

FEEDING A FOOTBALLER

Each month the Arsenal head chef **Christian Sandhagen** tells us what dishes he prepares to help keep the players at the top of their game, and nutritionist **James Collins** reveals the benefits of the menu.



RECIPE OF THE MONTH

As it's Christmas we've decided to give you all a treat this month. We asked Carl Jenkinson for his favourite dish from the training ground, and he chose a dessert – a chocolate mousse.

"It's my favourite thing that the chef makes," Carl tells us. "To be honest I try not to have it too often, as I guess it's not the healthiest thing he makes!"

"It is delicious though, so you should try his recipe for yourself. I guarantee you'll like it!"

Christian's chocolate mousse recipe is nice and festive, as it includes spiced black cherries.

"We serve this as an occasional treat, not very often at all!" Christian explains.

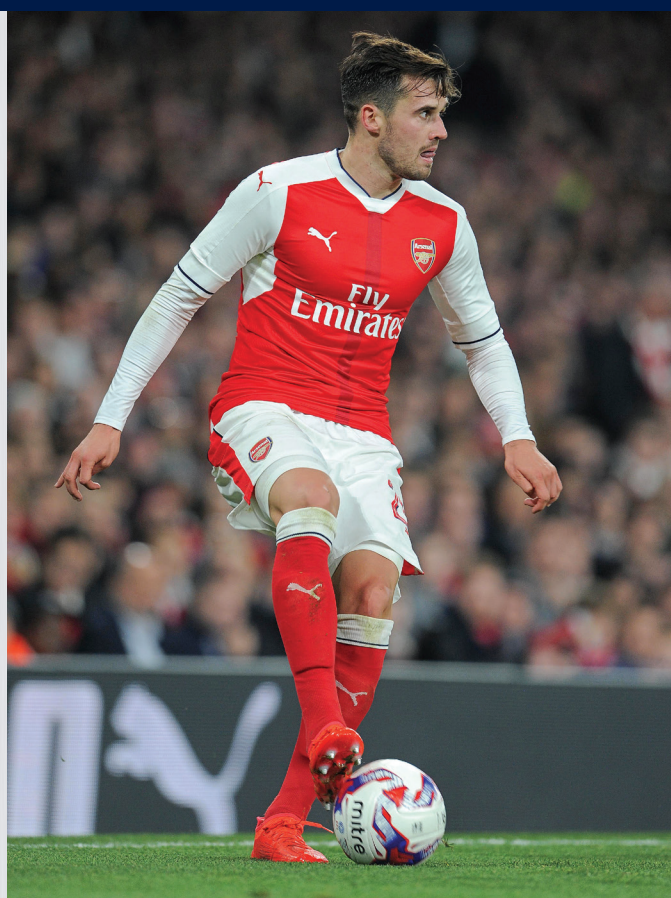
"Carl is actually a very good eater. Although he might look like he doesn't eat much, in fact he eats quite a bit."

This dessert will appear on the menu for the players' Christmas lunch, which Christian was aiming to serve in the restaurant at the training ground on December 14.

As usual, there will be a full Christmas menu, live music, complete with the young academy players acting as carol singers!

Christian added: "This is a very busy time of year for us, and I'd like to wish all our readers a very merry Christmas, and also thank my team in the kitchen for all their hard work throughout 2016."

"Here's to a great 2017!"



CARL JENKINSON'S CHOCOLATE MOUSSE WITH SPICED BLACK CHERRIES

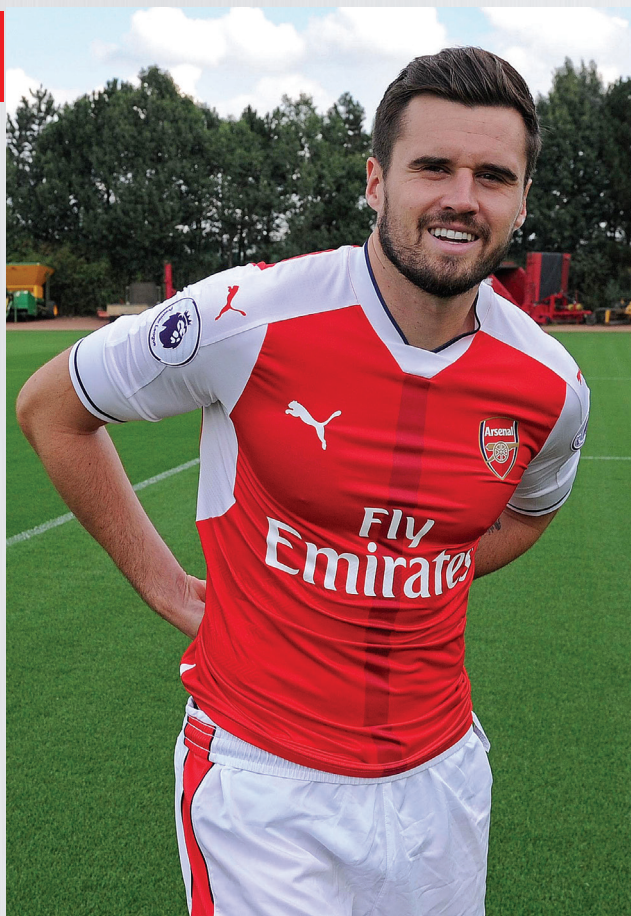


INGREDIENTS

- 400g dark chocolate
- 750g whipped cream
- 150g whole egg
- 100g egg yolks
- 150g caster sugar
- 50ml water
- 1 tin of pitted black cherries
- 50g castor sugar
- 1 vanilla pod
- 1 star anise
- 2 cardamom pods

METHOD

- Melt the chocolate, then set aside and keep it warm to prevent it solidifying.
- Whisk the eggs with an electric mixer.
- In the meantime bring the sugar and water to the boil and heat up to 120 degrees Celsius (use a probe).
- Once the sugar has reached 120 degrees, pour the syrup over the whisked eggs and keep the machine turning until the mix is at room temperature.
- Fold half of the whipped cream into the melted chocolate, add the sabayon (egg and sugar sauce) and finish with the rest of the cream.
- Place in to ramequins or glasses and leave to cool for at least four hours.
- While the mousse is cooling, remove the cherries from the syrup.
- Bring the syrup, the sugar and the spices to the boil and reduce by half
- Add the cherries and leave to simmer for further 10 minutes.
- Set aside and leave to cool.
- This is enough to serve ten. Enjoy!



'How do you stay so slim after all that chocolate mousse Carl?'



NUTRITIONAL INFORMATION

Arsenal's resident nutritionist James Collins tells us...



This type of dessert would be used as a treat or when players are 'fuelling' before the match, due to the carbohydrate (sugar) content.

At the club, we offer two dessert options. The first is a high protein, low carbohydrate option: to help with muscle repair following the match. The second option is a high carbohydrate dessert, such as this one, to provide the fuel for players' muscles pre-match. When I say pre-match, I mean the days leading up to the game, rather than on the day of the game itself.