg for 3-3½ minutes before serving.

If wishing to poach the eggs in advance, once cooked plunge them into iced water to stop the cooking process. These can now be trimmed of any excess whites to leave perfectly shaped eggs. To re-heat, plunge into rapidly simmering water for 1 minute.

### Hollandaise sauce

*(makes about 200ml – 7 fl oz)*

175g (6oz) butter  
2 egg yolks  
Juice of 1 lemon  
Salt  
Cayenne or white pepper

#### Method

Clarify the butter by melting it until its solids have become separated from the rich yellow oil. Remove from the heat and leave to cool until just warm. Most of the solids will now be at

the base of the pan. Any other solids on top can be skimmed away.

Place the egg yolks in a bowl and add 2 tablespoons of warm water with half of the lemon juice. Whisk over a pan of simmering water to a thick ribbon stage, almost the consistency of softly whipped cream.

Remove from the heat and slowly add the clarified butter, whisking vigorously. This will emulsify the butter into the egg yolk mixture. If the sauce seems too thick and almost sticky while adding the butter, loosen slightly with another squeeze of lemon juice or water.

Season with salt and Cayenne or white pepper and add the remaining lemon juice, if needed, to enrich the total flavour. The sauce is now ready to serve. For a guaranteed smooth, silky, finish, strain through a sieve.

#### Method

Trim the flat mushrooms, removing the central stalk. To each, flat side up, with butter and season with salt and pepper. The mushrooms can now be placed under a pre-heated grill, cooking for 6-8 minutes and tender.

Meanwhile, spread a little butter over each of the crumpets, squeezing Marmite liberally on top. A few minutes before the mushrooms are cooked, the crumpets can be toasted beneath the grill, allowing the Marmite and butter to melt through as they warm.

To assemble, place the flat mushrooms on top of the crumpets along with the warmed poached eggs. Spoon the hollandaise sauce over each and the dish is ready to serve.

#### Serving notes

A few drops of olive oil can be drizzled around the plate.

A sprig of chervil or flat parsley can be placed on top of each.

## Sausage and sticky Marmite onion butty

Serves 4



### BREAKFAST

- 8 pork or beef sausages
- 2 large onions, sliced
- Olive oil
- 4 large bread rolls / baps, split in halves
- Butter for spreading
- Salt and pepper
- 1 generous tablespoon of Marmite

### Method

The sausages can be pan fried over a medium heat until golden brown and firm to the touch. The alternative is simply to cook them beneath a pre-heated grill, turning from time to time.

Meanwhile, heat one or two tablespoons of olive oil in a frying pan. Add the sliced onions and cook over a high heat until a rich golden brown. The temperature of the stove can now be reduced, allowing the onions to gently stew, becoming sweeter as they soften. Once cooked, stir in the Marmite, increasing the heat once more, to help caramelize the Marmite flavour into the onions, leaving a sticky finish.

Spread the rolls / baps with butter, toasting to a golden brown.

To serve, halve each of the sausages lengthways, overlapping these on top of the base to each roll. Spoon the sticky Marmite onions on top, finishing with the other half of roll before serving.

Blanched and diced tomatoes can be added to the sticky onions for a sweeter fruity bite.



## Cheddar Marmite pasta with parma ham and rocket (or without parma - v)

Serves 4

### STARTER

50g butter  
150ml single cream  
150ml milk  
100g cheddar cheese, grated  
50g grated mozzarella cheese  
2 tablespoons Marmite  
250g dried pasta (tagliatelle, linguine etc)  
1 large handful of rocket leaves  
pepper  
4 slices of parma ham, torn into pieces  
Marmite vinaigrette for drizzling, (see opposite)

#### Method

Warm the butter, single cream and milk together in a pan, add the cheddar, mozzarella and Marmite (an extra tablespoon of Marmite can be added, if preferred) and gently melt over a low heat.

While making the sauce, cook the pasta until tender. Drain and add to the finished sauce with the rocket.

Season with a twist of pepper and divide the pasta into bowls. Arrange the parma ham on top.

Drizzle with the Marmite vinaigrette just before serving, if using.

#### Marmite vinaigrette

2 tablespoons water  
1 teaspoon demarara sugar  
1 tablespoon Marmite  
2 tablespoons olive oil

#### Method

Simmer together the water and demerara sugar until the sugar has dissolved. Whisk in the Marmite and olive oil and the vinaigrette is ready to serve.



# Crispy pork squares with Marmite cr me fraiche dip and apple sauce

Serves 4

## STARTER

450g Pork Belly (skin left on)  
Goose or pork fat  
Plain flour  
Beaten eggs  
Dried Bread crumbs  
Salt and pepper  
Mixed salad leaves  
Lemon wedges  
Lime wedges  
Olive oil for dressing

### Marmite cr me fraiche

100g cr me fraiche  
50g mayonnaise  
1 dessertspoon Marmite – (adding to taste, if preferred)  
Squeeze of lime juice

Whisk together all of the above, seasoning with a pinch of salt.

### Apple sauce

2-3 Bramley apples, peeled, cored and roughly chopped  
1 tablespoon lemon juice

### Method

Place the apples in a saucepan with 2 tablespoons water and the lemon juice and cook over a low heat for 10-15 minutes until softened.

The sauce can be left chunky or put into a blender and whisked to a smooth consistency. This sauce / puree can be multiplied to produce a large quantity.

A teaspoon or two of sugar can be added while cooking the apples, if a sweeter finish is preferred.

### Pork method

Poach / confit the belly in goose or pork fat, totally submerged, until very soft and tender – about 2 hours 30 minutes to 3 hours @ 150 C.

Once cool, remove from the fat and press and chill.

Remove and discard the skin from the pressed pork.

Cut the pork into 25g squares, seasoning with salt and pepper before rolling each lightly in flour, egg and bread crumbs.

Refrigerate.

The pork can now be microwaved for 30 seconds before being deep fried to a golden brown.

The nuggets can also be placed in the oven for a few minutes before serving, to guarantee they are hot and tender.

### To serve

The salad leaves can be scattered over the pork nuggets or in a neat small pile, drizzling with the olive oil. Present 1 lemon and 1 lime wedge on each starter plate.

Serve the Marmite cr me fraiche dip and apple sauce apart.



# Fillet of red mullet with Marmite pissalidiere tart and Marmite vinaigrette

Serves 4

## STARTER

2 red mullets - scaled, filleted & pin boned  
Butter  
Salt and pepper  
Squeeze of lemon  
Pissalidiere Tarts:  
25g unsalted butter  
2 large onions, sliced  
75g button mushrooms sliced, and quickly pre-fried in butter  
2 tablespoons Marmite  
8 black olives, cut into a small rough dice  
4 tinned anchovies, diced, optional  
Pre-rolled ready made pastry,  
cut into 4 x 14cm x 7cm rectangles  
1 x beaten egg for egg wash  
Marmite Vinaigrette:  
4 tablespoons water  
2 teaspoons demarara sugar  
2 tablespoons Marmite  
4 tablespoons olive oil  
2 tablespoons diced, blanched tomato

### Method

Simmer together the water and demerara sugar until the sugar has dissolved. Whisk in the Marmite and olive oil and the vinaigrette is ready to serve.

Add the diced tomatoes to the vinaigrette just before serving

### Pissaladiere method

Melt the butter in a heavy based frying pan then add the onions with a pinch of salt. Cook over a low heat until the onions are softened and caramelised; this will take between 15-20 minutes. During the last minute of cooking, stir in the Marmite. Season and allow to cool.

Add the pre-sauteed mushrooms to the cooled onions along with the olives and anchovies.

Pre-heat the oven to 200°C, Gas 7. Prick the pastry rectangles centrally with a fork and place on a baking tray lined with baking parchment.

Spoon the caramelised Marmite onions and mushrooms on top of the pastry (2-3 tablespoons per portion) and spread out an even layer, leaving a 5mm clear border. Lightly brush the pastry border with the egg wash.

Bake for 15-20 minutes until the pastry edges are risen and evenly golden and base of the pastry is crispy. Carefully transfer to a wire rack. These can now be re-heated in the oven when required.

### Red mullet method

Arrange the red mullet fillets on a buttered and seasoned baking tray, brushing each with butter.

Place beneath a pre-heated grill, cooking for 4-5 minutes and golden brown and tender. The fillets can also be pan fried, skin side down, until golden before turning over and cooking for a further minute or two.

Put the pissalidiere toasts in the centre of the plates, drizzling the Marmite vinaigrette around and placing the red mullet fillets on top. Squeeze a little lemon over each and serve.

### Serving note

A few salad leaves can be sprinkled on top of the mullet before serving.



# Marmite beef fillet with a chasseur ragout

Serves 4

## MAIN COURSE

1 x 175g (6oz) beef fillet steak per portion  
Roast potato confit cakes (recipe below)  
Cooking oil  
Butter  
Marmite for squeezing and brushing  
Salt and pepper  
Roast confit potatoes:  
Potato disks (approximately 3" diameter x 3/4" deep)  
Olive oil  
Coarse sea salt

### Method

Brush the potato disks generously with olive oil before placing on a baking tray. Sprinkle each with sea salt and cook in a pre-heated oven (190°C) for 30-40 minutes to a golden brown and tender. It's best to check the potatoes after 20-25 minutes, depending on their thickness, they may already be cooked.

### Chasseur sauce

1 onion, chopped  
1 bayleaf  
1 clove garlic, peeled and chopped  
handful of button mushrooms, sliced  
knob of butter  
sprig or two of tarragon  
2 tablespoons tarragon or white wine vinegar  
1 glass white wine  
400ml tin beef consommé (1 x tin)  
1-2 teaspoons cornflour or arrowroot  
2 tablespoons Marmite  
salt and pepper

### Method

Pan fry the onions, bayleaf, garlic and sliced mushrooms in a saucepan until softened and well coloured.

Add the vinegar, allowing it to boil until almost dry. Add the white wine, also allowing to boil and reduce in quantity by three quarters.

Pour in the beef consommé, bring to the simmer and cook for 15-20 minutes. Season with salt and pepper.

Loosen a teaspoon of cornflour with water (or white wine) and whisk into the simmering sauce to thicken. For a thicker consistency, loosen and add the remaining teaspoon.

The Marmite can now be whisked into the sauce, any more is purely for personal preference.

Cook for a further 5 minutes before straining through a fine sieve. The sauce is now ready to serve.

### Garnish

Shallot rings, thickly cut (5-10mm thick), softened in butter (button onions can also be used, first pre-blanching in boiling water until tender) 5-6 per portion.

Small button mushrooms, sautéed in butter – 6 per portion.

Picked tarragon leaves, cut into 2-3 pieces.

Tomatoes, blanched and cut into 6-8 wedges, de-seeded and halved.

Roughly chopped curly parsley to finish.

### To serve

Season and sauté the beef fillet steak in a little cooking oil and butter.

Once cooked, remove the fillets from the pan and leave to rest for a few minutes. Each of the steaks can be brushed with Marmite, leaving a rich bite and glossy finish.

Re-heat the pre-baked potato cake in a hot oven.

Warm the chasseur sauce, microwaving the cooked shallots and button mushrooms before adding to the sauce along with 3-4 pieces of tomato per portion and chopped tarragon.

In a large bowl, present the beef fillets on a potato cake.

Spoon the chasseur garnish on top or around, finishing with the Marmite chasseur sauce.

*Note: This dish eats particularly well with French beans, spinach or cabbage.*



# Globe artichoke and mushrooms with Marmite béarnaise sauce and a spring vegetable ragout (v)

Serves 4

## MAIN COURSE

4 Globe artichoke bottoms  
Juice of 1 lemon  
Artichoke cooking liquor  
Prepared artichoke bottoms-kept in acidulated water  
(lemon juice) to prevent discoloration  
1 litre of water  
100ml of white wine  
pinch of salt  
1 shallot, sliced

### To prepare the artichokes

Break the stalk from the base of the artichokes. Cut 2-3mm from the base with a sharp knife, revealing the artichoke bottom. Cut around the artichoke, removing the outside leaves; this will leave you with a cylinder shape.

Cut the top of the cylinder away, leaving you with about a 2.5cm deep choke. Tidy and trim off any excess green left on the bottoms and scoop out the furry 'choke' from the centre.

Once each artichoke is prepared, roll in the lemon juice to prevent any discolouring.

To make the artichoke cooking liquor, put the water, white wine, salt & shallot in a large pan and bring to the simmer. The artichokes and lemon juices can now be placed in the simmering cooking liquor and covered with grease proof paper.

The artichokes will take 20-25 minutes to become completely tender. Remove from the heat and leave to cool.

The choke bottoms can now be pan fried in butter to warm through before serving.

### Marmite mushroom stuffing

450g cup mushrooms  
A knob of unsalted butter  
1 large onion, finely chopped  
1 garlic clove, crushed  
Pinch of chopped fresh thyme  
100g button mushrooms, sliced  
Freshly ground black pepper  
3 tablespoons Marmite

### Method

Mince or blitz the cup mushrooms in a food processor or liquidiser, then place them in a pan and bring to a simmer. Leave them over a medium heat for about 20 minutes so that the liquid is reduced until almost dry, to intensify the flavour.

Melt the butter in a pan and add the chopped onions with the garlic and thyme, cooking for a few minutes until the onions are soft and translucent. Add the button mushrooms and cook for a further 8-10 minutes.

Mix the reduced mushroom mixture with the onions and season with a twist of pepper, squeezing and stirring in the Marmite.

### Marmite béarnaise sauce

*(makes about 200ml – 7 fl oz)*  
175g (6oz) butter  
2 eggs  
Juice of 1 lemon  
Salt  
Cayenne or white pepper  
1-2 tablespoons Marmite

Clarify the butter by melting it until its solids have become separated from the rich yellow oil. Remove from the heat and leave to cool until just warm. Most of the solids will now be at the base of the pan. Any other solids on top can be skimmed away.

Place the egg yolks in a bowl and add 2 tablespoons of warm water with half of the lemon juice. Whisk over a pan of simmering water to a thick ribbon stage, almost the consistency of softly whipped cream.

Remove from the heat and slowly add the clarified butter, whisking vigorously. This will emulsify the butter into the egg yolk mixture. If the sauce seems too thick and almost sticky while adding the butter, loosen slightly with another squeeze of lemon juice or water.

Season with salt and Cayenne or white pepper and add the remaining lemon juice, if needed, and Marmite to enrich the total flavour. The sauce is now ready to serve. For a guaranteed smooth, silky, finish, strain through a sieve.

## ***Globe artichoke and mushrooms with Marmite béarnaise sauce and a spring vegetable ragout (v)***

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### **Spring vegetable ragout**

Baby carrots (4-5 per portion)  
Broad beans (50g podded weight)  
Peas (50g podded weight)  
Asparagus (2 spears per portion) cut into 1-2" sticks

All of the vegetables can be individually cooked in boiling salted water until tender before refreshing in iced water. Microwave to order when needed.

### **Vegetable butter sauce**

*Makes about 300ml (½ pint)*  
100ml dry white wine  
1 tablespoon white wine vinegar  
2 shallots, finely chopped  
100ml double cream  
150ml vegetable stock  
200g cold unsalted butter, cubed  
Salt and pepper

### **Method**

Put the wine, vinegar and shallots in a thick based saucepan. Bring to the boil and reduce by half.

Add the cream and stock and boil for 1 minute. Lower the heat and gradually whisk in the cubes of cold butter.

For a smooth finish, pass the sauce through a fine sieve to remove the shallots.

Season with salt and pepper.

### **To serve**

Arrange the warm artichoke bottoms in main course bowls, topping with a large dome of the mushroom stuffing, spooning the Marmite béarnaise on top.

Add the microwaved vegetables to the warmed sauce and spoon around or offer separately.

### **Notes**

Chopped mixed herbs can be added to the sauce.

Left over mushrooms mix is delicious spread on toast and topped with grated gruyere or cheddar cheese before toasting until melted.



# Panfried seabass with soft potato and spicy spring onion Marmite dressing

Serves 4

## MAIN COURSE

4 x 175-225g sea bass fillets  
1 tablespoon Marmite (an extra squeeze can be added for a stronger bite)  
2 tablespoons soy sauce  
3 tablespoons mirin (sweet rice wine)  
a small pinch of five spice powder  
3 tablespoons olive or sesame oil  
salt and freshly ground black pepper  
1 bunch of spring onions, finely shredded  
1 red chilli, very finely chopped  
plain flour for dusting  
a knob of unsalted butter  
1-2 tablespoons oil  
oil for deep-frying

### Method

To make the dressing, boil the Marmite, soy sauce, mirin and five spice powder together, then remove from the heat. Mix with the olive or sesame oil and season with a twist of pepper, if necessary. Mix all of the spring onions with the chopped chilli.

To fry the sea bass, lightly flour on the skin side and season with salt and pepper.

Heat a frying pan with a little olive oil. Cook the bass on the floured side for a few minutes, then turn it over and adding a knob of butter and remove from the heat. The fish could take a little longer to cook, depending on the thickness of fillets.

Once the fish has been turned over, heat the dressing and add the spring onions and chilli mix. This must be warmed on a high heat and once the dressing is reaching boiling point, remove from the heat.

To present the dish, sit the seabass on top of a generous spoonful of soft mashed potato and spoon the spring onion and chilli around. The dish can now be finished with a trickle of the beurre blanc (if using) offering extra in a small jug apart.

### Vegetable butter sauce

*Makes about 300ml (1/2 pint)*

100ml dry white wine  
1 tablespoon white wine vinegar  
2 shallots, finely chopped  
100ml double cream  
150ml vegetable stock  
200g cold unsalted butter, cubed  
salt and pepper

### Method

Put the wine, vinegar and shallots in a thick based saucepan. Bring to the boil and reduce by half.

Add the cream and stock and boil for 1 minute. Lower the heat and gradually whisk in the cubes of cold butter

For a smooth finish, pass the sauce through a fine sieve to remove the shallots.

Season with salt and pepper

### Mashed potatoes

450g large, floury potatoes, preferably Maris Piper, peeled and quartered  
50g unsalted butter  
75ml single cream or milk  
salt, pepper and freshly grated nutmeg

### Method

Boil the potatoes in salted water until cooked, approx 20-25 minutes, depending on size.

Drain off all water and replace the lid. Shake the pan vigorously, which will start to break up the boiled potatoes.

Add the butter and single cream or milk, a little at a time, while mashing the potatoes.

Season with salt, pepper and some freshly grated nutmeg according to taste.

The potatoes will now be light, fluffy, creamy and ready to eat.



## Coffee ice cream with chocolate Marmite sauce and Marmite syrup coffee ice cream

### DESSERT

320g white chocolate  
500ml double cream  
1 litre whole milk  
100g icing sugar  
280g liquid glucose  
Espresso coffee (1.50ml for every 1 litre of ice cream mix)

#### Method

Break up the chocolate into a large heatproof bowl and add the remaining ingredients. Place the bowl over a pan of gently simmering water and heat slowly, stirring frequently, until the chocolate melts smoothly into the liquid. Don't allow the mixture to become too hot otherwise the chocolate might 'seize'. It should be just warm enough for the chocolate to melt and blend smoothly. Remove the bowl from the pan and pour the mixture into a cold bowl. Leave until quite cold before adding the espresso coffee measure required.

Pour into an ice cream machine and churn until it is as thick as possible. Scoop into a freeze proof container and freeze for 2-3 hours or until it is firm enough to scoop into balls.

For convenience, you can scoop the ice cream into small balls and open freeze these on a tray lined with a sheet of baking parchment. Freeze until solid, then place in a freeze proof container and keep frozen until ready to serve.

#### Marmite chocolate sauce

300ml (1 pint) water  
4oz (100g) sugar  
2oz (50g) chopped chocolate  
2oz (50g) cocoa powder  
Marmite to taste

#### Method

Boil the water, sugar and cocoa powder in a saucepan, stirring continuously to prevent the cocoa powder from sticking to the pan.

Once the sugar has dissolved and the cocoa powder mixed in, add the chocolate and cook for a further 5-6 minutes until thickened.

Should the sauce be too thick, loosen with a drop more water until a sauce consistency is achieved.

Finally, add the Marmite. I prefer 2-3 tablespoons, but you can add as much or as little as you like, to provide your desired taste.

#### Marmite syrup

100g sugar  
250ml water  
6-8 teaspoons of Marmite

#### Method

Warm together the sugar and water over a medium heat. Once the sugar has dissolved, the Marmite can be whisked in (6-8 teaspoons being personal preference). Leave to cool and the syrup is ready to serve.

#### To serve

Scoop 3 balls of ice creams per portion, drizzling liberally with the Marmite syrup, offering the chocolate Marmite sauce apart.

*Note: A sprig of mint can be used to garnish the ice cream. A tuile of brandy snap biscuit provides a crispy accompaniment for the ice cream.*

## Marmite Bloody Mary



### DRINKS

45ml Ketel One vodka  
10ml Lemon Juice  
60ml Tomato juice  
4 drops Tabasco  
2 barspoons Worcestershire sauce  
2 barspoons of Marmite Squeezy  
Pinch salt and pepper

#### Method

Add all ingredients into a mixing glass with ice.

Stir really well, and strain into a 12oz Collins (no ice).

Garnish with lemon wedge, and celery stick.