



Paul Jon Bellchambers

"I left home at seventeen and realised that I did not know how to cook! I bought a few cookbooks and very quickly learnt to cook lasagne and other classic dishes. If I had but realised that cooking was ultimately the thing I wanted to do the most I would have started, then. Twenty years later I trained at night school gaining my City & Guilds Diploma and I have loved everything that I have done and accomplished since."

Paul Jon Bellchambers was born in Kingston upon Thames in 1957. At the age of five his parents moved the family to Zambia. His childhood was a mixture of school in the mornings and exploring the bush in the afternoons. Life was easy and free for the group of children who enjoyed the lifestyle. Growing up with BBQs, swimming pools and the African wildlife on the doorstep he remembers a wonderful period of growing up.

Once back in the United Kingdom Paul experienced a classic education through secondary school and sixth form. His ambition at was to join the Royal Airforce. His parents went to Nigeria on a two-year contract and Paul left home. He was unable to join the RAF, so he explored the world of computing and took a job in the public sector, firstly with the Department of Energy and then AWRE Aldermaston computing centre. The experience was short-lived, and he moved to work in the commercial world.

From working as a computer operator to programmer, Paul worked his way into many fantastic jobs with some of the key companies of the computer industry, from Digital Equipment, Sun Microsystems, Cisco Networks and Blackberry. He travelled extensively across Europe, the Middle East and the USA. Much of his work was in marketing and rolling out business programmes across these regions.

He cooked to relax and had developed a wide range of skills across French, British, Italian, Chinese, Indian and other styles. Whilst still working in the computer sector he trained at night-school for two years to qualify with a City and Guilds Diploma in Professional Catering. Followed with a period of work experience at Raymond Blanc's Le Manor aux Q'uat Saisons he learnt what it was he wanted to do in the chef and cooking world.

In 2009 he started his catering business, The Late Chef. Through this he has done many different things. From broadcasting on BBC radio Oxford, bringing a couple of recipes to the audience each month, to creating the Wallingford Food Festival in 2011 to becoming a tutor at the WI Cookery School. He creates courses and teaches a number of course each year at Denman College.

He is passionate about local food and passing his passion for cooking on to young and older cooks alike.

Paul is a member of the Guild of Food Writers and Craft Guild of Chefs.

["All our dreams can come true...if we have the courage to pursue them." - Walt Disney](#)



For the 2018 Abingdon Food Festival I felt that some simple summer salad recipes and an easy to prepare and cook meat dish would be useful for everyone at the demonstrations.

The Herb and Pomegranate salad is refreshing and an easy one to make. Great with BBQ food and simple meat dishes. It could also be a simple snack or lunch.

The Clementine and Feta Salad is colourful and will impress your guests. Again, a salad that will work with BBQ meats and it packs a lot of flavours which are delicious, and the clementine/lemon dressing is so refreshing!

The Lemon Chicken Piccata is classic Mediterranean dish which is delicious with a simple salad. The chicken is moist and fresh with the lemon and butter.

Enjoy cooking these recipes!

For more recipes please go to my website: [thelatechef.com](http://thelatechef.com)



# HERB & POMEGRANATE SALAD

A delicious and summery salad to go with any meat or fish dish.

## INGREDIENTS

- 1 Lemon juice and zest
- 1 tbsp pomegranate molasses
- 1 tbsp olive oil
- 1 tsp sugar
- 50g of bulgur wheat, or couscous
- 2 cucumbers deseeded and finely chopped
- 2 large tomatoes, deseeded and finely chopped
- 110g tub pomegranate seeds (or seeds from 1 pomegranate)
- Small bunch parsley, chopped
- Small bunch dill, chopped
- Small bunch mint, all chopped

## METHOD

- In a large bowl, whisk together the lemon zest and juice, pomegranate molasses, olive oil, sugar and some seasoning.
- Boil the bulgur or couscous, or whatever you are using to bulk the salad with. Leave to cool once boiled.
- Add cucumbers, tomatoes, deseeded and finely chopped, pomegranate seeds and parsley, dill and mint. Toss everything together and serve.

Serves 4

Preparation time 15 minutes



# CLEMENTINE, FETA & LEAF SALAD

Serves: 8

Prep time: 20 minutes

## INGREDIENTS

6-8 seedless clementines

2 heads red chicory or 100g red chard leaves

100g watercress

1 fennel bulb halved, cored and very finely sliced

1 red onion, halved and finely sliced

200g feta cheese, cut into cubes

20g parsley finely chopped

*Optional:* add diced cured meat i.e. chorizo, salami and the like or add some cooked prawns or smoked salmon or trout. Also add some of your favourite nuts i.e. pine, or sesame seeds etc.

### For the dressing:

Juice 1 clementine

Juice 1 lemon

4 tbsp. olive oil

1 tsp caster sugar

## METHOD

- Whisk the dressing ingredients in a jug, season with salt and set aside.
- To make the salad, peel the clementine and slice whole. In a bowl, gently toss the chicory and watercress with the fennel and onion. Place slices of clementine on opposite sides of each plate, mound a pile of leaves in the middle, finally, and scatter the feta over the salad. Stir the parsley through the dressing and drizzle over the salad.



# LEMON CHICKEN PICCATA

Lemon Chicken Piccata - a simple yet super impressive chicken piccata in a tasty lemon, butter and capers sauce. Perfect with pasta for a quick and delicious dinner.

## Ingredients

2 skinless and boneless chicken breasts cut in half lengthwise  
salt and pepper to taste  
30g flour for coating  
60g butter unsalted  
2 tbsp olive oil  
Juice of 2 lemons  
125ml chicken stock or dry white wine (I use wine)  
50g capers  
20g cup fresh parsley chopped

## Method

- Season chicken with salt and pepper. Dust chicken in flour and shake off excess.
- In a large skillet melt the butter with the olive oil, over medium to high heat.
- Add chicken pieces to the skillet and cook for about 3 to 4 min per side until browned. When chicken is cooked, remove chicken from skillet.
- Remove skillet from heat. Add lemon juice, chicken stock or wine, capers and scrape up the brown bits from the pan for extra flavour. Return skillet to heat and bring to a boil. Taste the sauce and season with additional salt and pepper if needed. Add chicken back to skillet and simmer for about 5 minutes. Remove chicken to a platter and add remaining butter and whisk for about a minute. Sauce will thicken a bit.
- You can return chicken to skillet and garnish with parsley. Alternatively, you can pour the sauce over the chicken and garnish with parsley.

Serves: 4

Preparation: 15 minutes

Cooking: 25 minutes