

Lifestyle &gt; Food + Drink

# 30 dishes everyone should know how to make before they turn 30

According to Michelin-starred and industry-leading head chefs

BOBBIE EDSOR Business Insider UK | 18 hours ago | 0 comments



22  
shares



Click to follow  
ES Lifestyle



Find your signature dish *Getty Images*

Everyone has a **signature dish** they whip out when they're trying to impress – whether it's beans on toast or a gourmet beef Wellington with all trimmings.

Once you've got a catalogue of tried and tested favourites, you're set up for every culinary occasion – without the stress of hoping the recipe you chose on a whim turns out as planned.

Business Insider asked some of the UK's highest-profile head chefs – with 13 Michelin stars between them – which dishes everyone should be able to whip up by the time their 20s are over.

The list includes recipes that accommodate every level of experience in the kitchen – from simple sauces to show-stopping desserts.

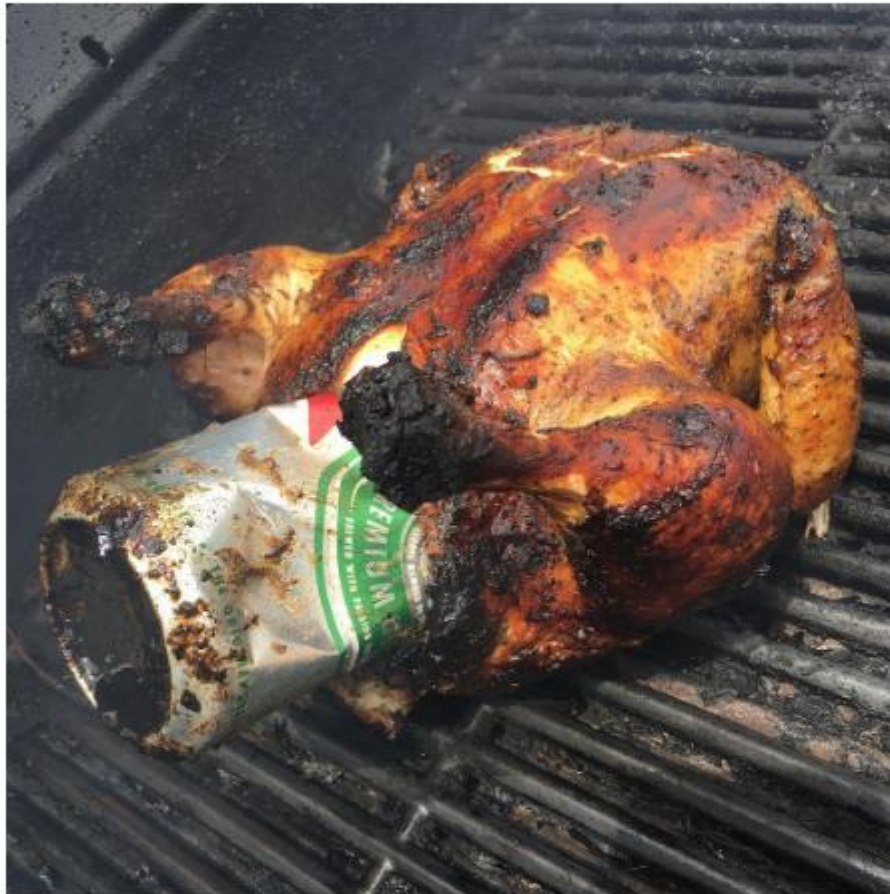
Scroll on to discover 30 dishes everyone should know how to make by the time they turn 30, according to the UK's leading head chefs.

### **Beer can chicken on the barbecue is a crowd-pleaser.**



kingcheftd

Follow



♥ 426 likes ● 7 comments

Heineken in your tail pipe call it #BeerCanChicken #ChefTobias  
#VictoryChef #Heineken

DECEMBER 8, 2016



Steve Smith, head chef at [Jersey-based Michelin-starred restaurant Bohemia](#), believes everyone should have a crowd-pleasing recipe up their sleeves. "When you're busy and don't find the time to cook, it's good to have a few staple dishes with you can whip up quickly," Smith said.

"You can't wrong with Beer Can Chicken on the BBQ if the weather's good."

[This recipe from Jamie Oliver](#) incorporates a sweet and smoky rub to enhance the flavours from the grill.



## A balance and filling salad.



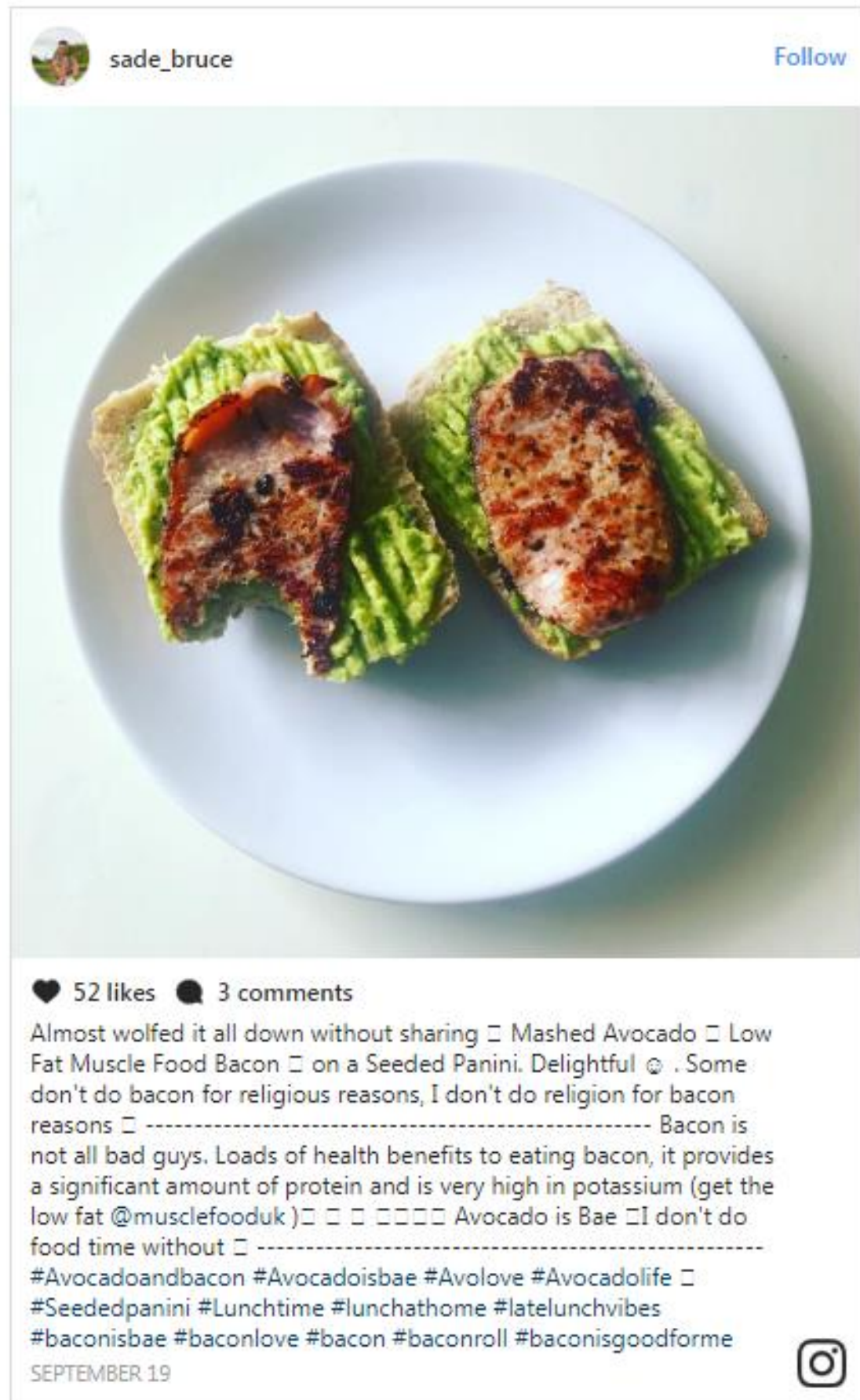
"Being able to whip up a filling, balanced, and tasty salad using leftover vegetables and salad ingredients in the fridge is a skill," Smith said.

"A salad can be delicious when some real thought has gone into it. Learn what works together and what doesn't – it needs acidity, sweetness, textures, and substance."

Need some inspiration? [Check out this list](#) of one food blogger's favourite ever salad combinations.

**Avocado and bacon is a brunch staple simple enough for everyone to master.**

**Avocado and bacon is a brunch staple simple enough for everyone to master.**

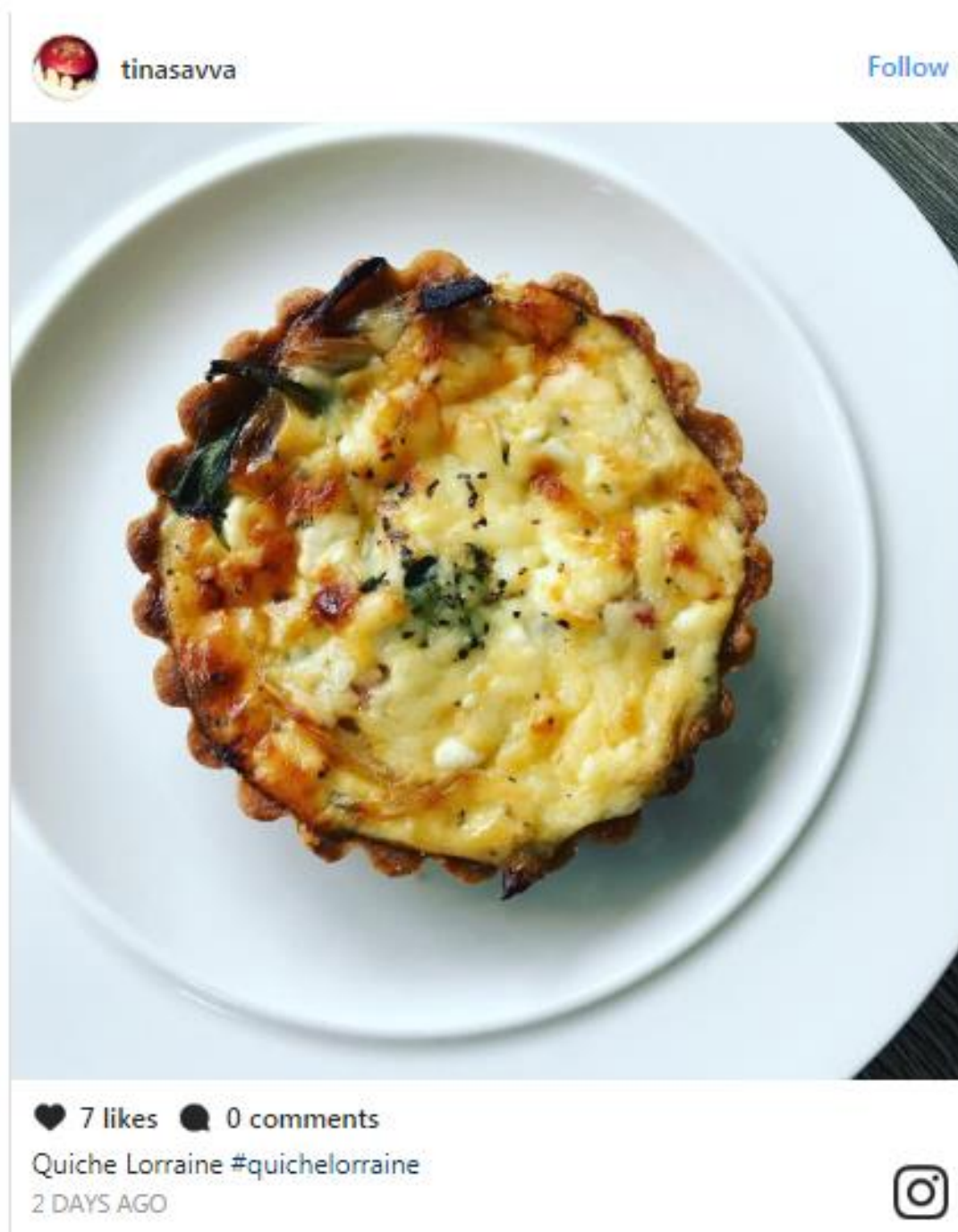


Whether it counts as an actual recipe or not, Smith said: "For breakfast, you have to be able to make smashed avocado on toast with bacon."



Best topped with lime and chilli flakes, check out [this avocado toast run-down from BBC Good Food](#).

**A proper quiche is a summertime classic.**



Flaky pastry packed with gruyère cheese and bacon set in a savoury egg custard, a Quiche Lorraine is high on the list of [Bibendum](#) head chef Claude Bosi's most crucial recipes.

Sitting at the helm of London's most recently-awarded two-star Michelin chef, he said: "Not very complex, but if done well a Quiche Lorraine can be delicious and full of flavour."

Follow [this recipe from BBC Good Food](#) for the perfect balance of flakiness, saltiness, richness, and creaminess.

## Sink your spoon into an elegant apple tart.



"The most comforting and satisfying dessert is, in my opinion, apple tart with caramel sauce," Bosi said.

"Making your own caramel sauce is quite simple once you've done it a few times, and homemade is almost always better [than shop-bought] if you can master it."

A slice of [this sticky tart from Epicurious](#) looks too good to resist.



**Buying a good cut of steak is one thing - cooking it right is another.**



justgrillbro  
저스트그릴브로

Follow



"A good steak is a prime cut of meat, so it's important to treat it with the respect it deserves," said Paul Shearing – head chef at [Gordon Ramsay's Bread Street Kitchen](#).

"Room temperature steak, a hot pan, and paying close attention to cooking time is key," he added. "Most importantly, make sure you have time to rest the steaks after cooking."

Great British Chefs have plenty of advice when it comes to cooking methods, seasoning, and timing depending on the cut. [Check out their database here.](#)

A proper gravy can elevate your roast beyond measure.



"I always get asked how we make our gravy at Bread Street Kitchen, and the key is a good stock," Shearing said.

"At the restaurant, we slowly caramelize our beef bones and carrots before adding to the stock, which gives a real depth of flavour. To do this at home, keep bones in the freezer from a previous meal, or ask your butcher for bones."



READ MORE

17 things to start doing so you



This recipe from James Martin also uses beef and carrots as the base for a rich and hearty gravy.

**And like a roast needs gravy - brunch needs hollandaise.**



With an extensive breakfast menu at Bread Street Kitchen, Paul Shearing knows a thing or two about brunch. "A good hollandaise sauce will instantly raise your brunch game," he said. "It is perfect with poached eggs and smoked salmon for a weekend treat."

## Make a sharp and silky lemon tart.



Pastry has a reputation for being difficult at times. However, once you've mastered it, you'll have plenty of recipes at your fingertips to try your hand at.

Hamish Brown, group executive chef of **ROKA Japanese restaurants in London**, said: "A classic lemon tart takes a bit of work, but is worth spending the time on. Once you have nailed the technique, you can pull it off for those last minute dinner parties – no drama."



[READ MORE](#)

**The most elite dating clubs for young professionals in London and NY**

This creamy and tangy **recipe from Gregg Wallace** incorporates a crumbly base that melts in the mouth alongside its rich, fruity filling.



Beef or venison bourguignon is an elegant classic.



Marcus Eaves, head chef at of [Oblix – the 32nd floor restaurant at the top of the Shard in central London](#) – believes in mastering big dishes you can turn into a social occasion, or dress down for an easy mid-week dinner.

He said that "venison bourguignon is a great example of a winter staple that will get you through the coldest season," thanks to its rich flavours that develop during the long cooking process.

"It's a great dish to knock up in the morning and leave in the oven to bubble and caramelise throughout the day."

The most famous venison bourguignon recipe of all time, by Julia Childs, is a classic for a reason. [Check it out here.](#)

**Combine the crunch of freshly baked bread with the most flavoursome ingredients with this flatbread.**



[READ MORE](#)

**The biggest reason people fail at diets, according to a dietitian**