



Hertford College
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Recipes



Starter

Kiln smoked salmon, pumpernickel, pickled cucumber and watercress

Serves 4

Ingredients:

400g Hot smoked salmon flakes (beetroot or cauliflower work well for vegetarians)

1 bag of washed watercress salad

1 pumpernickel loaf or sourdough

½ cucumber

Pinch of sugar and a pinch of salt

1 lime

Maldon sea salt

Supermarket honey mustard dressing

Or

American mustard

Mayonnaise

Honey

This nice and easy starter is just an assembly job really, and can be plated up and put in the fridge an hour before eating.

First job is to pickle the cucumber. You do this by slicing the cucumber as thin as you can before sprinkling the salt, sugar and squeezing the lime juice onto it. Leave this to stand for 10 mins. Taste and adjust the different flavours to your liking - I enjoy mine a little on the sweet side!

If you find you have made too much pickled cucumber left over this will keep for a week in the fridge and is good with a range of other things, such as cold sliced meats, other smoked fish and even in a veggie burger.

You can buy very good honey mustard dressings, but I make mine by whisking American mustard together with mayonnaise and adding a little honey. Again, you can add more mustard if you're like me and like a good mustardy punch or more mayonnaise if you prefer it a little lighter. This dressing also keeps well if you find there's some left over.

Slice the pumpernickel and lightly toast in the toaster. This gives the bread some texture. When the toast is cooling drizzle with a little olive oil and a sprinkle of Maldon sea salt before breaking into rustic pieces.

The smoked salmon can be replaced with some nicely cooked beetroot or maybe some roasted cauliflower would work very well...

Before you plate up have all the ingredients on hand and then it is up to you how you present your final dish. Enjoy, relax and be creative!!

Main

Grilled lamb chops, polenta, chilli and Cavolo Nero

Serves 4

Ingredients:

8 lamb chops
100g polenta flour
500ml chicken stock
Pinch dried chilli flakes
50ml olive oil
1 bunch Cavolo Nero or other green vegetable
2 cloves garlic (grated)
200g soft butter
100g chopped herbs
Lemon juice

This main course is nice and easy to do and tastes fantastic. There's very little preparation involved and it's worth remembering the lamb can be replaced with some roasted vegetables and goats' cheese or a nice piece of baked cod.

First job is to make the garlic butter. This can be made a week before and put in the freezer, if desired! Mix the grated garlic, chopped rosemary, lemon juice and butter together to make a great garlicky lemony flavoured butter.

When done, taste for seasoning and put in the fridge until later.

Turn on your grill, getting it nice and hot. Tray up your chops, season with a little oil, salt and pepper, before cooking for $\frac{2}{3}$ mins on each side until done. Remove from the grill and leave to rest for 5 mins.

Bring the chicken stock to the boil before adding the chilli flakes. When the cube has dissolved and the water is boiling, whisk in the polenta. Turn down the heat and continue to whisk until smooth. Next, add 50g of the butter – you want it to be the consistency of soft mashed potato, so if it's too firm add a little more hot water. Check for seasoning and keep warm.

Steam your Cavolo Nero.

To plate up, put a generous portion of polenta as the base, top with the Cavolo Nero and lamb chops, before topping with the garlic butter.

Dessert

Lemon curd and raspberry cheesecake

Serves 4

Ingredients:

4 tumblers or wine glasses
400g cream cheese
200ml double cream
1 jar lemon curd
200g gingernut biscuits
1 punnet raspberries
100g icing sugar

This cheesecake recipe is a play on the more traditional recipes. It is simple and quick to do and can be made up and put into the fridge 4 hours before dinner.

Crush the gingernuts in a bowl using a rolling pin. Keep separate.

Using a piping bag, divide the lemon curd into the bottom of the glasses, aiming for about 50/60g in each glass.

Divide the raspberries, around 8/10 in each on top of the curd. The idea is that you start to build layers in the glass and top with the biscuits at the end, rather than as a bottom base as you would do when making a traditional cheesecake.

Whisk the Cream cheese, double cream, icing sugar together in a large bowl until smooth, taste for sweetness and add more sugar if required. Put the mixture into a piping bag and pipe on top of the raspberries, leaving a 3cm gap from the top of the glass.

Before serving, top with the crushed ginger nuts, some mint leaves and a few raspberries for garnish.