

Q cuisine: with HOBBY CHEF CHAPMAN

It's all about passion when he cooks and with this dedication Mark Frederick Chapman will from now on create a recipe for Q Magazine readers every month.

"Food," says Chapman, "has always been more than nourishment to me. My grandmothers were excellent cooks and my mother as well – I learned a lot from them. Some of the dishes I cook and bake are based on recipes they have passed on me. I was born in London and I grew up in Zurich. Both countries – Switzerland and the UK – have shaped me with their gastronomic tradition, and besides, my many trips around the globe have made me culinary inspired."



MARKS COOKING CREDO | "I'm not a trained chef. I learned my skills as I watched others cook, read books, watch cooking programs, and asked many questions. I've always been eager to try cooking and experimenting with food."

PLEASING THE EYE | "Working as a graphic designer, the food does not just have to taste great for me, it also has to please the eye. I try to make my dishes beautiful and I love colors and textures on my plate."

SEASONAL AND REGIONAL | "The use of mostly seasonal and regional ingredients is essential for me. I also prefer organic vegetables and fruits. I'm not a vegetarian, but I make sure that the meat and seafood I use comes from sources that treat animals with respect."

NO FOOD SNOB! | "Of course, I also use ingredients that are practical, such as ground herbs and spices or frozen peas. You can simmer your own beef stock or make ketchup yourself if you want to take the time - I'm not a food snob."

AGAINST FOOD WASTE | "In a world where a large number of people are still hungry, food waste is unacceptable to me. An apple does not have to look perfect if you want to make a compote out of it. I appreciate producers who grow old tasty vegetables and fruit varieties again. Many dishes I cook are based on the reuse of leftover food – some foods taste even better when reheated."

QUEER COMMITMENT | Mark Frederick Chapman works as a graphic designer in Zurich and he is also a dedicated LGBTQ activist. Here is an excerpt from the portfolio of his activities: Among other things, Chapman was a board member of the CSD Zurich, co-organizer of the InterPride World Conference 2007 in Zurich and board member of EuroPride 09 Zurich.

Tanqueray No Ten Gin Chicken

PREPARATION

Cut the chicken breast into fillets about one centimeter thick and season the pieces on both sides. Keep the pieces of a breast together – it looks nicer later when serving.

Finely chop onion and garlic and sauté in a pan. When the onions are translucent, deglaze with the white wine and add the juniper berries. Simmer gently until the liquid is almost reduced. Then sieve the reduction and pour it back into the pan. Set aside the sieved juniper berries for decoration.

Sauté the chicken breast fillets in a little rapeseed oil for a short while, then cook at low heat until they are cooked.

Add a butter flake to the sauce reduction and stir until the butter has melted, then add the cream, the plucked tarragon leaves and the Tanqueray No Ten Gin and bring to a boil again. Season the sauce to taste with salt and white pepper and a little more gin.

Serving: Spoon some sauce on preheated plates, arrange the fillets of a chicken breast on the sauce. Add some sauce over the meat, and decorate with some of the set side juniper berries, fresh tarragon leaves as well as a quarter of lime. Serve it with white rice or linguine.



INGREDIENTS

4 chicken breasts | Seasoning mixture for poultry | 1 onion | 1 clove of garlic | 15 juniper berries | 2 dl white wine | 2 dl sauce cream | fresh tarragon | salt | ground white pepper | 4 cl Tanqueray No Ten Gin | 1 lime | Butter and rapeseed oil

For 4 people | Preparation time: 20 minutes | Cooking time: 10 minutes

TANQUERAY NO TEN GIN

is an award-winning premium gin. Distilled in small batches with fresh citrus fruits, camomile flowers and other hand selected botanicals.

