Gold Medal Dining with Usain Bolt and Epson







Outdoor Cinema

Flavoured Popcorn and Milkshake

Marmite Popcorn Chocolate Popcorn Clusters Mocha Dairy-Free Milkshake

Outdoor cinemas are increasing in popularity. If you can't get to an organised event, why not use an Epson projector and host your own cinema night in your garden! Grab your snacks, blankets, beanbags and fairy lights and settle down to watch your favourite movie!

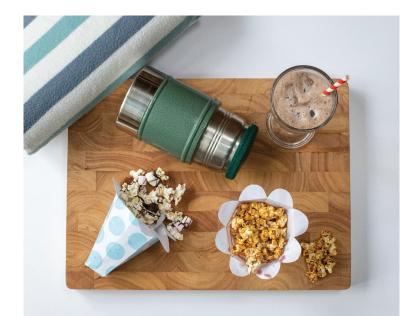


Makes: Se Prep time: 20 Cook time: 15

Serves 2 20 minutes 15 minutes

Ingredients

- 1 tsp vegetable oil
- 150g popping corn
- 100g 70% dark chocolate (broken into pieces)
- 50g free-from vegan marshmallows
- 50g dried chopped apricots
- 50g dairy free spread/plant butter
- 1 tsp yeast extract
- 120ml freshly brewed espresso coffee or 4tsp instant coffee made with 120ml boiling water.
- 300ml hazelnut or almond milk, or plant milk of your choice.
- 200g dairy-free chocolate ice cream
- 2 ripe bananas
- Handful of ice (optional)



Suitable for dairy-free or vegan

This recipe is intended for entertainment purposes and for use by persons having appropriate technical skill, at their own discretion and risk. Before trying this recipe, please check to be sure that you're not allergic to any of the ingredients.

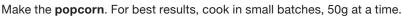


Flavoured Popcorn and Milkshake





To melt the **chocolate**, fill a medium saucepan with 2–3cm of water. Place over a medium heat and bring to a gentle simmer. Place a heatproof bowl on top of the pan so that it fits snugly but doesn't touch the water. Turn the heat to low. Add the chocolate to the bowl and allow it to melt for 4–5 mins, stirring regularly.



On the hob, put the oil and corn in a large saucepan with a tight-fitting lid over a medium heat. Put the lid on, and heat until you hear the first popcorn pop, then turn the heat to medium-low. When you begin to hear lots of popping, give the pan a shake. Continue to shake frequently until the popping stops. Turn off the heat.

If you are using the **microwave**, put the corn into a large microwave-proof bowl (do <u>not</u> add any oil). Cover completely with a microwave-proof plate. Cook on high, 900Watts, a couple of minutes at a time, to make sure it doesn't burn. Continue until most of the corn has popped, 4–5 mins. Remove the popped corn and return any un-popped kernels to the bowl. Cover again and give them another minute or so until as many have popped as possible. Discard any kernels that haven't popped. Take care that the corn doesn't burn.



Line a tray with baking paper, spread out one third of the **cooked popcorn** with the **marshmallows**. Use a spoon to drizzle half of the chocolate over so that everything bonds together. Sprinkle the **apricots** on top to stick to the chocolate and drizzle with the remaining chocolate. Leave to set.



Transfer the remaining two-thirds of popped corn into a large bowl. Put the **plant butter** into a small pan with the **yeast extract** and gently melt together over a low heat. Remove from the heat and pour over the popcorn. Toss to coat the corn evenly and leave to cool.



Make the mocha milkshake. Once the **coffee** is cool pour into a liquidiser along with the **nut or plant milk**, **dairy free chocolate ice cream**. Peel the **bananas** and add the flesh. Whiz until smooth, and add a handful of **ice cubes** you like.



Break up the chocolate popcorn clusters and put into suitable containers. Put the Marmite popcorn into a separate container.

Put the milkshake into a Thermos flask or insulated cups to keep it cold. Relax and enjoy the film!

Chef Usain's Winning Tips

There are so many great vegan and dairy-free products available now, so choose your favourite butter or milk alternative.

Use a high solids dark chocolate (70% or above) and check the label to ensure it meets requirements for dairy-free or vegan.

Try a dairy-free chocolate milk and add vegan vanilla ice cream with coffee as an alternative combination blended with the ripe banana.

Never waste over-ripe bananas — peel and freeze and add straight to smoothies.

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