When the Alumni and Development Office approached me with a request to put together some special recipes for our Old Members and Friends, I accepted without any hesitation. What was there to decide? It is a pleasure and an honour to share with you the recipes of some of the most popular meals I’ve been cooking for the last 24 years at Trinity.

This recipe book in not a regular cookbook; it is much more than that. I’ve put all my heart into it and I do hope you’ll enjoy trying out these banquet recipes for yourselves. I can’t wait until better times come and I’ll see you back at Trinity where my team and I can cook for you again.

In the meantime, why don’t you take part in the challenge at the back of the book? I will be very happy to look, observe, judge and of course, take notes of the method of your own way of cooking Trinity dishes.

Keep well and Bon Appétit!

Julian Smith
Head Chef of Trinity College
TWICE-BAKED CHEESE SOUFFLÉ WITH WHITE WINE SAUCE, LEEKS AND CHIVES

METHOD
1. Lining the ramekin: Use a pastry brush to ‘paint’ the melted butter up the sides of the ramekin. While the butter is still warm, place the grated Parmesan and bread crumb mix in the ramekin and shake it around, coating the melted butter. Tip the excess cheese into the next ramekin and repeat the process – you may need some more Parmesan and breadcrumbs.

2. Making the soufflé base: Melt the butter in a heavy based saucepan and stir in the flour, cook gently for 5 minutes stirring constantly. Gradually add the warm milk using a whisk to create a smooth sauce. Cook gently for a further five minutes stirring constantly, then add the grated cheese and cook until it is fully incorporated in the sauce. Season with the salt and pepper and leave to cool. Once cool, mix in the egg yolks. Meanwhile whisk the egg whites with the white wine vinegar until white and fluffy. Add one third of the egg white to the cheese sauce, beating well. Then fold in the other two thirds of the egg white gently so as to not knock out too much of the air. Ladle the mixture into the lined ramekins.

3. Cooking the soufflés: Pre-heat your oven to 170°C. Place the the soufflés on a non-stick baking tray, place in the saucepan and stir in the flour, cook gently for 5 minutes stirring constantly. Gradually add the warm milk using a whisk to create a smooth sauce. Cook gently for a further five minutes stirring constantly, then add the grated cheese and cook until it is fully incorporated in the sauce. Season with the salt and pepper and leave to cool. Once cool, mix in the egg yolks. Meanwhile whisk the egg whites with the white wine vinegar until white and fluffy. Add one third of the egg white to the cheese sauce, beating well. Then fold in the other two thirds of the egg white gently so as to not knock out too much of the air. Ladle the mixture into the lined ramekins. Cover and refrigerate until needed – they will keep for up to three days.

4. Making the sauce: Melt the butter in a small heavy based saucepan, add the shallots and cook gently until they are transparent and soft. Add the wine and reduce by half, then add the cream, bring to the boil and simmer until it has thickened to a consistency that will coat the back of a spoon. Season with the lemon juice, salt and pepper, then just before serving, add the butter cubes and the chopped chives.

5. Prepare the leek spaghetti: Cut the white of the leek into 8cm batons. Tightly roll up the layers and slice into ‘Julienne’ or thin slices. Deep-fry at 110°C until golden brown then drain on kitchen paper. This can be done in advance; once cool, keep in an airtight container until needed.

INGREDIENTS

Cheese soufflé
6 x 180ml ramekins lined with 20g melted unsalted butter and 50g grated Parmesan cheese mixed with 30g breadcrumbs.
60g plain flour
75g unsalted butter
330ml warm milk
100g grated mature cheddar or flavourful cheese of your choice
50g sugar, boiled and cooled
Salt and pepper

Avocado and wasabi sorbet
110g/4oz caster sugar
110ml/4fl oz water
100g crème fraîche
4 avocados, cut in half, peeled, stones removed
4 tbsp lime juice
4 tbsp chopped fresh coriander

Avocado and wasabi sorbet
110ml/4fl oz water
110g/4oz caster sugar
110ml/4fl oz water
100g crème fraîche
4 avocados, cut in half, peeled, stones removed
4 tbsp lime juice
4 tbsp chopped fresh coriander

Finishing the dish
75ml gazpacho from recipe
1 x small ball of avocado and wasabi sorbet – leave in the kitchen to soften for about 5 minutes before serving.
30g flaked hot-smoked salmon per portion
3 x each tomatoes (red and yellow) per portion (substitute with small cherry tomatoes cut in half if you can’t get tomatoes)
6 x cucumber balls
Micro coriander
Extra virgin olive oil
Good quality balsamic vinegar
Pepper ‘confetti’ – Red, yellow and green pepper skins, placed on a plate and microwaved in 30 second bursts until dry. Use a spice grinder or mortar and pestle to create ‘confetti’
Edible pansies – finely sliced.

RECIPE BOOKLET
BEEF WELLINGTON

**METHOD**

1. At least one day in advance, wrap the beef fillet in a triple layer of cling film to set its shape and refrigerate overnight.

2. The day before cooking, make the duxelles. In a frying pan, 1 x heat-proof spoon, 1 x rolling pin, 1 x pastry brush, 1 x roasting tray lined with silicone paper.

3. Making the Wellington: Roll out the puff pastry to about 30cm by 25cm with a depth of 1cm. Lay the Parma ham slices on the pastry, leaving a gap at one end. Spread the duxelles over the Parma ham. Place the beef at the end where the duxelles are flush with the pastry and roll it in the pastry until there is a slight overlap. Egg wash the overlap to seal tightly.

4. Cooking the Wellington: Pre-heat your oven to 175°C and cook the Wellington for between 35 and 40 minutes until the pastry is golden brown.

5. Prepare the baby carrots and fine beans: Carrots need to be washed, peeled chopped into small pieces. Carrot purée

6. Get the Tapenade ready: Blitz all the ingredients together. When smooth decant into a squirty bottle.

7. Making the sauce: In a saucepan, sauté in butter the shallots, garlic and Atholl Brose together with 50g chopped shallots, 25g unsalted butter, 50g double cream, Salt and pepper.

**GET READY FOR SERVING**

Remove from the oven and rest for at least 15 to 20 minutes before carving and serving.

**NOTES**

This dish needs a bit of planning. You will need to start it the day before you are going to cook it.

Equipment you will need: Clingfilm, 1 x chopping board, 1 x frying pan, 1 x heat-proof spoon, 1 x rolling pin, 1 x pastry brush, 1 x roasting tray lined with silicone paper.
Mains

ROAST GUINEA FOWL SUPRÊME WITH PEA RISOTTO AND ASPARAGUS, PORTABELLO MUSHROOMS AND BASIL OIL

serves 4 portions

METHOD

1. Cooking the pancetta: Pre-heat the oven to 170°C. Place the pancetta, on an oven tray lined with silicone. Cook until crispy for 6-7 minutes, cool and remove from the tray. At Trinity, we cook the pancetta first then use the tray to roast the guinea fowl on – it helps develop flavour!

2. Preparing and cooking the guinea fowl: Trim and remove any feathers. Pre-heat the oven to 185°C. Lightly oil the breasts then place skin-side down in a medium-hot frying pan; fry for 2 - 3 minutes until browned. Place on the pancetta-cooking tray and cook for about 10 minutes or to a core temperature of 63°C. Allow to rest for at least five minutes.

3. Making the risotto: In a small saucepan, fry the shallots with the butter until soft. Add the rice and continue to sauté. Then add the mushroom stock, gently cook for about 20 minutes, consistently stirring. When the rice is ‘al dente’ add double cream. Meanwhile cook the peas, reserve 100g and puree the 50g with a little water. Add the peas and pea puree to the rice, season with salt and fresh ground white pepper. Keep warm.

4. Preparing the vegetables: Portobello mushrooms - Take off the stalks and reserve for the sauce. Cut each mushroom into 5 pieces. Pan-fry in unsalted butter until tender, season with salt and pepper then keep warm.

Asparagus - Wash, peel and trim to the same length. Cook in plenty of salted boiling water until just cooked. Toss in the butter and white pepper.

Basil - In a large pan of boiling salted water blanch the basil for about 1 minute. Plunge the blanched basil into iced water to cool rapidly. Drain and dry on kitchen paper removing as much excess water as possible. Blitz with olive oil, and when smooth, décanter into a squirty bottle.

Broad beans - Pour boiling water over the beans. Squeeze each bean to remove the skin and release the tender inside. Cook very quickly in boiling water, drain and toss in butter and chopped tarragon.

5. Making the sauce: In a saucepan, sauté the shallot, garlic (both finely diced together) and the chopped mushroom stalks in the butter. Cook until the shallots and garlic are tender. Then add the sherry vinegar and maple syrup and reduce to a third. Add Madeira and reduce by half. Add 200ml stock and reduce until the consistency becomes syrupy. Pass through a fine sieve and reserve for the sauce.

6. Making the pea risotto: In a small saucepan, fry the shallots with the butter until soft. Add the rice and continue to sauté. Then add the mushroom stock, gently cook for about 20 minutes, consistently stirring. When the rice is ‘al dente’ add double cream. Meanwhile cook the peas, reserve 100g and puree the 50g with a little water. Add the peas and pea puree to the rice, season with salt and fresh ground white pepper. Keep warm.

7. Preparing and cooking the Belgium endive: The Belgium endive needs to be cut in half, season with salt and pepper, cook until tender and caramelised. Leave to cool in the fat. Warm through just before serving.


8. The potatoes need to be peeled and cut into chunks, placed in a pan of salted boiling water until just cooked. Toss in the butter and white pepper. Keep warm.

9. Mash - left on the bone (crown) for roasting, remove all feathers. To cook, pre-heat the oven to 190°C. In an ovenproof frying pan, sear the crown on each breast then place in the oven for about 10 minutes. Remove and allow to rest, carve just before service.

Lips – Remove the thighbone, the claw, and all the feathers. Season with white pepper and celery salt, place in small ovenproof dish, cover with white pepper and white pepper. Keep warm.


11. Peas - Reserve 100g and puree the 50g with a little water. Add the milk from cooking the walnuts, add the walnut oil, salt and white pepper. Keep warm.

Cabbage - The cabbage needs to be quartered, finely chopped and washed, and then boiled in salted water until just cooked. Toss in the butter, salt and white pepper. Keep warm.

Walnuts - Place the walnuts in a small pan, just cover in milk, simmer until skins start to come off for 3-4 minutes, drain the milk and reserve for the mash. Peel the walnuts, break into pieces, lightly cover in icing sugar, heat in a small non-stick frying pan until the sugar caramelises, splash with a small amount of brandy, cook until the brandy has evaporated, place on a cold plate and reserve.

Beetroot - Square off the beetroot and cut into ½ cm cubes. Place in a small pan and lightly toss with balsamic vinegar, sea salt and black pepper. This will be warmed later just before plating.

GET READY FOR SERVING

Make sure everything is hot. Place an ice cream scoop of pea risotto in the middle of the plate. Lay five pieces of Portobello mushrooms evenly around the risotto. Dribble some of the sauce over the mushrooms to fill the plate. Squirt basil oil over the sauce. Scatter the beans around the risotto. Drizzle some of the sauce over the mushrooms to fill the plate. Squirt basil oil over the sauce. Scatter the beans around the risotto. Finally place the Guinea fowl breast on top of the risotto, place the three spears of asparagus on top of the Guinea fowl and fresh with the crispy pancetta slice.

Mains

ROAST PARTRIDGE BREAST AND CONFIT LEG WITH CARAMELISED CHICORY, BEETROOT, CABBAGE AND WALNUTS

serves 4 portions

INGREDIENTS

2 x fresh Grey-Legged partridges, jointed partridge bones
1/4 onion
1 small carrot
1 x stick celery
Belgian endive
2 x Belgian endive (chicory)
50g milk from cooking walnuts
20g king sugar
Salt and pepper
Balsamic vinegar
1 x cooked beetroot
Balsamic vinegar
Salt and Pepper
Recipe

Mash
500g King Edward or similar potatoes
25g walnut oil
Salt and white pepper

Cabbage
1 small savoy cabbage
25g unsalted butter

Walnuts
12 x walnut halves
Milk - just enough to cover the walnuts

INGREDIENTS

2 x fresh Grey-Legged partridges, jointed partridge bones
¾ onion
1 small carrot
1 x stick celery
Belgian endive
2 x Belgian endive (chicory)
50g milk from cooking walnuts
20g king sugar
Salt and pepper
Balsamic vinegar
1 x cooked beetroot
Balsamic vinegar
Salt and Pepper
Sauce

METHODO

1. Preparing and cooking the partridges:

Breasts - left on the bone (crown) for roasting, remove all feathers. To cook, pre-heat the oven to 190°C. In an ovenproof frying pan, sear the crown on each breast then place in the oven for about 10 minutes. Remove and allow to rest, carve just before service.

Legs – Remove the thighbone, the claw, and all the feathers. Season with white pepper and celery salt, place in small ovenproof dish, cover with duck fat and a tight fitting lid. Pre-heat your oven to 130°C, cook for about 90 minutes or until the meat is tender. Leave to cool in the fat. Warm through just before serving.

2. Making the Belgian endive: The Belgian endive needs to be cut in half and the root removed. Blanch for 30 seconds in boiling water then plunge into iced water to cool rapidly, drain and dry on kitchen paper. Melt the butter in a frying pan then add the endive flat-side down with the zest and juice of the orange. Add the icing sugar and season with salt and white pepper, cook until tender and caramelised.

Cool, place on silicone paper, warm just before serving.

3. The potatoes need to be peeled and cut into chunks, placed in a pan with cold water and boiled until tender. Drain, mash then mix with the milk from cooking the walnuts, add the walnut oil, salt and white pepper. Keep warm.

Cabbage - The cabbage needs to be quartered, finely chopped and washed, and then boiled in salted water until just cooked. Toss in the butter, salt and white pepper. Keep warm.

Walnuts - Place the walnuts in a small pan, just cover in milk, simmer until skins start to come off for 3-4 minutes, drain the milk and reserve for the mash. Peel the walnuts, break into pieces, lightly cover in icing sugar, heat in a small non-stick frying pan until the sugar caramelises, splash with a small amount of brandy, cook until the brandy has evaporated, place on a cold plate and reserve.

Beetroot - Square off the beetroot and cut into ½ cm cubes. Place in a small pan and lightly toss with balsamic vinegar, sea salt and black pepper. This will be warmed later just before plating.

GET READY FOR SERVING

Make sure everything is hot. Scatter the cabbage on one-half of the plate. In the middle of the plate, place a ball of mash. Place the endive on the opposite side to the cabbage. Place the partridge breast on top of the mash then the confit partridge leg on top of the breast. Dribble some of the sauce over the leg and breast. Finally scatter beetroot and the walnuts over the cabbage.
**METHOD**

1. Making the honeycomb: Line a heavy metal baking tray with parchment paper or a silpat. Mix the caster sugar and syrup in a deep saucepan and stir over a gentle heat until the sugar has melted. Try not to let the mixture bubble until the sugar grains have disappeared.

Once completely melted, turn up the heat a little and simmer until you have an amber coloured caramel (this won’t take long), then as quickly as you can, turn off the heat, tip in the bicarbonate and beat in with a wooden spoon until it has all disappeared and the mixture is foaming. Scrape into the tin immediately.

The mixture will continue bubbling in the tin, simply leave it and in after 1 hr - 1 hr 30 mins, the honeycomb will be hard and ready to crumble or snap into chunks.

2. Preparing the posset: Heat the cream and sugar to scalding point, not boiling, in a small saucepan. While still on the heat, whisk in the passion fruit juice and bring to the boil for 30 seconds, whisking all the time. Pour the mixture over the white chocolate and mix well.

Remove the pan from the heat and put to one side for the posset mixture to cool. When cool, pour into the glasses and refrigerate until set. This should take around 30 minutes.

3. Making and baking the shortbread: Preheat the oven to 160°C/fan 140°C/gas mark 3. To make the shortbread, mix all the ingredients together in a food processor, until the mixture comes together. Alternatively you can do this with your hands by rubbing the mixture together between your fingertips and then lightly pressing it together to form a ball – don’t overwork the dough at this stage. Turn out on to a sheet of non-stick greaseproof paper and roll out to ½cm thick using a floured rolling pin. Carefully transfer to a baking sheet lined with more greaseproof paper. Sprinkle with some extra caster sugar and bake in the preheated oven for 9 minutes or until lightly golden. Once out of the oven allow the shortbread to rest for 5 minutes before cutting whilst still warm, allow to chill before serving.

NOTES

Portions are 140g each

FINISHING THE DISH

Passion fruit seeds
Edible flowers – we use violas
Chopped pistachio nuts
Honeycomb – crushed
Pistachio shortbread
See picture above & get creative!
SUMMER PUDDING WITH FRUIT COULIS AND ELDERFLOWER JELLY

serves 4 portions

INGREDIENTS

Pudding
8 thin slices of white bread (gluten free works well too)
600g seasonal soft fruits or frozen fruits of the forest mix
100g caster sugar

Elderflower jelly
170g elderflower pressé
1 leaf gelatine soaked in cold water (bloomed)

Fruit Coulis
200g seasonal soft fruits
65g stock syrup (100g caster sugar + 100g filtered water brought to the boil then chilled)
Juice of ½ lime

METHOD

1. Remove the crusts and roll each slice of bread with a rolling pin. For four of the slices use a pastry cutter to cut out a base and lid that will fit flush inside the mould, two discs from each slice of bread. Use the other four slices to line the sides of the moulds. Reserve the lid. Meanwhile heat the fruit with the sugar. Cook for about 3-5 minutes until the fruit starts to break down and release its juices. Divide the fruit mixture between the lined moulds and press it in, then push the lid on top. Cling film and place a weight on top and refrigerate overnight.

Elderflower jelly - In a small pan, warm 50g of the elderflower pressé with the bloomed gelatine. When the gelatine has fully melted, add the rest of the pressé, mix well and pour into a jelly mould then refrigerate until set.

Fruit coulis - Blend the fruits together with the stock syrup then pass through a fine sieve, season with the lime juice. Refrigerate until required.

GET READY FOR SERVING

Squirt three lines of coulis onto the plate
Unmould the summer pudding and place at one end of the plate

NOTES

At Trinity, we use moulds that are cut from lengths of drainpipes 4.5cm in diameter and 4.5 cm tall!

FINISHING THE DISH

3 each of blueberries and raspberries per portion
1½ strawberries per portion
1 Blackberry cut in half per portion
Blackcurrants, white currants and redcurrants if available
Micro mint or mint leaves finely chopped
Elderflower jelly cut into cubes
Fruit coulis dispensed from a squirty bottle
Vanilla ice cream in balls

CHOCOLATE MOUSSE WITH GRAND MARNIER AND AMORETTI BISCUITS

serves 4 portions

INGREDIENTS

4 x Amoretti biscuits + 1 extra crushed for garnish
Grand Marnier
20g caster sugar
85g egg yolk
225g dark chocolate 70% cocoa melted + extra for garnish
23g whole milk
12.5g double cream + extra for whipping
100g egg white

METHOD

Preparing guidance: Place one Amoretti biscuit in the bottom of the glass or individual dish then sprinkle liberally with Grand Marnier.

Mix the milk and cream, bring to the boil then pour it over the melted chocolate. Stir to a smooth consistency. Heat again and at 40ºC add the butter and the egg yolks. Meanwhile make a meringue mixture by whisking the egg white and caster sugar to form stiff peaks. Add a third of the meringue to the chocolate, mix well then add the remaining meringue in thirds.

Pour into serving dishes and refrigerate for at least one hour before serving.

Garnish with whipped cream, crushed Amoretti biscuits and chocolate shavings

NOTES

Portions are 150g each
CHOCOLATE FONDANT WITH VANILLA ICE CREAM AND COFFEE SAUCE

**INGREDIENTS**
- **Fondant**
  - 50g melted butter, for brushing the moulds, cocoa powder, for dusting
  - 200g good-quality dark chocolate, chopped into small pieces
  - 200g butter, in small pieces
  - 200g golden caster sugar
  - 4 eggs and 4 yolks
  - 200g plain flour

- **Coffee Sauce**
  - 50g melted butter
  - 115g unsalted butter
  - 115g icing sugar
  - 120ml whole milk
  - 1x shot espresso

**METHOD**

1. Moulding the fondants: First get your moulds ready. Using upward strokes, heavily brush the melted butter all over the inside of the pudding mould. Place the mould in the fridge or freezer. Brush more melted butter over the chilled butter, then add a good spoonful of cocoa powder into the mould. Tip the mould so the powder completely coats the butter. Tap any excess cocoa back into the jar, then repeat with the next mould. Place a bowl over a pan of barely simmering water, then slowly heat and stir until smooth. Leave to cool for about 10 minutes. In a separate bowl whisk the eggs and yolks together with the sugar until thick and pale and the whisk leaves a trail; use an electric whisk if you want. Sift the flour into the eggs, then beat together. Pour the melted chocolate into the egg mixture in thirds, beating well between each addition, until all the chocolate is added and the mixture is completely combined to a loose cake batter. Tip the fondant batter into a jug, then evenly divide between the moulds. The fondants can now be frozen for up to a month and stored covered in the refrigerator, with the plastic touching the surface of the cream.

2. Preparing the coffee sauce: Whisk a third of the sugar with egg yolks until thick (sabayon). Meanwhile combine the milk with the remaining sugar and bring to the boil. Pour the milk mixture over the sabayon, return to the pan and stir continuously. Cook to 83°C and/or until mixture is thick enough to coat the spatula then add the expresso. Pass through a fine sieve and cool, stirring occasionally to prevent a skin forming.

3. Making the chocolate tuile: Cream the butter and icing sugar together. Incorporate the egg whites, a little at a time. Add the ground almonds and cornflour, then the egg and the crème pâtissière. Mix well. Place the mixture in the ramekins, no fuller than two-thirds. Divide the cherries between the ramekins pushing them down into the mix slightly. Cook at 170°C for 25 to 30 minutes. Remove from the oven, the clafoutis should be slightly golden on top. Set aside and allow to cool.

4. Getting ready for serving: Squirt the coffee sauce onto the plate in diagonal lines. Sprinkle the popping candy on one side then place the vanilla ice cream on top. Finally unroll the chocolate fondant and place opposite the ice cream, finish by placing the tuile at an angle on the ice cream.

**FINISHING THE DISH**
- Chocolate popping candy
- Vanilla ice cream balled
- Coffee sauce in squirty bottle
- Chocolate tuile
- Chocolate fondant

**NOTES**
- Portions are 140g each

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CHERRY CLAFOUTIS WITH CHERRY COMPOTE AND CRÈME FRAICHE

**INGREDIENTS**
- **Cherry clafoutis**
  - 500g fresh cherries, pitted
  - 75g filtered water
  - 50g soft unsalted butter
  - 100g icing sugar
  - 1 vanilla pod
  - 1 egg
  - 90g Crème Pâtissière

- **Cherry compote**
  - 120g drained girottes
  - 200g cherry conserve
  - 1 egg
  - 100g soft unsalted butter
  - 75g filtered water
  - 50g cornflour
  - 100g ground almonds
  - 1 egg
  - Two tbsp Kirsch

**METHOD**

1. Making the crème pâtissière: In a stainless-steel bowl whisk the egg yolks with the sugar. Add the cornflour, then the egg and the crème pâtissière. Mix well. Place the mixture in the ramekins, no fuller than two-thirds. Divide the cherries between the ramekins pushing them down into the mix slightly. Cook at 170°C for 25 to 30 minutes. Remove from the oven, the clafoutis should be slightly golden on top. Set aside and allow to cool.

2. Preparing the cherry clafoutis: Line 4 ramekins with butter and silicone paper. Cream the butter and the icing sugar. Add the ground almonds and cornflour, then the egg and the crème pâtissière. Mix well. Place the mixture in the ramekins, no fuller than two-thirds. Divide the cherries between the ramekins pushing them down into the mix slightly. Cook at 170°C for 25 to 30 minutes. Remove from the oven, the clafoutis should be slightly golden on top. Set aside and allow to cool.

3. Making the compote: Combine the cherries, water and conserve in a pan and bring to the boil. Simmer until the fruit collapses and the sauce is syrupy. Cool, then season with lemon juice and the kirsch.

**GET READY FOR SERVING**
- Warm the clafoutis and place on one side of a cold plate.
- Spoon on some of the warm cherry compote. Scatter some toasted almonds and place a quenelle of cream fraiche on the top.
- Finish with a sprig of micro mint.
This recipe, along with following three, is in its original format and therefore comes as a challenge to all of our Old Members and Friends. This is actually what our chefs go by when cooking Trinity dishes. Please send further details on the method of preparation along with a picture of your final result to alumni@trinity.ox.ac.uk

**Cooking Challenges**

SCALLOP AND VENISON BROCHETTE WITH LIGHT CURRY CREAM, MANGO AND LENTILS

FILLET STEAK EN CROUTE WITH MUSHROOMS, MADEIRA AND ASPARAGUS
RIOJA-BRAISED LAMB SHANK WITH CHORIZO, OLIVE AND CHICKPEA CASSOULET, PEDRO XIMENEZ GLAZE

**Cooking Challenges**

- Sear all over
  - Reduce - 170°C for a long time
  - Reduce - 160°C for 2 hours

- Braising liquid - mirepoix, garlic, redcurrant, rosemary, thyme, port, rioja, lamb stock
- Remove from liquor, place in fresh reduced cooking liquor, skin and pass for sauce
- Stage 2 - Pedro Ximenez + Honey
- Crushed new potatoes + confit shallot
- Cassoulet - carrots, peppers, courgette, chickpeas, garlic, cream, flat parsley, olives (black) peas
- Allergens: Celery, milk, Sulphites

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**ROAST SEA BASS FILLET WITH SPECIAL RAISIN COUSCOUS, CITRUS, STIR-FRIED VEGETABLES AND CHILLI**

- Bass - trim, score - lay on oiled, seasoned tray, cook at 215°C for 5 minutes
- Season with olive oil
- Couscouss - raise - cook in pre-warmed olive oil and water
- Olives, raisins, sun-dried tomato, lime, parsley, coriander
- Carrots, red pepper, courgette, snow peas, chilli, lime, garlic
- Juice from lime and chilli
- Juice from lime and chilli
- Dressing - juice from lime + 0.5+ sugar - reduce to syrup
- Crushed chilli sauce - squid
- Red wine, olive oil, garlic
- Vegetables - chilli, red pepper, baby corn, baby sprouts, micro coriander.
Further information

How to contact us
If you would like further details about any of the recipes mentioned in this booklet, please contact the Alumni & Development Office.

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