



**English Transcript of our Festive Cooking Special live stream
with Fifi Garfield, Scott Garthwaite and Yvonne Cobb
on 16th December 2019**

- based on live voiceovers by Susan Booth, Mark Schofield and Karen Newby

Fifi	<p>Hello and welcome to BSL Zone! This is our live stream with a difference. It's the first time we have cooked live via live stream!</p> <p>BSLBT was established back in 2009, so it's been 10 years, so happy birthday to BSLBT! We first started live streaming 3 years ago. How many times have we done that? Today is our tenth, so I was delighted to have been asked to be involved.</p> <p>We're doing our live cooking live stream here in London. I'd like to, first of all, introduce Yvonne who set up her own business, Yumma.</p>
Yvonne	<p>Hi there.</p>
Fifi	<p>What's your sign for Yumma?</p>
Yvonne	<p>Yumma Food.</p>
Fifi	<p>Ah. Also, Yvonne will be well known to people as a See Hear presenter!</p>
Yvonne	<p>That's right, I've done a few different roles and I love it, it's such a wonderful opportunity.</p>
Fifi	<p>Can you tell us what dishes you're cooking today?</p>
Yvonne	<p>I'm going to be really busy! I've got three dishes for you. I'm making a Christmas Wreath Salad which is full of colour.</p>
Fifi	<p>You're not going to hang it on a door, though.</p>
Yvonne	<p>Ha! I'm then going to make Halloumi Cheese with Spinach and Naan Bread Canapés which are perfect party food.</p> <p>And lastly I'm going to toast everyone with a very special drink, Prosecco and Passion Fruit with Gin Spritz.</p>
Fifi	<p>My favourite, you must have known! Thank you for that. You read my mind! So, I'll come and help you later.</p>
Yvonne	<p>Yes, you're welcome.</p>
Fifi	<p>I'd also like to introduce Scott Garthwaite who we all know as the very famous Punk Chef. He's been in Punk Chef on the Road, one of BSLBT's programmes.</p>
Scott	<p>That's right, we've been on the road.</p>

Fifi	So, you've been across the UK – and, the next episode will be broadcast on 6 th January and you'll be in Birmingham.
Scott	That's right, Birmingham.
Fifi	What dishes did you do?
Scott	Do you know, I've done so many I can't remember!
Fifi	Can you tell me what you're going to be cooking for us today?
Scott	I can. Today I'm doing a chocolate meringue with poached pears and that comes with an orange caramel with walnut and dark chocolate cream. You'll see me make a tree.
Fifi	Is that easy to make?
Scott	There's a few technical things to talk through, but actually, it's pretty straightforward.
Fifi	You need my help, don't you?
Scott	I might need it later.
Fifi	I'll help you later. Okay, so I'll be asking these guys questions throughout and if you have any questions of your own, please type them in the comments. Also, please try to "Like" or "Love" this, so that we know you're there watching us. Okay, Scott, so you do the meringue first?
Scott	What I've had to do is separate the yolks and the whites from the eggs. I'm just whipping the whites and they're in the mixer right now.
Fifi	Why do you have to separate them?
Scott	We have to separate them because the whites give air to the mix; you have to separate them because the yolks are too rich for meringues. You can put them in cakes though.
Fifi	And how do you separate them?
Scott	You crack open the egg, quite simply through the palm of your hands, you let the whites fall through your fingers, the yolk with stay in your palm.
Fifi	I see – some people have a special bottle to do that.
Scott	Yeah, you can do it that way if you want to. See now, what I've got here is some sugar, so you can see what's going on inside the mixer, just slow that down.
Fifi	Quite runny.

Scott	Yes, so it's filling the yolk whites with air at the moment and we're about ready to tip in some sugar like this. So that's being folded into the mixture.
Fifi	What number is that, that's you've got it on?
Scott	That's at 6 at the moment.
Fifi	Oh 6, is that maximum?
Scott	No, it goes up to 10.
Fifi	So about halfway.
Scott	Yes, so that's going to turn to a sort of silky-smooth consistency, so those are the egg whites with added sugar, adding a bit at a time. There we go.
Fifi	I can see it getting silky.
Scott	And then what I'm going to do now is add some cocoa powder.
Fifi	Not much?
Scott	Two.
Fifi	Two, okay.
Scott	Yes, so you can see the whites and you can see the consistency changing and it's becoming chocolatey now.
Fifi	The colour's changing.
Scott	It mixes them altogether.
Fifi	So, will you get a chocolate flavour when you eat it?
Scott	You certainly will.
Fifi	And how long have you been the Punk Chef?
Scott	Okay, let me think, my first programme was 2012, so where are we now? Let me do the maths, I've lost count!
Fifi	Seven years.
Scott	Yes, alright, about seven years.
Fifi	And before being on BSL Zone , were you a chef?
Scott	Yes, I studied; I did courses at college and university. Then, I went to work for a Michelin star hotel and so I learned my trade there. Then, I went to work in some small restaurants and now I'm working at Wynyard Hall near my hometown, it's about 10 minutes from where I live. It's got a spa, a restaurant and a hotel.

Fifi	So, come on everyone, visit and then you can keep him busy. He can have conversations with you all too! Do you get deaf people coming?
Scott	Do you know, not so many. I mean I'm hidden away in the kitchen, I don't know what's going on up in the dining room, I don't get to see it.
Fifi	Are you in the basement? No windows?
Scott	There are windows, yeah, on the stairs! You go up and down to get up into the kitchen and the dining room, all the food's served up above.
Fifi	Okay, and is that finished now?
Scott	Okay, now can you see what I've got here? I've got a baking sheet here.
Fifi	See that? Is that to place the meringue in the right place?
Scott	Yes, now what I've done is, if you use plates or bowls of different sizes, you can create different sized circles for a template in which you put the mix, and then you turn it over.
Fifi	Oh, I see.
Scott	So you're not putting the mix where you've drawn the circles.
Fifi	I have a weakness. Every time I cook, I lick the bowl. How can I stop doing that?
Scott	There you go, you can have a go now if you wish.
Fifi	No, not in front of all these people. Maybe later.
Scott	Sure, maybe! What I'm doing here is, if you can carry on doing that one for me, I'm putting meringue onto each of these sheets and we're doing different sizes, one on each tray.
Fifi	Does it have to be a perfect circle?
Scott	It does, really. What we'll do now is we'll put this in the oven at 120, for about an hour to an hour and a half, and you wait until it's cooked through, then you take it out to rest for a while.
Fifi	I'll leave you to it and go over to Yvonne. Hello. Can you tell me what you're doing right now?
Yvonne	Okay, so what I'm preparing first is the Christmas Wreath Salad. You know salads can get a bit boring, so I figured I'd be creative with this one.
Fifi	Wow, that looks fantastic!
Yvonne	It's actually very simple, but it has a Christmas feel to it.

Fifi	You could put that on the door! Put some glue on it on the door!
Yvonne	I think you'd have to put it in the freezer first!
Fifi	That is fantastic.
Yvonne	But I'm wanting to add some colour, so what I've got here are some pomegranate seeds and these are very high in vitamin C. They're better than oranges...
Fifi	What do we need vitamin C for?
Yvonne	We need it for energy, to stay alert.
Fifi	I need energy, can I have one? Thank you. Oh yes.
Yvonne	As I was saying, it's a beautiful colour, look.
Fifi	That's lovely.
Yvonne	Now often you use these when you cook them with lamb. It really adds to the flavour.
Fifi	Is the vitamin C lost in the cooking?
Yvonne	Well I mean when they're fresh, the vitamin C is stronger, so once they're cooked that might go down a bit. They still have fibre too.
Fifi	And what's this?
Yvonne	This is blue cheese. So it's nice to get a bit of dairy in, for calcium.
Fifi	The blue bits look mouldy – that's out of date!
Yvonne	I used to think that when I was a young girl. I thought it was cheese that had gone off, but no, this has a really strong flavour so it contrasts with the other ingredients and it looks beautiful, look.
Fifi	Very nice.
Yvonne	She's stealing my food! Yes, it's quite strong isn't it, but once it's mixed in ...
Fifi	It's very strong.
Yvonne	Also, let's not get ahead of ourselves because we've still got some pears to add in.
Fifi	Oh, my favourite, I love pears.
Yvonne	Ooh, we both like gin, we both like pears. We've got a lot in common!
Fifi	Is it cooked or ...?

Yvonne	No, no, this is fresh.
Fifi	Hard or soft?
Yvonne	Kind of medium. Not too hard, not too soft. And you know how to speed up the ripening? You can wrap it in newspaper, leave it in the bowl for a day and it'll soften.
Fifi	Does it have to be newspaper, or can you use brown paper?
Yvonne	Oh, brown paper will do too! You can even use a banana, put a banana in the fruit bowl with it and it will ripen it.
Fifi	But not in the fridge?
Yvonne	No, no.
Fifi	Lovely.
Yvonne	Be careful, that's hot. Okay, and then finally I have a dressing, look here. So, I made this earlier; this is extra virgin olive oil, white wine vinegar and honey. Or you can use agave syrup if you want to avoid the honey. It's very sweet and natural.
Fifi	It's very expensive!
Yvonne	You don't need very much.
Fifi	Any honey or that specific one?
Yvonne	Yeah, I like the flavour. If you use honey, you need to add a bit more, if you use the syrup you can use less.
Fifi	Mustard seeds?
Yvonne	Okay, and then ground pepper, and there you have it. So that's the Christmas Wreath!
Fifi	Very healthy. So, this has got nothing to do with that?
Yvonne	No, this is separate. That's for later. So, this has been dry-fried, we're going to let that cool just in a dry pan, chopped walnuts. When that cools down, they'll be sprinkled on the top. Cooking's like an art, it's not just about flavour, it's colour, texture, everything.
Fifi	Great! Oh, I think Scott needs my help! I have to get over there.
Scott	Do you know, I will need some help.
Fifi	Do you need some help, Scott, can I take over? Oh look, an empty saucepan. What do I do now?

Scott	Okay, so we're going to make a syrup, stock a syrup for these pears. Okay, now I've already peeled these beforehand so those are ready. Those are going to go in that pan with some vanilla, I've got some vanilla pods in there.
Fifi	Vanilla pods, yes.
Scott	Also, some all spice, so that flavour, that taste of Christmas. There's some cinnamon, in you go, pop it in there
Fifi	Just pop it in? Two?
Scott	Two vanilla sticks. Now a bay leaf, two bay leaves. These are cloves...
Fifi	All of them?
Scott	Yes, tip them in.
Fifi	Can you see these?
Scott	And lastly that's star anise.
Fifi	Oooh, very strong.
Scott	Yeah, again, real Christmas flavour and taste. And now in go the pears. Pop them in, yeah, pop them in.
Fifi	Flat?
Scott	No, they're fine as they are.
Fifi	How long?
Scott	Now we leave those for about 20 minutes. When they've come to a boil, we can reduce the heat to a simmer for 20 minutes ...
Fifi	So high temperature, when they're boiling, turn to half heat?
Scott	That's right, boil them first, lower to a simmer and let them sit there for 20 minutes.
Fifi	20 minutes.
Scott	The pears then soften and all those flavours from the spices go into the pears, so the pears take on those great flavours. When we are about ready, we'll test it with a knife and if it's soft to the blade, then we're ready to take them off to cool right down and we'll be using them later in the meringue.
Fifi	Can I ask you why you chose this dish?
Scott	Do you know, I love cooking with fruit, I love cooking puddings and desserts. I'm a trained pastry chef, so this is the kind of thing I work with, cakes, desserts and baking. I just love cooking with fruit, chocolate, cakes, that sort of thing.

Fifi	Do you do savouries too?
Scott	Yes, of course I can. This is my specialism, my area of expertise, though.
Fifi	And that's what you studied?
Scott	Yes indeed. So, we'll leave that boiling now. We'll let it simmer for 20 minutes. We'll take it off, let it cool right down.
Fifi	Is your meringue in the oven?
Scott	The meringue is here.
Fifi	And how long, what temperature?
Scott	These need to be on 120 degrees for an hour and a half, then they're taken out to cool down. When that happens, they actually turn out like this. Okay, so after an hour and a half they are taken out, and then grate some chocolate over them.
Fifi	Straight away?
Scott	When they're hot straight out of the oven, yes, it lets the chocolate melt. Then you leave them to cool down.
Fifi	Meringues are quite hard to make, aren't they?
Scott	Not really.
Fifi	Easy to put together?
Scott	It's just egg white and sugar, that's all you need.
Fifi	And cocoa powder.
Scott	Oh well, if you're having chocolate meringues, yes.
Fifi	How do you make the ones in the shops; they're all red and mottled?
Scott	That's the food colouring.
Fifi	No flavour?
Scott	You can do.
Fifi	How do you get them so high? These are quite flat.
Scott	It's the way that you put it onto the baking sheet.
Fifi	So it's not just flat?

Scott	No, the way I did it was I put them on with a pallet knife and spread it quite thinly.
Fifi	Oh, so you make them flat. Okay. Well I've leave you to watch the pan for 20 minutes.
Scott	Yes, keep your eye on this, let's look after these.
Fifi	Are you still watching? Are you enjoying it so far? If you have any questions please put them in the comments and I'll ask them later. What are you doing now, Yvonne?
Yvonne	Well now I'm cooking the halloumi cheese, one of my favourites, this is it, it's very high in protein. So it's brilliant, you just chop it up.
Fifi	What's it made of?
Yvonne	Well it's either sheep or goat's cheese. It's better, though, not to buy it cheap. Get a good quality one, that's what you call a real halloumi.
Fifi	How do you know when it's ready?
Yvonne	It will become a little bit brown around the edges and then in this pan here I've got some butter and oil. I'm going to add some garlic. Okay, now give it a stir. And you know, garlic is really good for immunity. So, at this time of year when we're all catching colds... You can see that's spitting already, it burns very easily, so take care with the heat.
Fifi	How many garlic cloves have you used?
Yvonne	I've got three there.
Fifi	I love garlic.
Yvonne	Me too! Okay, next here's some typical curry paste. You can just buy a jar of your choosing, as hot or as mild as you wish.
Fifi	How much?
Yvonne	Three spoonfuls.
Fifi	Do you like curry? Give us a thumbs up or a thumbs down. I do, I love curry. So that's one, two, three.
Yvonne	Perfect. Maybe one more?
Fifi	One more?
Yvonne	Now this is really lovely for party canapés. Because often canapés can be a bit bland, but if you add a bit of spice and a nice drink, it's wonderful.

	Now I have some pre-chopped spinach here in this dish. I'm a huge fan of dark green veg.
Fifi	Why is it good for you? What's it full of?
Yvonne	It's got magnesium, it's got vitamin B – 6, 9 and 12 – vitamin C, there's so many things in here that's good for our health, for women... and for men, too, I suppose!
Fifi	You men out there, don't eat this, it's not worth it.
Yvonne	It makes my skin glow...
Fifi	It's for women only....
Yvonne	Women only, yes, of course! I need a little bit of water in there.
Fifi	How long do I do this for?
Yvonne	Just a few minutes. So, it's kind of an Indian style and you can smell the spices coming through now. Look at this... I'm trying to control my hob.
Fifi	How long have you been cooking?
Yvonne	Well I've always loved cooking but actually my mum, who is also deaf, was a really good cook. We used to have many guests who would come round our house and she'd cook for them. I saw this all my childhood and she taught me, then I set up a business three years ago.
Fifi	So that's when it started, three years ago?
Yvonne	Yes, but prior to that, I was always a big fan of cooking. I just really enjoy working with food. ...Yes, that's perfect... Okay now, you see these naan breads.
Fifi	How have you made them so small? You don't see them in the shops like this.
Yvonne	No, I actually got a pastry cutter and cut blinis out of a larger naan.
Fifi	I thought you'd bought them ready made?
Yvonne	No.
Fifi	So, you buy them and cut them out.
Yvonne	Now, you sprinkle them with water and pop them in the oven for about 5 minutes.
Fifi	What temperature?

Yvonne	About 120-140, depending on your oven. So, we need to ... when the naans heat up, we're going to make some layers.
Fifi	It smells amazing. Lovely, yes. When they're brown, you know they're ready?
Yvonne	Exactly. Maybe another five minutes, this ring's a bit slow.
Fifi	And why did you pick this dish?
Yvonne	I really like Indian food in the winter, it's really warming on a cold day. You know, you need to have a bit of spice, it's lovely.
Fifi	Oh, that's nice.
Yvonne	And it's a little bit different.
Fifi	So is this your recipe or your idea?
Yvonne	I worked with someone else's suggestion and made it my own. This one was my own idea.
Fifi	It's very generous of you to share this recipe.
Yvonne	Yeah, you know, sometimes you've got your staples in the cupboard; I'll look in my cupboard, see what I have and then create things.
Scott	That's right, it's really to use what you've got, you can use rice, pasta, flour, tinned tomatoes, you've got to have the basics. It's cheaper, too, actually.
Fifi	Essentials, so things you must have in the cupboard. What are the essentials? You know, like rice, spices, what else?
Scott	It's like you look at recipes and you think, oh my goodness me, I've got to buy every single one of these things, and that'll cost you a lot more money. But actually, if you've got a store cupboard full of stuff, then you just need to buy one or two extra things to complete your dish, so it's a lot cheaper.
Fifi	...And what now?
Scott	Now I'm going to make caramel orange.
Fifi	Smells good. What is it?
Scott	Okay, so there's sugar in here, so that's caramelising, see that? That's caster sugar, that's been turning to a lovely golden colour, so it's caramel. In that pan, we've got double cream. So let's heat what's in the pan. If you're making caramel and one of the mixtures is cold and the other one is hot, they won't come together properly.
Fifi	They separate?

Scott	Yes. You need them both to be hot. What we need to do is heat the double cream until it's nice and hot, mix it in with the sugar until it caramelises, so it's really sticky.
Fifi	Are you doing that now?
Scott	Also, I've grated the zest from two oranges and squeezed them, so we need juice of two oranges with the zest.
Fifi	Orange juice with the orange zest of two.
Scott	Yes, that's right.
Fifi	And how many oranges for the juice? Oh, the two oranges. The temperature's coming down, it's a bit much. I don't know how to do it. So oranges are going into the cream.
Scott	Oranges into the cream. When it's nice and hot, chuck the butter in there, swill it around, the butter's melting into the sugar. So, the heat in the pan's has melted the butter, we've got some hot cream with the orange.
Fifi	I'm just going to chat to Yvonne now.
Yvonne	So, it's now nice and warm. Here's what we do... Yes, that's lovely.
Fifi	Everything okay, Scott?
Yvonne	What's that?
Fifi	I'm just checking on Scott because the butter was bubbling away.
Yvonne	I think he needs you! Do you need her, Scott?
Scott	You carry on!
Fifi	So that goes on the pitta?
Yvonne	Uhum, then we get the halloumi and then ...
Fifi	In there?
Yvonne	Yes. Add a bit of sparkle.
Fifi	That's very nice.
Yvonne	Yes, so I can carry on. It's very simple and cheap, very easy.
Scott	This is good party food, definitely. Great for a crowd, nice tasty food.
Yvonne	Yeah, but it's best served warm.

Fifi	Have you ever cooked anything where you've forgotten to add an ingredient and you've realised that when you finally ate it?
Scott	Oh, more than a few times.
Yvonne	Yeah, I'm sure I have. I can't remember which. I mean I did have a failed baked Alaska once. You know, you have to put the ice cream inside the meringue? I've tried that numerous times and I just can't get it right, but it's all good practise.
Fifi	What a waste of money.
Yvonne	Practise makes perfect!
Fifi	I know, keep on practising. I have noticed that two people might cook the same dish but they taste different. How does that happen?
Yvonne	I don't know... it's kind of personal.
Scott	Yeah, people just have to try doing things, don't they, and they can be different sometimes, they just can be.
Fifi	Yeah. Is that ready now? Okay, I'll come over.
Scott	So that's melted in now, the butter's melted into the caramel. So now we're ready to add the cream with the orange. In it goes.
Fifi	Bubbling. Do you have to do it slowly?
Scott	So that's going to stiffen and it will become sauce.
Fifi	Still bubbling.
Scott	After that we'll be putting it in a bowl and leaving it so it cools right down. At the moment, it's way too hot. If we put that in the meringue, it will just ruin the meringue and go right through it.
Fifi	It will melt. It's like Blue Peter, here's one I've done earlier!
Scott	Now this is it, this is the orange caramel sauce. Want to try a bit?
Fifi	Yes please. Mmmm, nice, lovely.
Scott	Are you getting the orange flavour?
Fifi	Yes, lovely.
Scott	Rich.
Fifi	Very smooth, ooh that's nice.
Scott	Well that's it, that's the sauce. When that's nice and cold, it'll be ready for later when we build the meringue.

Fifi	Are you doing that now?
Scott	Come back to me later.
Yvonne	Tah dah!
Fifi	That's amazing.
Yvonne	You need to kind of hold the halloumi whilst you're piercing it with a cocktail stick, otherwise you'll get all your curry falling out.
Fifi	It's not easy, you'd better do it. Now Yvonne, I'm just wondering, your family and friends know you can cook, so does that influence them to cook too?
Yvonne	I think it was actually my friends who encouraged me to cook, and my mum and my family, they were the ones who suggested I should set up my own business. I hadn't really thought about it at the time, but then the right opportunity came up, so I grabbed it and I really can't believe how that's gone.
Fifi	Do you have chef qualifications or are you self-taught?
Yvonne	I'm not a qualified chef. I call myself a cook. I don't have professional qualifications. What I do have to have is a Level 2 food safety qualification in hygiene, that's a real essential when you're working as a cook, to prove you know how to work safely in the kitchen. But I'm self-taught.
Fifi	Do you follow a recipe or do you make your own recipes up?
Yvonne	It's a combination really, I observed my mother, as I said. I watch TV, read books and get suggestions from other people, just oceans of recipes all the time. I'm always learning! And the vlog has helped.
Fifi	Yes, I've seen that.
Yvonne	It's been amazing, the way it's taken off.
Fifi	I've noticed that in your vlogs you talk about health and why you should eat certain foods, and then suddenly you became a See Hear presenter.
Yvonne	I know, it's amazing. And, you know, people think I'm a good presenter because I have a good rapport with the audience, but it all just ... I took that step and it happened naturally and I'm happy. I'm really enjoying the moment, the way that just progressed. That's what life's about.
Fifi	How about you, Scott?
Scott	I was working and then I did some vlogs about food too, which is how I ended up on BSLBT .

Fifi	I remember when you did your YouTube videos in your own kitchen. I remember it so clearly.
Scott	Honestly, my laptop was on top of the fridge. I mean I was having to position it there because my kitchen was so small. So, I went from there to here, where I am now!
Fifi	I remember it so well. It seems that the two of you have social media a lot, so if you people at home want to get into cooking or something else, you can get yourself out there through social media, or YouTube, then people can start to find you. That's how it's happened with Scott and Yvonne.
Yvonne	Yeah, it's exactly right. And you just learn as you go along. You make mistakes, learn from them, keep going. Look where we are now. A few years ago, I would never have imagined I would be here with you doing this, it's amazing.
Fifi	Two chefs, well, the two of you have been cooking. So, do you think
Scott	And this has been the first time we've cooked together, Yvonne.
Yvonne	And what do you think?!
Scott	It's great, I'm really enjoying it.
Fifi	And do you think there are plenty of chefs around?
Yvonne	No, there aren't enough chefs across the UK.
Fifi	So, you at home, start cooking!
Yvonne	Just like we started, you know, there need to be workshops. The deaf community is not that aware of food and health. We need to really encourage people to learn how enjoyable food can be.
Fifi	Yes. Oh, you'd better get on with your dishes!
Scott	Well, I'm getting ready to start building the meringue tree. So, if everyone's ready
Fifi	So how do you get the pears on?
Scott	Do you remember I was telling you that they were to be boiled and simmered?
Fifi	For 20 minutes.
Scott	If they're soft to the touch, that's when we let them cool down and then they end up like this.
Fifi	So, they're in quarters.

Scott	Okay, so with the meringue, once you've grated the chocolate onto it, that's now melted into the top and adds a really nice bit of extra flavour.
Fifi	Can you put it over there so people can see?
Scott	This is whipped cream, and this is with an Irish liqueur, cream liqueur, yes?
Fifi	What liqueur? Oh, Irish. Yes.
Scott	Irish liqueur, Irish cream.
Fifi	Can I taste it? I'll get a spoon. Excellent, plenty of alcohol in there!
Scott	It's a Christmas dessert, it's got to have a bit of booze!
Fifi	You're my man!
Scott	Okay, we now have the orange and caramel, we need a spoon for this. Where are we? Where's the spoons?
Fifi	I'm hungry.
Scott	Now we need to get the walnuts. Okay, now I toasted these earlier, so they're slightly browned in colour. Scatter a few of those over.
Fifi	Nuts are very popular. Yvonne was using nuts earlier.
Scott	It's Christmas! I'm going to do the same thing again.
Fifi	Oh, you're repeating it, okay, I think I'll leave that to you!
Yvonne	So, my food is done, and now this – here's my prosecco.
Fifi	Prosecco!
Yvonne	Do you mind opening the bottle?
Fifi	Oh yes, the cork might fly off somewhere! Yvonne, you've forgotten the nuts!
Yvonne	Oh, I have, yes! That's why I need you!
Fifi	Walnuts.
Yvonne	Oh, they taste so good. I really like roasted walnuts; it really makes the flavour so much better. Okay, I don't know if you can see this. This is gin with blood orange. It has a really strong, orangey flavour. Then I have some passion fruit syrup.
Fifi	That's the passion fruit syrup mixed with the gin. How much? What's the measure?

Yvonne	One unit per glass. Adds a beautiful colour to the prosecco. These strawberries are frozen. Why do you think they're frozen?
Fifi	For flavour?
Yvonne	Yes, and also there's no ice needed, and ice melts and becomes watery, so it's quite a nice extra bit of flavour.
Fifi	Shall I open this? Hold on. I want to open it, I'm excited! What's that?
Yvonne	This is a sprig of thyme. It's decoration really.
Fifi	Very nice.
Yvonne	And then I have clementine orange.
Fifi	Oh, clementine.
Yvonne	Scott! We're ready to open the prosecco.
Scott	The last thing here, so you put some mint round here and give it a dusting.
Fifi	It should be white to represent winter snow!
Scott	Well it should be but it's nice and chocolatey for Christmas too!
Yvonne	It looks fabulous. Now this, this is soda water and this has less sugar in it than lemonade, so just use a little.
Fifi	I want to open this bottle, I'm so excited! Here we go, I can't wait for this one to pop. Where shall I aim? The crew will be off!
Scott	Could be a new thing for BSLBT!
All	Hooray.
Yvonne	I knew that was going to happen. Steady on, that's why I gave it to you to do, Fifi! And it's not a long drink, but it's just got such a lovely flavour, a cheerful flavour.
Fifi	Remember, you can send your questions and comments to Scott and Yvonne because I'm going to be asking your questions very soon.
Yvonne	It's really nice, this combination we have here, of sweet and savoury.
Scott	Yes, perfect, complimentary food and drinks, this is a great spread! It's like Christmas party food.

Fifi	Very simple, yeah. Anyone can make this, is that right?
Yvonne	Anyone.
Scott	If I can make it, for me this is pretty straightforward. There's a few techniques, but I think anyone could have a go, for sure.
Fifi	So now I'm just going to look and see what questions you're asking. First question is for Scott from Rinkoo, the question is: is it true that Indian food is better than British food?
Scott	Haha, not really! I've always loved British food, but lots of Indian food has made its way over here and has influenced British food. Indian food is our number one takeaway choice and I really love Indian food, for sure.
Fifi	There are real differences between British and Indian food and they're very culturally different, aren't they?
Scott	Absolutely, I always say British food is the best, though, sorry.
Fifi	Sorry Rinkoo.
Scott	Yeah, sorry Rinkoo.
Yvonne	It's like egg and chips, you can't beat it can you?
Scott	You can't beat it.
Yvonne	I was just saying, egg and chips. British food, there's nothing like an egg, eh. I think my favourite food is ...
Scott	I'm going to have to agree with you.
Fifi	Do you have any exciting projects planned for the future?
Yvonne	I do. I think 2020 is going to be very exciting year for me, fingers crossed.
Scott	Are you allowed to reveal them?
Yvonne	Not right now, unfortunately, but I've also got a lot of workshops. I'm basically being on tour in the UK, in various communities, and I love it.
Fifi	How do they contact you?
Yvonne	On Facebook, Instagram or Twitter, Yumma Food, get in touch.
Fifi	It's Yumma Food on Instagram or Facebook. So, get her booked. And commission for me, what, 50%?
Yvonne	Maybe a little bit less than that.
Fifi	15? Let me see now! Now then, any more questions?

	A question from Janet, this one tree, with the cocoa, could it be changed to white chocolate?
Scott	Yes, absolutely, why not.
Fifi	Dark chocolate, white chocolate?
Scott	Yes, I mean, my excuse is it's a chocolate meringue, so that's why I've used chocolate, but at home you can do whatever you like, use white chocolate or even icing sugar...
Fifi	Yeah, for a snowy meringue.
Yvonne	You could even use cinnamon.
Scott	Absolutely, just add whatever you like to give you the flavours you want.
Fifi	Another question from Zoe: what do you most like to cook, what's your favourite dish to cook?
Scott	Mince and dumplings. Do you know, that's a real family favourite that has come down through the generations, from my grandma to my mother to me. I just love the flavour of the texture.
Fifi	How about you?
Yvonne	Well for me it's very simply a roast dinner, I love it. It brings the family together. Roast potatoes.
Fifi	How do you make the perfect roast potato?
Yvonne	Well you par-boil the potatoes first of all.
Fifi	How long for?
Yvonne	Just for a few minutes until they're soft to the touch and not solid. And then you let them go cold.
Fifi	Cold?
Yvonne	And then you drain them off, let them cool down.
Fifi	Do you put cold water on them?
Yvonne	No, just drain them, take them out of the hot water. ...Scott, are you questioning me?!
Scott	Haha, no, I just add something else, but go on!
Yvonne	Oh, we're similar but a bit different!
Fifi	He's scrutinising you and giving you points, Yvonne!

Yvonne	The pressure's on! Now you heat the oil in the oven, get that hot, and then you add the potatoes, but before that, you mark the edges of the potato with a fork and then you use semolina...
Fifi	Eh?
Yvonne	Semolina, you know, from the wheat family...
Fifi	Oh yes, yes, yes, I know.
Yvonne	Right, so you sprinkle over a bit of semolina and that adds to the crunch. So, in they go in the oven, 40 minutes, 45 minutes, that's my way.
Fifi	Is that right, Scott?
Scott	I would say duck fat, so, you know, you see the thing is, Yvonne's a healthy cook, I'm not quite so much, so a dollop of duck fat, get it really hot with those par-boiled potatoes, that's right. And then get them fluffy, get them in that hot fat and get them nice and crunchy.
Fifi	Okay, so for vegetarians and vegans out there who can't have duck fat, what's an alternative?
Yvonne	Olive oil or sunflower oil.
Fifi	Okay. Next question. This question is from Ruth, what's the most difficult dish you have ever cooked?
Yvonne	I've got one. I remember one time I was cooking for 110 people.
Fifi	Hot or cold food?
Yvonne	I think it was about half and half. You know, everything had to be done against the clock. I was so proud of myself, this was last year, that was the biggest challenge I've ever had.
Scott	I think mine was, in a professional kitchen, a hearing environment, talking to people and making sure I'm getting it right. The communication in the kitchen was the most challenging aspect. I mean for me, if I'm cooking a dish, that's not so challenging for me. That's because I know so many recipes by heart, you know, I know the basics, what I'm doing. I can cook anything from that grounding, you know, so... I think it's working in a professional kitchen with hearing people that's the challenge for me.
Fifi	So, our next question, I can't see it, sorry I need to get close to it, I can't read.
Scott	Do you want these?
Fifi	This is from Sean, what is a quick and healthy dish to cook? So healthy and quick.

Yvonne	Couscous or bulgur wheat. It's kind of like rice, it's a carbohydrate. You cook that with protein and vegetables.
Fifi	So, you have to have carbs, protein and vegetables?
Yvonne	Yes, and you can add gravy or a sauce. That's like the most basic kind of food, really.
Scott	Yes, or a stock. You can add some flavour from the stock, that's great. But if you just make couscous with hot water, that's not very flavoursome. So actually, you use a stock to put some flavour in, then couscous will take it.
Yvonne	Yes. Oh, and bouillon powder, that's another thing to add in to spice things up a bit.
Fifi	Sometimes it can taste a bit salty.
Yvonne	You can just put a bit less if you don't like the salt.
Fifi	This is a question from Emma: who is your favourite celebrity chef and why? Why do you look up to them? Who wants to go first?
Scott	I've got quite a number, actually.
Fifi	You can only choose one.
Scott	If I'm going to choose one, it's Heston Blumenthal.
Fifi	Oh yes.
Scott	Because he does to fantastic molecular gastronomy, which is the scientific side of food. That's his philosophy and it really appeals to me. He's just amazing and so alternative, quite radical.
Fifi	Have you been to his restaurant?
Scott	I haven't yet, no – I'm waiting for my girlfriend to take me!
Fifi	How about you, Yvonne?
Yvonne	Well the person I would say is Liz Earle who's actually not a famous chef, she's more known for her makeup and clothes, but she actually did publish a book and it was around women's health, healthy eating, nutrition. So, you know, that's really my specialist area now. So yes, Liz Earle. I could name a number of other people but she's the one.
Fifi	With Christmas coming, I have a question. People are going to be cooking chicken or turkey or whatever meat they choose. What do you do with the leftovers, that last for about a week?
Scott	I'd probably use the meat again next day. I'd do something like this as canapés. You can do all sorts really. You can use some harissa paste as

	well; you can do all sorts with pieces of cold cuts of meat to make a Boxing Day snack to serve to your guests.
Fifi	Good tip.
Scott	Absolutely. You can do all sorts of canapés.
Yvonne	I always make turkey curry with lots of nice cream, which is just lovely. But I also have a tip, which I'm sure you know already, Scott. When you cook turkey, how do you cook it? I wonder whether you move the body around at the end, or... what do you with the turkey?
Scott	I don't normally cook it.
Yvonne	Oh, right, well! Well, my tip is, because turkey can be quite dry, you know, the breast, you can turn it upside down.
Fifi	Turn it over.
Yvonne	Yes, if you turn it upside down, it's common sense that the juices will fall through.
Fifi	Then turn it back again?
Yvonne	No, no, just leave it. Then take it out and let it rest.
Scott	That's right, there's probably a scientific way of doing them with a water bath. That's one of the ways that you can do it, you put it in a bag in a water bath for a certain amount of time to keep that moisture in there. That's one way you can do it, restaurant style.
Fifi	Let's see if there are any more questions. So we have Cieran, what's your favourite food?
Yvonne	Well it depends on my mood. If I'm tired after a long day at work I go for egg and chips or egg on toast.
Fifi	Oven ready chips or your own made from scratch?
Yvonne	Good question though, oven ready if I'm that tired.
Scott	That's sort of comfort food isn't it?
Yvonne	If I'm in the mood!
Scott	And mine is, oh... Again, some of the recipes that have come from my family, they're really flavoursome food and also food that reminds me of, you know, my nana and grandad - past times – so definitely those recipes that have been passed down.

Fifi	I have to say, my mum's chicken soup and my mum's meatballs are to die for! I hope you're watching there, mum. Can you make me some ready for when I next visit?
Scott	And for when I next visit!
Fifi	One more question, this is from Emma: what's the worst dish you've ever made? What made it such a disaster, what happened?
Yvonne	Oh, I honestly can't remember.
Fifi	Well you forget all the bad stuff.
Scott	My girlfriend's looking my way now. So, I remember when we were first together, she came to my house and I was trying to impress her with poached eggs and made an absolute mess of it. I'm a professional cook, so that was embarrassing! I had to turn things around quite quickly. I made an omelette. That saved the day, didn't it?!
Fifi	Are you still together?
Scott	She's here!
Fifi	<p>Hi there!</p> <p>Well, thank you both for coming. We're going to eat this later. Just to finally close, we know that not everyone celebrates Christmas, so whatever your respective celebrations are, dependent on your religion and your beliefs, we hope you have a lovely time and enjoy yourselves.</p> <p>All of the recipes for tonight will be on a page on the BSL Zone website, so you can try them for yourselves.</p> <p>Also, whether you're on the app or on the website, there are two Christmas films for you to watch. One is Fairytale of London Town and the second is Tree Fairy. Something to put you in the Christmas mood.</p> <p>And coming up this week; I did my own little bit of filming to see what has happened to those people who were involved in Tree Fairy, so do watch that.</p> <p>Also, watch out for the new YouTube channel!</p> <p>I'm ready to try this because I've been hanging on for so long, I'm starting to droop, I haven't eaten anything.</p> <p>And all of the crew, I can see that they're also looking very hungry. This is for me, not for you!</p> <p>Happy Christmas.</p>
Yvonne/Scott	Merry Christmas!