

P O R T F O L I O

MILLIE DREW

LEITHS SCHOOL OF FOOD AND WINE

SPRING 2023

SPRING

STARTERS

tortilla with saffron aioli and padron peppers (v, gf)

(eggs, mustard)

Nduja and leek croquettes, honey, whipped ricotta

(gluten, eggs, milk)

smoked trout, dill yoghurt, lovage, pickled shallots (gf)

(fish, milk)

MAINS

lamb rump with peach chutney and cumin oil (gf, df)

(mustard)

chicken supreme, morels, wild garlic emulsion, thyme jus

(celery, milk, sulphites)

pea, asparagus and goat's cheese tart (v)

(gluten, eggs, milk)

SIDES

confit leeks with puy lentils and leek cream (v, gf)

(mustard, milk)

Jersey Royals, charred spring onion butter (v, gf)

(milk)

fennel and courgette salad with preserved lemon dressing (ve, gf, df)

DESSERTS

banana, caramel and lime ice-cream sandwiches, miso and tahini (v)

(eggs, milk, sulphites)

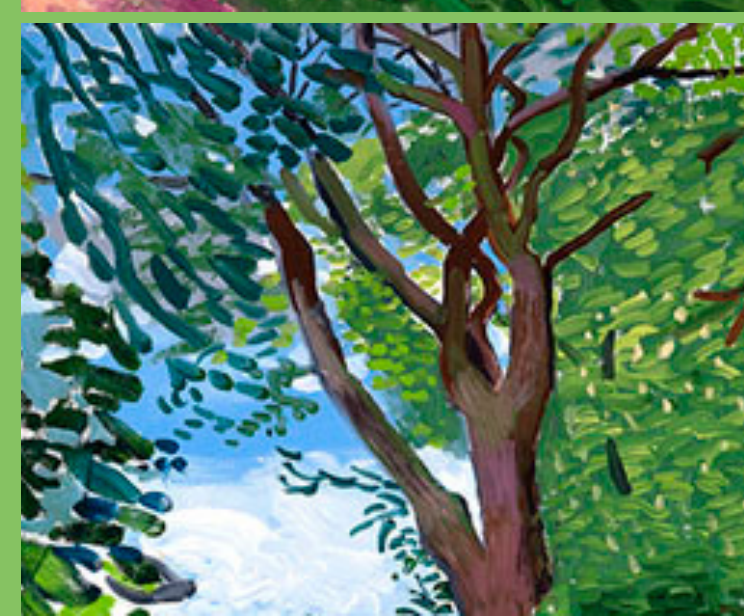
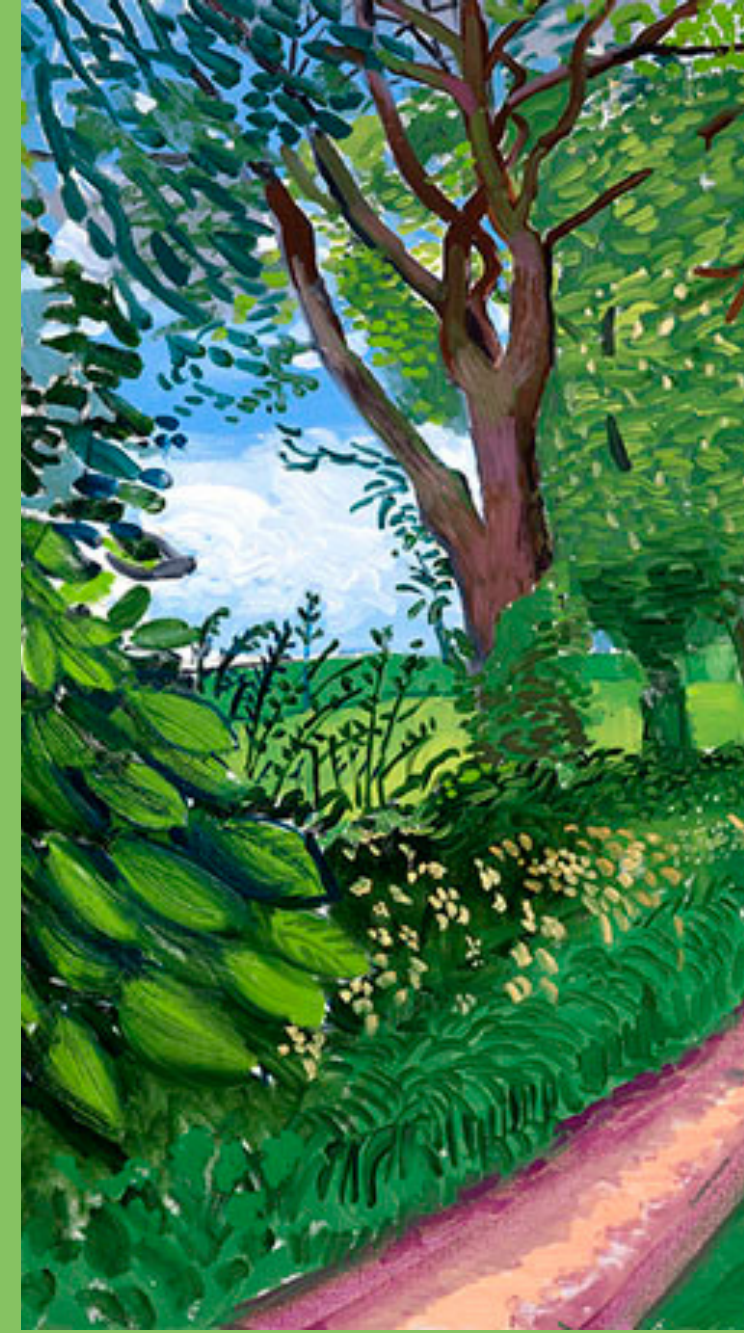
grilled apricots, honey sabayon & thyme (v, gf, df)

(eggs, sulphites)

cannoli with blood orange marmalade and pistachio ice cream (v)

(nuts, gluten, eggs)

(V)= VEGETARIAN, (VE) = VEGAN, (DF) = DAIRY FREE, (GF) = GLUTEN FREE



SUMMER

STARTERS

pig cheek and apricot terrine, chutney, sourdough (df)

(gluten, sulphites)

torched sardines on bruschetta, with a tomato and chilli salsa

(df)

(gluten, fish)

roasted aubergine, curried coconut yoghurt, sumac onions (ve,

gf)

(nuts)

MAINS

grilled lamb cutlets, broad beans, sour cream (gf)

(milk)

chipotle spatchcock chicken, corn ribs, avocado crema (gf)

(milk)

red mullet bouillabaisse, caramelised fennel (df, gf)

(fish, milk)

SIDES

roasted new potatoes, creamed baby spinach (v, gf)

(milk)

griddled asparagus with almonds, capers and dill (v, gf)

(nuts)

strawberry, feta, and red onion salad (v, gf)

(milk, mustard)

DESSERTS

gooseberry and elderflower fool, pickled gooseberry, lemon verbena (v)

(gluten, eggs, milk)

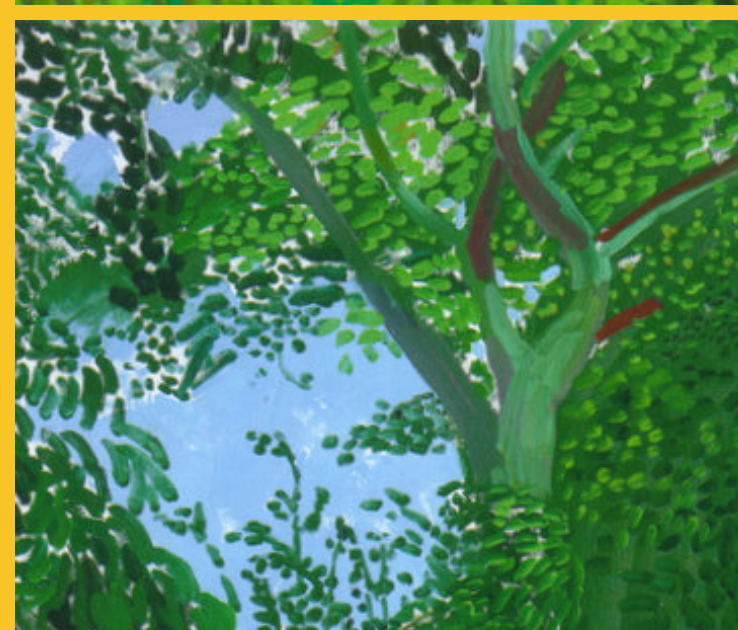
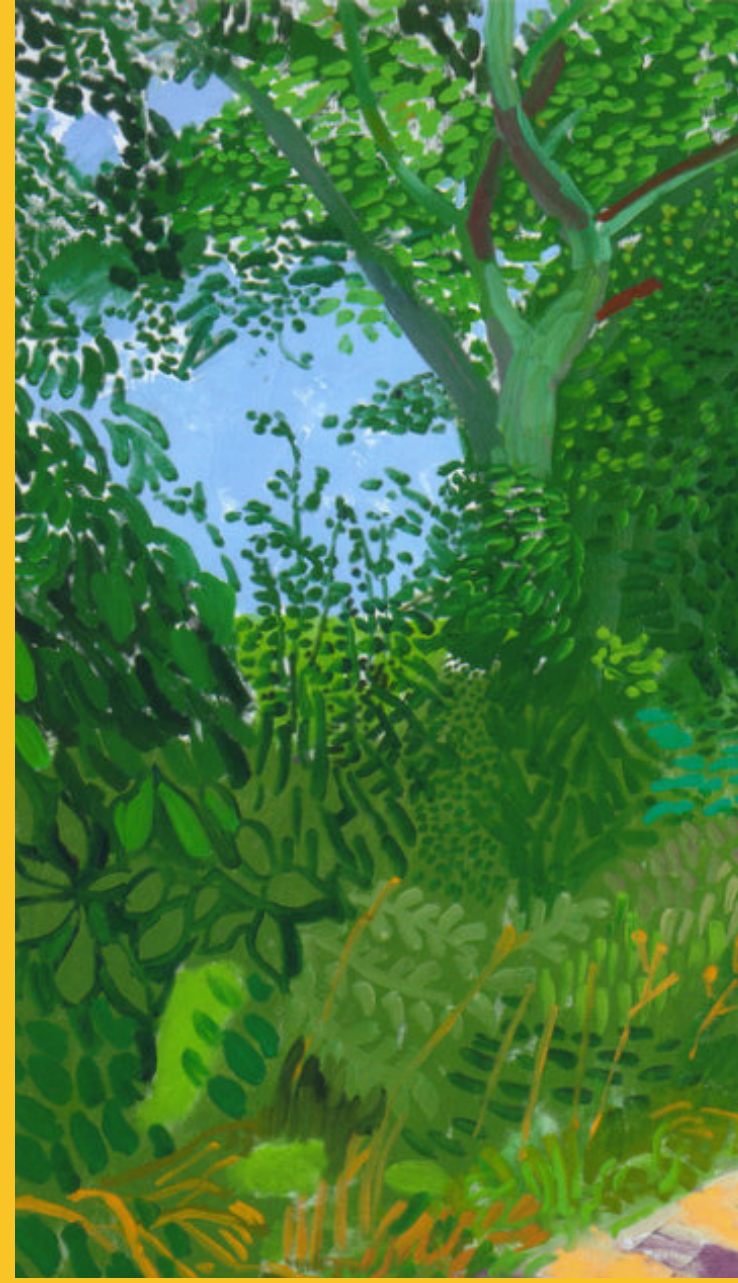
coffee and cardamom mille feuille (v)

(gluten, eggs, milk)

Summer pudding with Valpolicella (v, df)

(gluten, sulphites)

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AUTUMN

STARTERS

cannellini bean and leek soup, chorizo and chilli oil (gf)
(milk)

bresaola, celeriac, pecan, truffle (df)
(gluten, nuts, mustard, egg)

shallot tatin, green salad with cavolo nero pesto (ve, df)
(gluten, sulphites)

MAINS

sea bass piccata with crispy leeks and a fennel, rocket & hazelnut salad (gf)
(fish, milk, sulphites)

brined BBQ quail, sweetcorn, pomegranate jus, aubergine fries
(milk, gluten, egg, sulphites)

butternut squash gnocchi with a sage brown butter (v)
(egg, gluten, milk)

SIDES

warm salad of jerusalem artichokes, pear, and Stilton (v, gf)
(milk, sulphites)

tomatoes, onions and peppers, with feta and pine nuts (v, gf)
(milk)

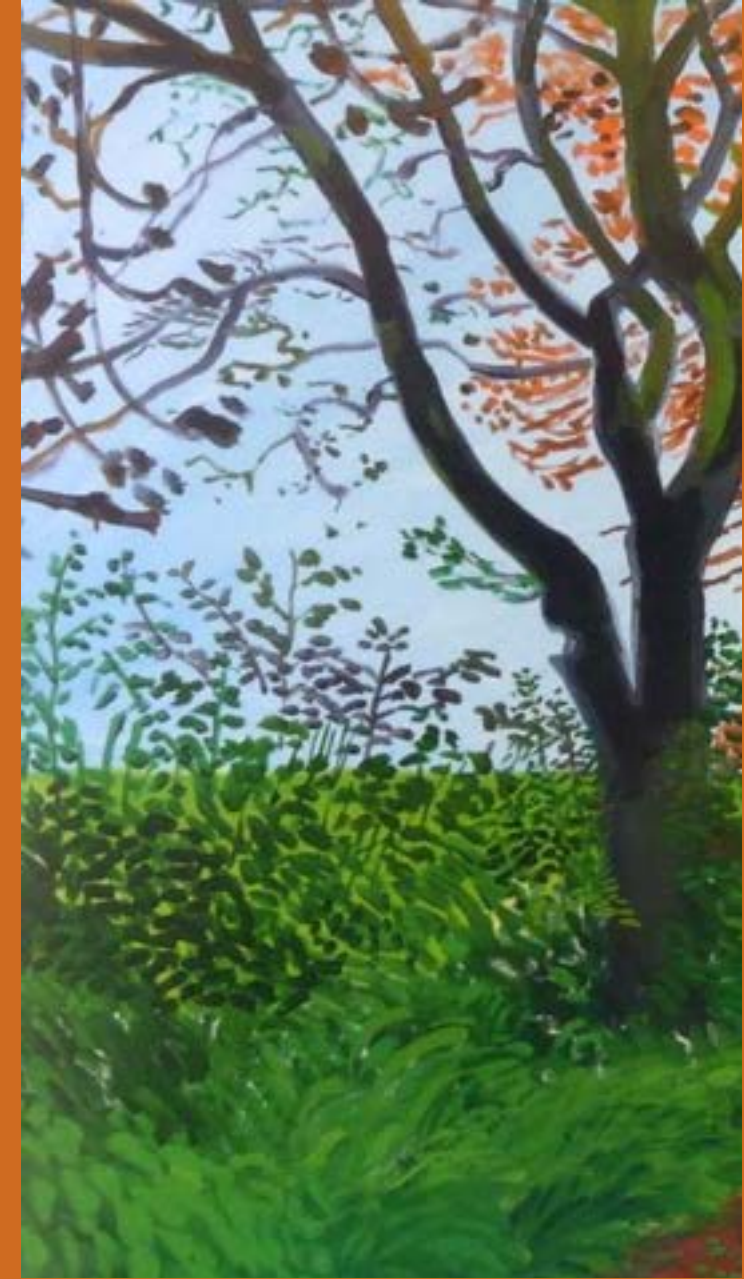
harissa roasted carrots with green labneh and pistachio (v, gf)
(milk, nuts)

DESSERTS

smoked almond smores with whisky marshmallows
(gluten, milk, eggs, nuts)

quince and cobnut tart, macadamia praline parfait (v)
(nuts, egg, milk, gluten)

buttermilk and black pepper panna cotta, macerated blackberries, clove sable biscuit (v)
(milk, gluten, sulphites)



WINTER

STARTERS

spinach and smoked salmon roulade, preserved lemon, horseradish cream

(gluten, egg, fish)

venison loin, jerusalem artichoke, pickled blackberry (gf)

(milk, sulphites)

camembert arancini with mulled plum jam (v)

(milk, egg, gluten, sulphites)

MAINS

beet bourguignon, butterbean mash, rosemary oil (ve, gf)

(sulphites)

beer and soy glazed pork belly, sweet and sour quince, kale 'seaweed', puffed rice (gf, df)

(soya, sesame, sulphites)

rabbit ragu with pappardelle

(celery, milk, sulphites, egg, gluten)

SIDES

fennel gratin (v)

(gluten, egg, milk, mustard)

butternut squash with orange oil and burnt honey (gf)

(sulphites, milk)

broccoli and quinoa salad, tahini dressing (ve, gf)

(sesame)

DESSERTS

slow-roasted rhubarb, custard croquettes (v)

(milk, egg, gluten)

blood orange souffle with brown bread ice-cream (v, gf)

(flour, egg, milk, sulphites)

cranberry jelly, white chocolate crèmeux, brandy snap

(eggs, milk)

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SPRING

STARTERS

tortilla with saffron aioli and padron peppers (v, gf)

Delicious, May 2023, p111

(eggs, mustard)

Nduja and leek croquettes, honey, whipped ricotta

Leiths, Advanced Term Recipe Pack, p48

(gluten, eggs, milk)

smoked trout, dill yoghurt, lovage, pickled shallots (gf)

Leiths, Intermediate Term Recipe Pack, p29

(fish, milk)

MAINS

lamb rump with peach chutney and cumin oil (gf, df)

Yotam Ottolenghi for The Guardian, 6th August 2022

(mustard)

chicken supreme, morels, wild garlic emulsion, thyme jus

Russell Bateman, The Staff Canteen, March 2014

(celery, milk, sulphites)

pea, asparagus and goat's cheese tart (v)

Leiths, How To Cook, p483

(gluten, eggs, milk)

SIDES

confit leeks with puy lentils and leek cream (v, gf)

Ottolenghi Test Kitchen, Extra Good Things

(mustard, milk)

Jersey Royals, charred spring onion butter (v, gf)

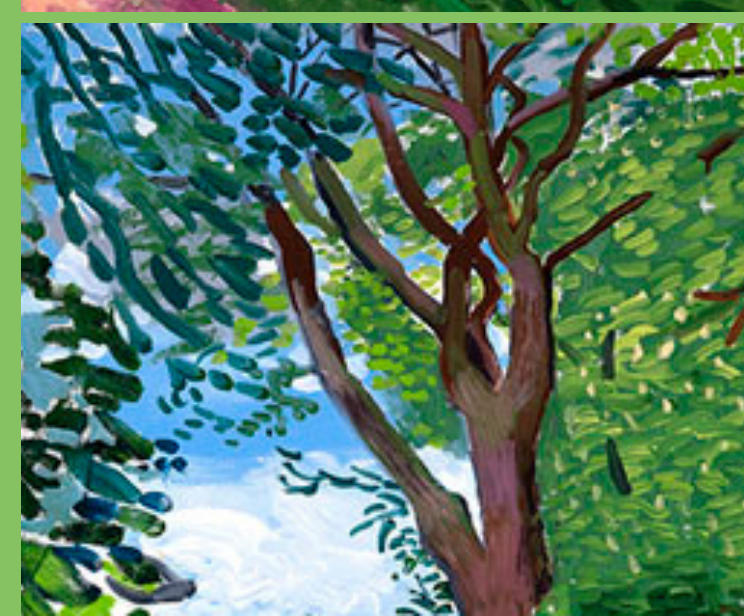
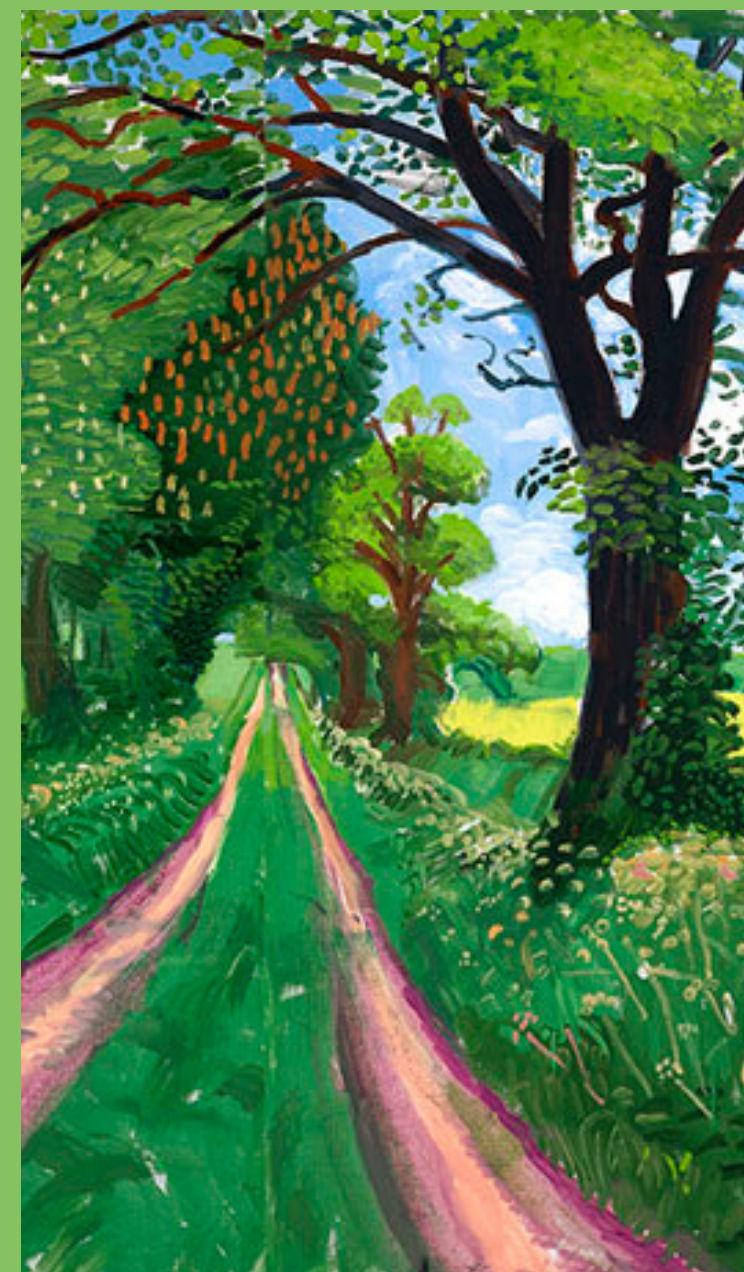
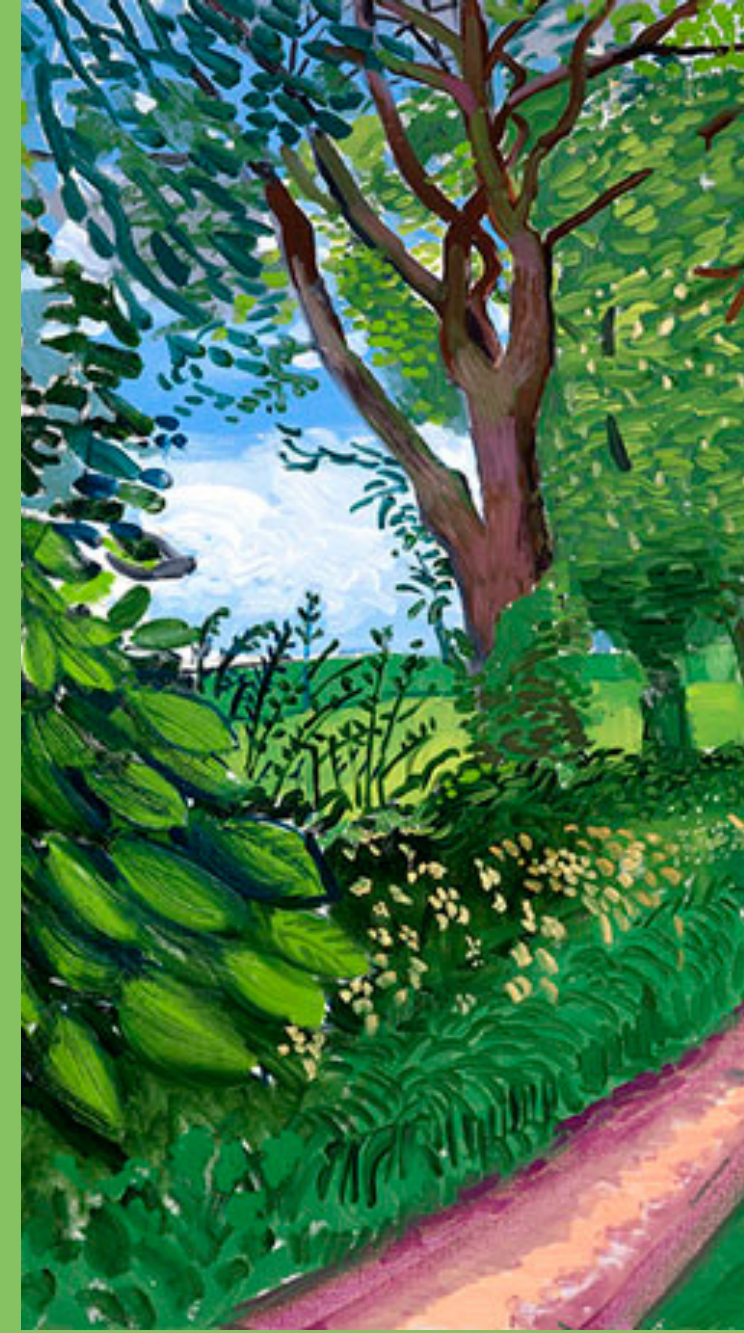
Thomasina Miers for The Guardian, 1st April 2023

(milk)

fennel and courgette salad with preserved lemon dressing

Ottolenghi Test Kitchen, Shelf Love, p95

(ve, gf, df)



SPRING

DESSERTS

banana, caramel and lime ice-cream sandwiches, miso and tahini (v)

Leiths, Intermediate Term Recipe Pack, p106; BBC Good Food, July 2020

(eggs, milk, sulphites)

grilled apricots, honey sabayon & thyme (v, gf, df)

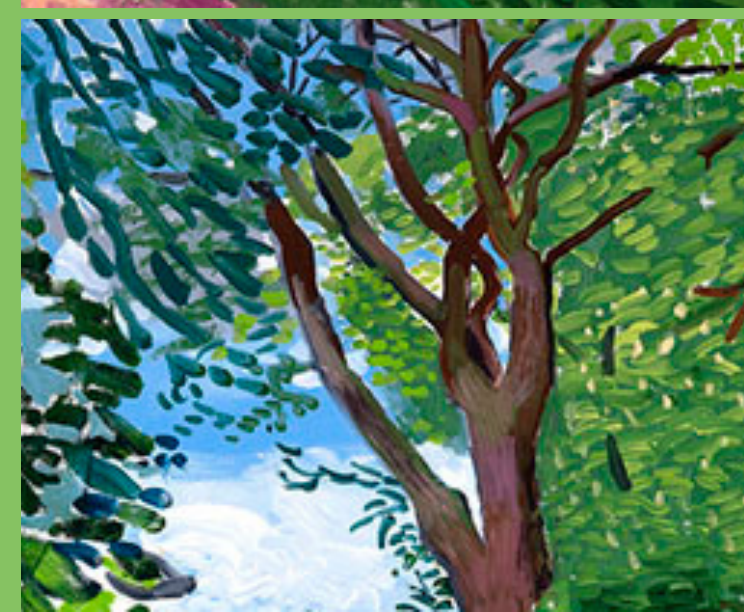
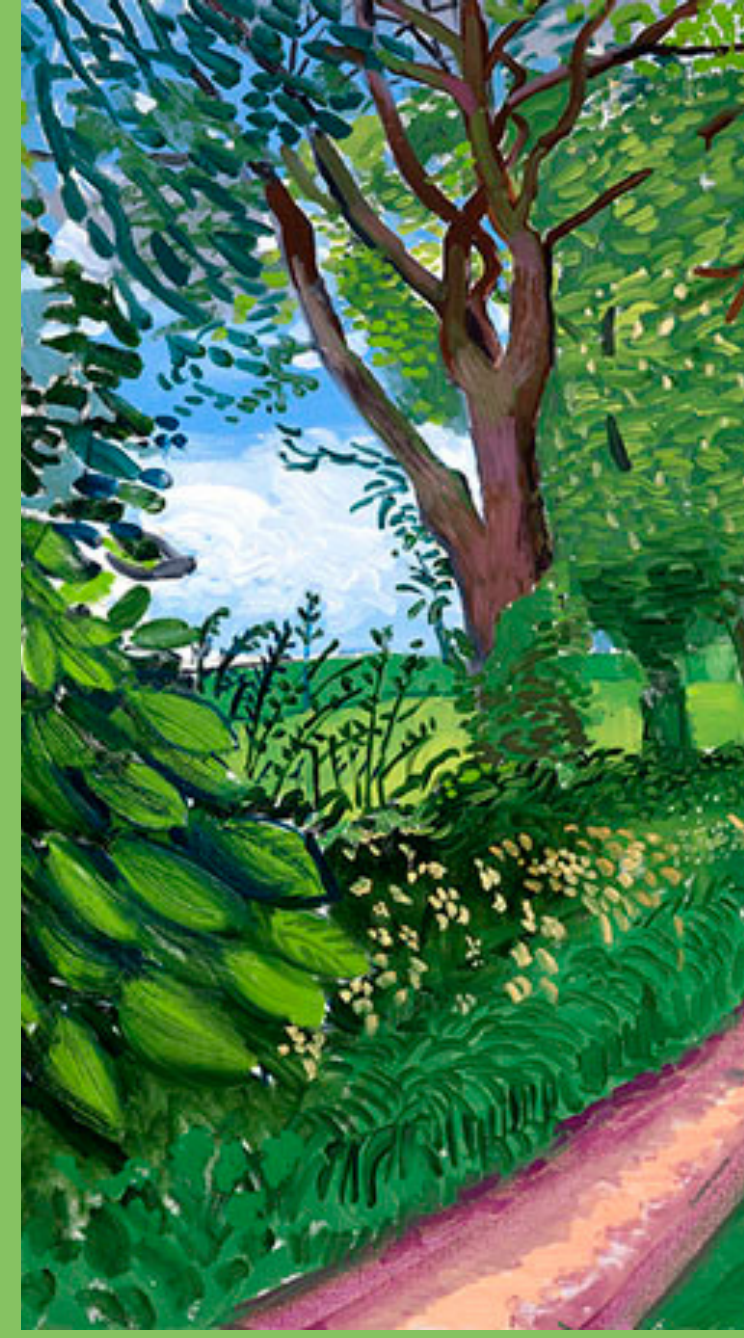
Ben Tish, Great British Chefs, 2016

(eggs, sulphites)

cannoli with blood orange marmalade and pistachio ice cream (v)

Giorgio Locatelli, Made in Sicily: Recipes and Stories, p348

(nuts, gluten, eggs)



SUMMER

STARTERS

pig cheek and apricot terrine, chutney, sourdough (df)

Nigel Slater for The Guardian, 31st July 2016

(gluten, sulphites)

torched sardines on bruschetta, with a tomato and chilli salsa (df)

Leiths, Intermediate Term Recipe Pack, p31

(gluten, fish)

roasted aubergine, curried coconut yoghurt, sumac onions (ve, gf)

Yotam Ottolenghi, Simple, p66

(nuts)

MAINS

grilled lamb cutlets, broad beans, sour cream (gf)

Nigel Slater, A Cook's Book, p239

(milk)

chipotle spatchcock chicken, corn ribs, avocado crema (gf)

Mob Kitchen

(milk)

red mullet bouillabaisse, caramelised fennel (df, gf)

Leiths, Advanced Term Recipe Pack, p82

(fish, milk)

SIDES

roasted new potatoes, creamed baby spinach (v, gf)

Nigel Slater, A Cook's Book, p103

(milk)

griddled asparagus with almonds, capers and dill (v, gf)

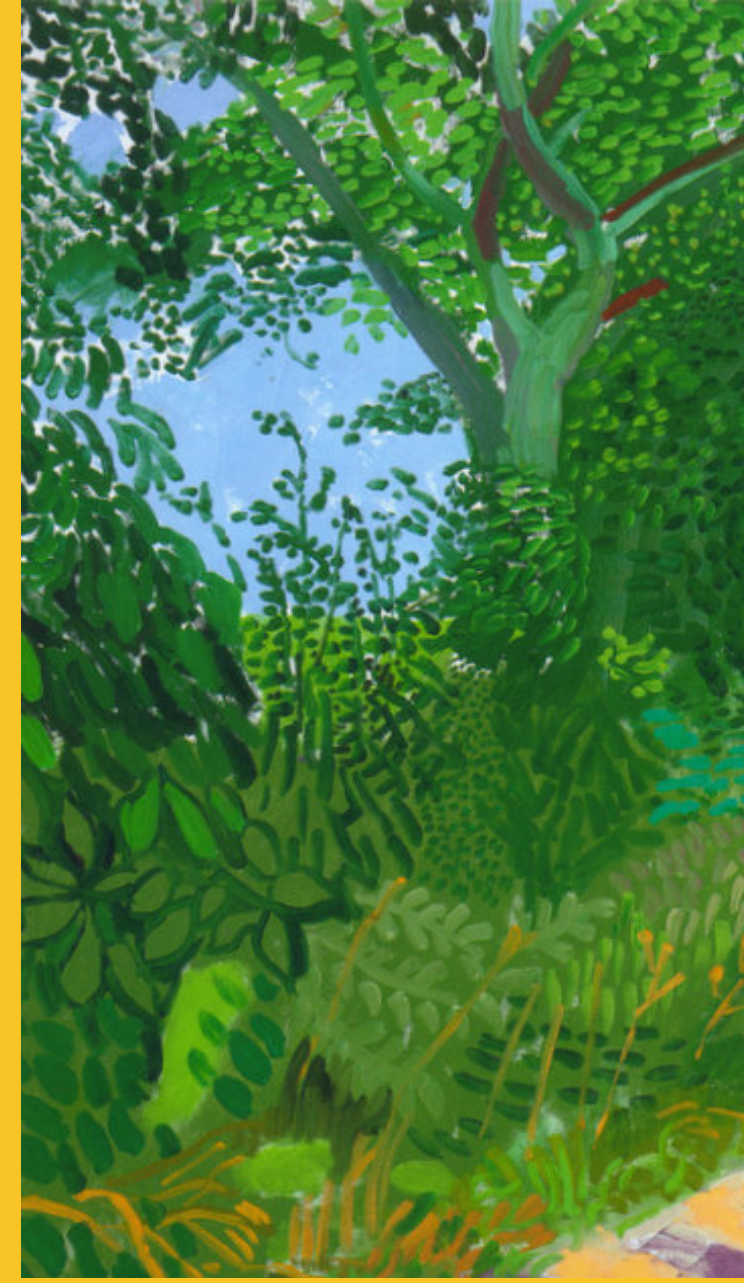
Yotam Ottolenghi, Simple, p82

(nuts)

strawberry, feta, and red onion salad (v, gf)

Waitrose Food, May 2023, p29

(milk, mustard)



SUMMER

DESSERTS

gooseberry and elderflower fool, pickled gooseberry, lemon verbena (v)

Delicious, July 2010

(gluten, eggs, milk)

coffee and cardamom mille feuille (v)

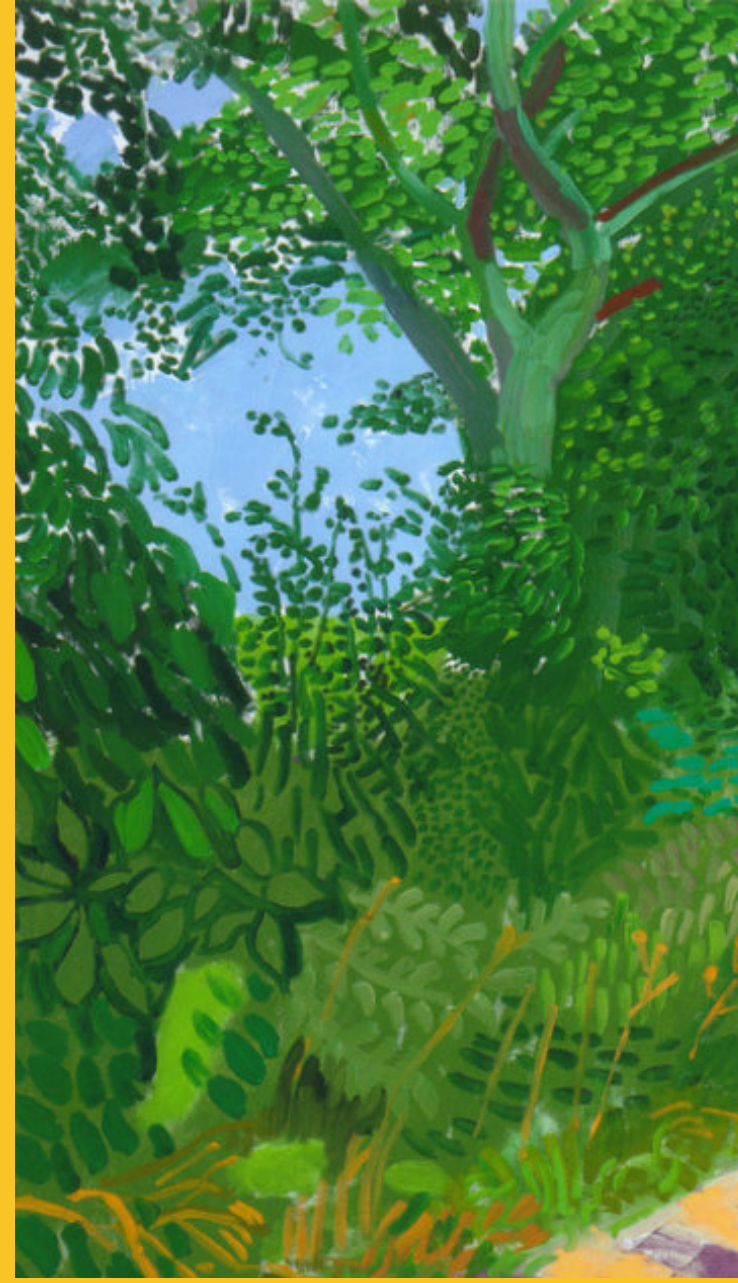
Edd Kimber

(gluten, eggs, milk)

Summer pudding with Valpolicella (v, df)

Rose Gray and Ruthie Rogers, River Café Book Two, p328

(gluten, sulphites)



AUTUMN

STARTERS

cannellini bean and leek soup, chorizo and chilli oil (gf)

River Cottage, Veg Every Day!

(milk)

bresaola, celeriac, pecan, truffle (df)

Leiths, Advanced Term Recipe Pack, p55

(gluten, nuts, mustard, egg)

shallot tatin, green salad with cavolo nero pesto (ve, df)

Riverford

(gluten, sulphites)

MAINS

sea bass piccata with crispy leeks and a fennel, rocket & hazelnut salad (gf)

Mob Kitchen, Fresh, p166

(fish, milk, sulphites)

brined bbq quail, sweetcorn, pomegranate jus, aubergine fries

Leiths, Advanced Term Recipe Pack, p76

(milk, gluten, egg, sulphites)

butternut squash gnocchi with a sage brown butter (v)

Bon Appétit

(egg, gluten, milk)

SIDES

warm salad of jerusalem artichokes, pear, and Stilton (v, gf)

Riverford

(milk, sulphites)

tomatoes, onions and peppers, with feta and pine nuts (v, gf)

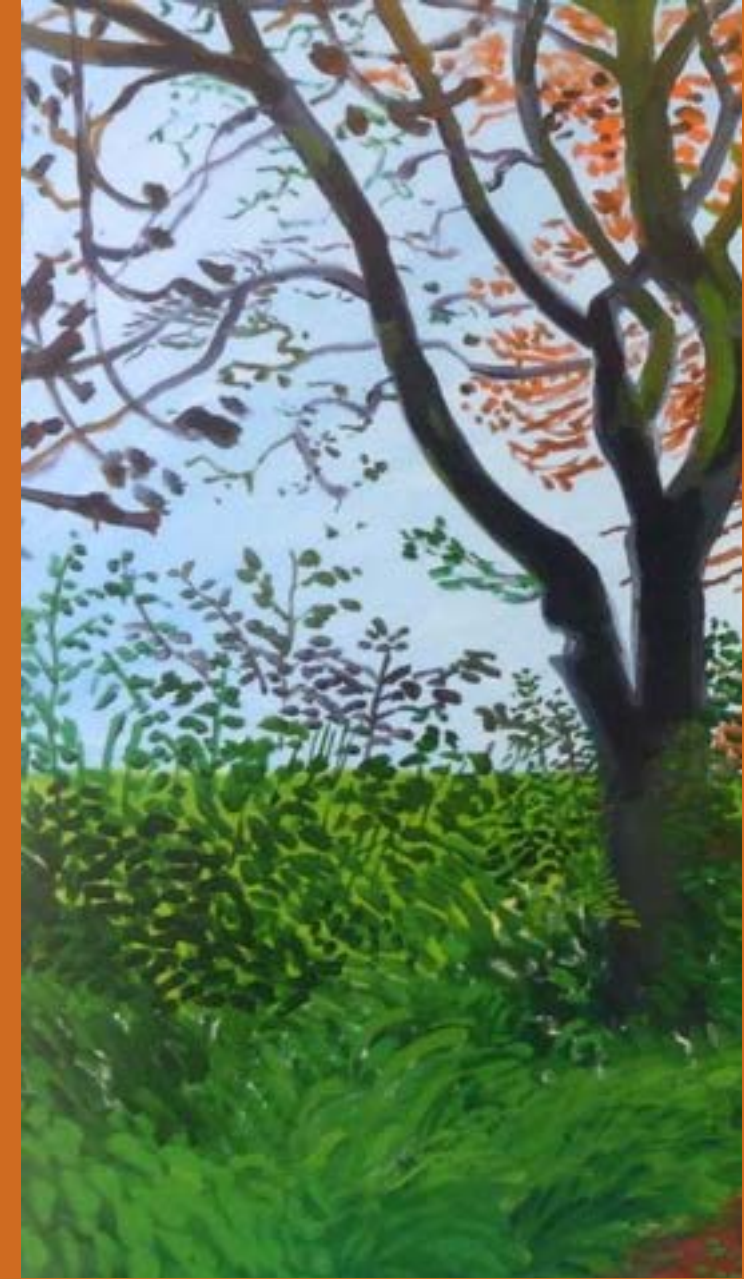
Ottolenghi Test Kitchen, Shelf Love, p128

(milk)

harissa roasted carrots with green labneh and pistachio (v, gf)

Fatima Kahwaja, Saveur

(milk, nuts)



AUTUMN

DESSERTS

smoked almond smores with whisky marshmallows

Saveur

(gluten, milk, eggs, nuts)

quince and cobnut tart, macadamia praline parfait (v)

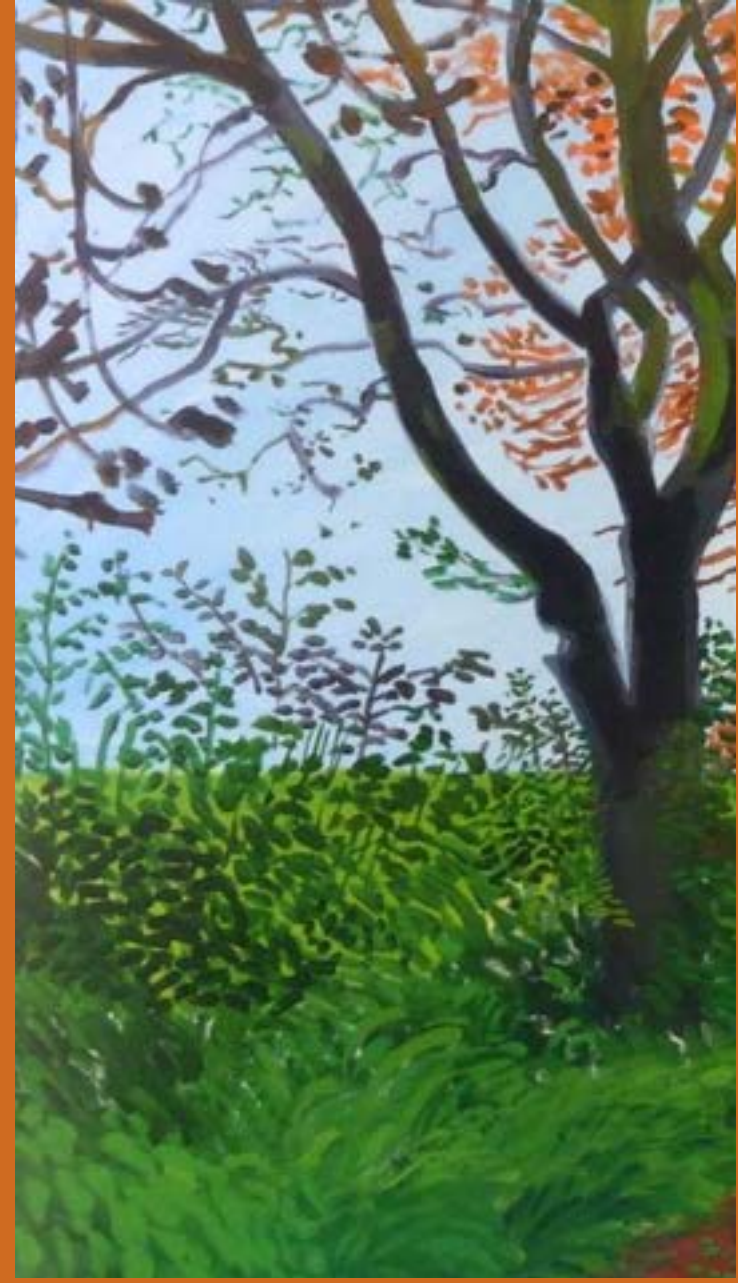
Skye Gyngell from Spring; Leiths, Advanced Term Recipe Pack, p12

(nuts, egg, milk, gluten)

buttermilk and black pepper panna cotta, macerated blackberries, clove sable biscuit (v)

Ruth Hansom, Great British Chefs; Claudia Fleming, The Last Course; Leiths, How to Cook, p497

(milk, gluten, sulphites)



WINTER

STARTERS

spinach and smoked salmon roulade, preserved lemon, horseradish cream

Delicious, November 2016

(gluten, egg, fish)

venison loin, jerusalem artichoke, pickled blackberry (gf)

Leiths, Intermediate Term Recipe Pack, p27

(milk, sulphites)

camembert arancini with mulled plum jam (v)

BBC Good Food; Debbie Major, Sainsbury's Magazine

(milk, egg, gluten, sulphites)

MAINS

beet bourguignon, butterbean mash, rosemary oil (ve, gf)

Leiths, Foundation Term Recipe Pack, p27

(sulphites)

beer and soy glazed pork belly, sweet and sour quince, kale 'seaweed', puffed rice (gf, df)

Dan Kenny, Great British Chefs; Valliser; Rachel de Thample

(soya, sesame, sulphites)

rabbit ragu with pappardelle

Valeria Necchio, Great British Chefs

(celery, milk, sulphites, egg, gluten)

SIDES

fennel gratin (v)

Giorgio Locatelli for The Guardian, November 2020

(gluten, egg, milk, mustard)

butternut squash with orange oil and burnt honey (gf)

Ottolenghi Test Kitchen, Shelf Love, p91

(sulphites, milk)

broccoli and quinoa salad, tahini dressing (ve, gf)

Riverford

(sesame)

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WINTER

DESSERTS

slow-roasted rhubarb, custard croquettes (v)

Delicious, January 2023, p26

(milk, egg, gluten)

blood orange souffle with brown bread ice-cream (v, gf)

Food 52; David Lebovitz

(flour, egg, milk, sulphites)

cranberry jelly, white chocolate crèmeux, brandy snap

Callebaut; Delia Smith, Delia's Happy Christmas; Leiths, How To Cook, p639

(eggs, milk)



REFERENCES

SPRING

<https://www.theguardian.com/food/2022/aug/06/stone-fruit-recipes-apricot-goats-cheese-lamb-peach-chutney-ropast-broccoli-tahini-sour-cherry-yotam-ottolenghi>

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<https://www.greatbritishchefs.com/recipes/grilled-fruit-barbecue-dessert-recipe>

SUMMER

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<https://jernejkitchen.com/recipes/milk/no-churn-lemon-and-mascarpone-ice-cream>

<https://www.goodhousekeeping.com/uk/food/recipes/a535401/no-churn-elderflower-ice-cream/>

<https://eddkimber.substack.com/p/coffee-caramel-millefeuille>

AUTUMN

<https://www.rivercottage.net/recipes/cannellini-bean-and-leek-soup-with-chilli-oil>

<https://www.riverford.co.uk/recipes/cavolo-nero-pesto>

<https://www.riverford.co.uk/recipes/shallot-tarte-tatin>

<https://cooking.nytimes.com/recipes/1015561-frizzled-leeks>

<https://www.bonappetit.com/recipe/butternut-squash-gnocchi-with-sage-brown-butter> <https://www.nationaltrust.org.uk/discover/food/recipes/soups-stews-curries/squash-soup-with-seed-gremolata>

<https://www.saveur.com/article/Recipes/Buttermilk-Panna-Cotta/>

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WINTER

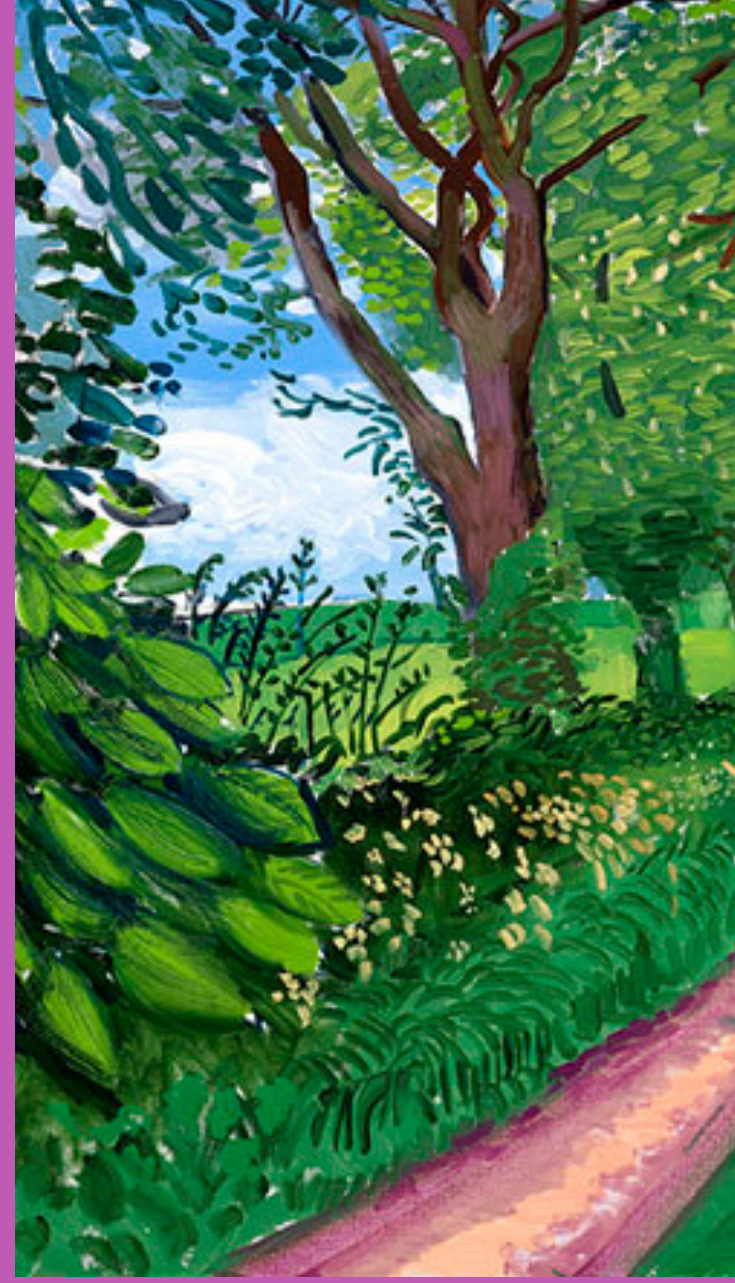
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<https://www.deliaonline.com/recipes/occasions/christmas/christmas-desserts/cranberry-jellies-with-frosted-cranberries>



VEGAN SHARING THALI

poppadom chaat (gf)

leek, pea, and mint samosas

(gluten, mustard)

okra fries (gf)

cauliflower korma with blackened raisins (gf)

(nuts, soy)

new potato, chard, and coconut curry (gf)

smoky mashed aubergine (gf)

house black daal (gf)

(soy)

Amritsari black tea and pomegranate chickpeas (gf)

pomegranate and fennel seed poha (gf)

(mustard)

coconut rice with cashews and shallots (gf)

(nuts)

roti canai

(gluten)

beetroot raita

coriander chutney

(peanuts)

date and tamarind chutney

salted jaggery kulfi with bananas

(soy)

jalebi with pistachio and saffron

(gluten, nuts)

Alphonso mango sorbet

(nuts)

(GF) = GLUTEN FREE, ALL DISHES ARE VEGAN

references

1. Meera Sodha, *Made In India*, p43
2. Meera Sodha, *Fresh India*, p32
3. Dishoom, *From Bombay with Love*, p163
4. Meera Sodha, *Fresh India*, p68
5. Meera Sodha, *East*, p123
6. Asma Khan, *Asma's Indian Kitchen*, p83
7. Dishoom, *From Bombay with Love*, p214
8. Meera Sodha, *East*, p226
9. Meera Sodha, *Made In India*, p43
10. Meera Sodha, *Fresh India*, p32
11. Madhur Jaffrey, *Madhur Jaffrey's Ultimate Curry Bible*, p285
12. Asma Khan, *Asma's Indian Kitchen*, p70
13. Meera Sodha, *Made In India*, p212
14. Meera Sodha, *Made In India*, p216
15. Meera Sodha, *Fresh India*, p257
16. BBC Good Food
17. Meera Sodha, *Made In India*, p246

CHARITY CANAPÉ EVENING

**butternut squash
crostini, gorgonzola,
sage, honey (v)**
(gluten, milk)

**pea and mint filo
tartlet, crispy parma
ham (df)**
(gluten, nuts)

**burnt aubergine and
walnut purée on a
za'atar cracker (ve)**
(gluten, nuts)

**spinach and tarragon
arancini (v)**
(sulphites, gluten, egg,
milk)

**parmesan shortbread
with bavette and salsa
verde**
(gluten, milk, egg,
sulphites)

**goat's cheese,
caramelised onion and
thyme galette (v)**
(sulphites, gluten, egg,
milk)

**Hospitality
Action**

@LEITHS

22/05/23

**scallop, chorizo jam,
crispy chicken skin,
apple (gf)**
(molluscs, milk, sulphites)

**lamb tongue
croquette, wild garlic
emulsion (df)**
(celery, gluten, egg,
mustard)

**hasselback potato
with raita and chaat
masala (ve, gf)**
(soy)

**tea smoked mackerel,
wasabi cream, pickled
radish**
(gluten, sesame, fish, soy,
milk)

pistachio cannoli (v)
(gluten, sulphites, egg,
milk, nuts)

**blackcurrant focaccia,
honey and
mascarpone, mint (v)**
(gluten, milk)

**coffee-cardamom
macarons**
(egg, nuts, milk)

**Hospitality
Action**

REFERENCES

BOOKS

Leiths, *Foundation Term Recipe Pack*, p29

Leiths, *Advanced Term Recipe Pack*, p70

Meera Sodha, *Fresh India*, p37

Leiths, *How to Cook*, p317

Ladurée, *Macarons: The Recipes*, p179

Nigel Slater, *A Cook's Book*, p73

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DEVON

tasting menu

**Hog's pudding, clotted cream fudge,
compressed fennel, ale velouté (gf)**
(milk, sulphites)

**Devon Blue and salt-baked onion raviolo,
pickled walnut (v)**
(gluten, egg, milk, nuts)

Brixham crab and elderflower (gf)
(celery, sulphites, milk, eggs)

**hay-smoked lamb rump with boulangère
potatoes, wild garlic and burnt leek salsa
verde, "squab pie" croquette**
(gluten, sulphites, egg, milk, mustard)

**pan-roasted balsamic strawberries and
basil ice-cream, Devonshire split**
(sulphites, gluten, milk, egg)

**Exe Coffee Roasters espresso,
sea buckthorn macaron (gf)**
(nuts, milk, egg)

references

Hog's pudding is a white sausage produced in Devon and Cornwall. Traditionally flavoured with black pepper, cumin, basil, and garlic, it is significantly more spiced than white pudding.

"squab pie" is a historical dish belonging to Devon. Traditionally, it is filled with mutton and apple.

A Devonshire Split is the predecessor of the scone; the mainstay of the famous "cream tea".

<http://www.foodsofengland.co.uk/hogspuddingwestcountryversion.htm>

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Leiths, Advanced Term Recipe Pack, p65

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Ladurée, Macarons: The Recipes, p224

BUFFET

green olive focaccia (ve)

(gluten)

squash and cannellini beans, with apricot harissa, mint, & lemon (ve, gf)

(sesame)

curry roasted cauliflower with pearl barley and a herby coconut yoghurt (ve, gf)

warm chicken and dill salad, mustard and parmesan dressing (gf)

(milk, mustard)

steak tagliata with a lemon-balsamic glaze (gf, df)

(sulphites)

puy lentils with aubergine, tomatoes, and tahini yoghurt (gf)

(sesame)

scotch eggs

(mustard, gluten, eggs)

smashed new potatoes, romesco sauce, aioli (gf)

(nuts, mustard, eggs)

Black Forest gateau roulade (gf)

(milk, sulphites, egg)

passionfruit posset, meringue, lime curd (gf)

(milk, eggs)

references

Max Tobias, Rebecca Oliver, *The Dusty Knuckle*, p61

Leiths, *Foundation Term Recipe Pack*, p63

Mary Berry, *Simple Comforts*, p72

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SUSTAINABLE MENU

winter 2022

bread

**today's sourdough, whipped butter flavoured
with vegetable marmite (v)**
(milk, gluten)

starter

**cauliflower - roasted and puréed, cauliflower
stem sauerkraut, crispy pig ears, vegetable
treacle glaze (gf)**
(milk, gluten)

main course

**chocolate and coffee grounds rubbed venison,
blackberry ketchup, root vegetable
dauphinoise, cauliflower leaf & hazelnut
gremolata, yesterday's sourdough crumb**
(mustard, milk, gluten, sulphites)

dessert

**buttermilk panna cotta, rhubarb slow roasted
in magnolia syrup, cardamom sable biscuit (v)**
(milk, eggs, gluten)

(V)= VEGETARIAN, (GF) = GLUTEN FREE

This is just one factor driving
new aspiration in dietary c
people at risk from death and
tobacco use combined; and g
environmental degradatio

Taken together, the outcom
[commission](#), an influential c
with examining how the wor
formation of the global

There is one hitch: a healthy
cutting down on red meat is
(almost) eliminate chicken, s
and legumes.

Demographics will drive the
could be 10bn mouths to feed
about 30 per cent of greenho
Around 70 per cent of freshw
agriculture. As less affluent r
prospect of feeding a balloon
they are fed in the meat-rich

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up with sustainability experts to ca

the case with food waste. Beware
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plastic tub). In restaurants the equivalent
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compost addicts. More restaurants are in
omposters to deal with unavoidable waste.
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d with growers.

rains and native oysters are on the menu. A
will look for crops and species that regenerate lan
silience. Ancient or heritage grains
ent to next

SUSTAINABILITY REPORT

The relationship between chefs and sustainability is mutually exclusive. Restaurants and foodways are dependant on changing currents, both environmentally and socially. To eat sustainably is to survive. It is the chef's responsibility to anticipate these developments, educate others, and showcase the power of political eating.

With sustainable eating in mind, my focus has been to select the best of British seasonal produce in conjunction with trying to make the menu as zero-waste as possible. Although this menu is labour intensive on account of its sustainability, it showcases locally grown food and an ethos of nose-to-tail eating.

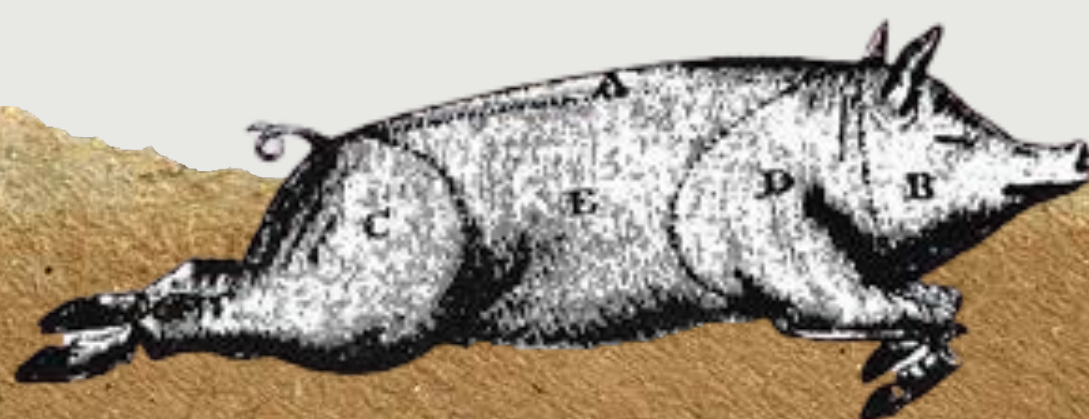
The restaurants Holm, Spring, and Silo have been a major inspiration for this sustainable, winter menu.

Butter can be churned to yield two products - the butter for the bread and the buttermilk for the panna cotta. Both "vegetable marmite" and "vegetable treacle" are a by-product of vegetable scraps that would otherwise go to waste.

The starter features cauliflower cooked three ways. Not only does this use as much of the vegetable as possible, but it elevates the textural dimension of the dish. Additionally, fermentation is a useful preservation process to store any surplus produce. The popularisation of pig ears demonstrates the growing awareness of using offal and nose-to-tail eating. Alternatively, they could be substituted for any bacon offcuts.

A marinade of coffee grounds uses up another kitchen by-product. These can be mixed with grated chocolate from a UK based bean-to-bar company. The chocolate and the coffee will tenderise the venison, a lean meat. Wild venison is a sustainable choice, since the UK deer population is already moderated via human intervention. Ketchup is an alternative form of preservation. The gremolata uses up the cauliflower leaves from the starter. Here, hazelnuts have been chosen because they are indigenous to the UK. Adapting the traditional accompaniment to game, bread from the previous day can be used to make the sourdough crumb.

The buttermilk flavouring for the panna cotta replaces a more common vanilla. With the omission of the cardamom, chocolate, and coffee ingredients for the entire menu can be procured from the British Isles. As an alternative to ginger, I have chosen magnolia as an accompaniment to the rhubarb. Magnolia trees flower in early Spring, but they can be harvested up until late Summer and preserved for use throughout the year.



local suppliers

<https://completemeats.co.uk>

<https://www.dartsfarm.co.uk>

<https://www.riverford.co.uk>

<https://m.facebook.com/people/Farleigh-Free-Range-Eggs/100072147327102/>

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