

# T R I N I T Y



## Recipes

### Organic Salmon with its own Vegetables

When it comes to light simple one pot cooking this dish is a winner. I have taught this dish to the children at the school, in my master classes at the restaurant and my wife is a convert of the one pot poached salmon dish.

The secret to this dish is in cutting the vegetables thin enough for them to cook at the same time as the salmon (which is not long).

**Makes:** 4 main course portions

#### Method:

1. Take your time to peel, wash and thinly slice the vegetables, mix them all together and where possible cut through the root of the vegetables to allow the slices to stay whole.
2. Lay the vegetables into a shallow sauce pan and place the salmon fillets on top with space in between each one to allow the salmon to cook.
3. Season the salmon with plenty of rock salt and cover with the wine, herbs and spices, add the stock so that the fish is  $\frac{3}{4}$  covered and place a parchment paper lid on top.
4. Place the pan onto a medium heat and bring to the boil, once boiled immediately remove from the stove and leave to stand for 10 minutes.
5. Remove the salmon and vegetables from the pan and place the vegetables onto the serving plates.
6. Place the salmon on top and spoon over the cooking juices from the pan.
7. Add a slice of lemon, a splash of olive oil and you

#### Ingredients

4 salmon fillets  
approx. 150g per portion with all bones removed, I would recommend using organic salmon over farmed  
1 head fennel  
1 carrot or a bunch of baby carrots  
1 large leek  
1 onion  
1 bunch dill  
1 star anise  
10 coriander seeds  
200ml white wine  
250ml fish stock  
rock salt

have a well seasoned nutritious and simple meal ready in fifteen minutes.

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## Pot Roast Loin of Old Spot Pork with Kumquats and Celeriac and Apple Coleslaw

Kumquats are one of those ingredients that are widely underused, they are uniquely sour and have a powerful citrus kick to them. In this recipe I have used them to balance the fat in the pork. Both the citrus and sour elements complement the richness of the pork perfectly, and makes for a delicious rich roast pork dish that leaves cooking juices in the pan, more than worthy of bread to mop up with.

I have served this with a few different accompaniments but my favourite is a Cox apple and celeriac coleslaw; just shred the apples and celeriac finely, mix with mayonnaise, and plenty of lemon juice, a few sprigs of marjoram are a great addition also.

**Makes:** allow one bone per person plus an extra one or two.

### Method:

1. Season the pork well with rock salt and pepper. In a hot heavy based pan that is suitable for the oven add a splash of olive oil, when the pan is hot lay the pork in the pan and brown on all sides.
2. Once the pork is browned remove the pork from the pan and add the sliced onions and brown gently for 5 minutes, this will remove all of the cooking juices from the pan and give body to the finished dish.
3. Once you are happy the onions are browned, add the kumquats whole, place the pork on top, the picked thyme leaves and the brown stock.
4. Place this in the oven for 45 minutes at 180c.
5. Once cooked (pork should be firm to the touch, still moist but with no sign of blood) remove the pan from the oven and allow it to stand for 30 minutes to relax and allow the juices to form.
6. Remove the pork from the pan and slice between the bones, spoon over the juices that remain in the pan, onions and kumquats and serve with the accompanying coleslaw.

### Ingredients

6 bone rack of good quality pork, you would be best to ask for this "French trimmed" which will have the bones clean and the meat ready to roast  
2 medium sized onions  
1 star anise  
20 kumquats (200g)  
½ bunch fresh thyme  
500ml good quality brown stock  
olive oil for frying  
rock salt and pepper for seasoning