

Andre Dupin

'Keep it simple: let good quality food speak for itself'

Andre shares his top tips on how to spoil your guests this summer. Having worked in Gordon Ramsay's kitchen at Claridge's, Andre is now head chef at the top cookery school, L'atelier des Chefs.

When planning a dinner party, work out what can be prepared in advance as guests shouldn't be left on their own; desserts can be made in the morning, risottos can be half cooked before the guests arrive.

The key to alfresco dining is simplicity: let good quality seasonal food speak for itself. Sea bass with fennel, tomatoes, asparagus and strawberries are in season and easy to prepare.

When barbecuing, make burgers with decent spices and quality meat. Leave bread off the table. Perfectly cooked meat or fish and salads work well alone.

Make a show-stopping amuse-bouche to awaken the palate. A shot glass of pea and mint tea or a mini gazpacho with an oyster at the bottom are great options.

A lime and basil or Pimm's summer cocktail granita is the perfect palate cleanser; something slightly acidic but also sweet works best.

Expose yourself to as many interesting flavours as possible. Trust your palate and be prepared to work with it. When it comes to presentation, keep things simple and let the food do the talking.



The Cook and Dine class at L'atelier des Chefs costs £54. Visit www.atelierdeschefs.co.uk for more information or call 020 7499 6580.

KITCHEN AND DINING

BARGAIN GUIDE

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