



## *Huître, miso, salade d'algues* Oyster, miso, seaweed salad

*At Le Manoir we serve this as an appetiser. I love the clean, iodine flavours of the oyster and sea urchin, and the fresh seaweed salad with its superb texture.*

*If sea urchin tongues are not to your taste, you can omit them and add a few other shellfish to each oyster, such as cockles or baby clams.*

*Native oysters are highly appreciated in Britain, and there are oyster fisheries dotted all around the coastline, producing different varieties. As with other oyster dishes, we use Cornish Assured Oysters.*

**SERVES 8 AS A STARTER**

### **FOR THE OYSTERS AND SEA URCHIN TONGUES**

8 oysters, size 2 (preferably Cornish Assured)  
8 sea urchin tongues (see page 310)

Carefully open the oysters and discard the juices. Remove the oysters from their shells and place in a small bowl.

Put the oyster shells in a small saucepan and cover with plenty of boiling water. Bring to the boil over a medium heat and boil for 2 minutes to clean and sterilise them. Drain the shells and reserve in the fridge, with the sea urchin tongues and oysters.

### **FOR THE MISO DRESSING**

30g yellow miso paste  
5g tahini paste  
1 tbsp rice wine vinegar  
1 tbsp mirin  
2 tsp light soy sauce  
1 tbsp sesame oil  
2 tsp lime juice  
1 tbsp sunflower oil

In a small bowl, mix all the dressing ingredients together and set aside until needed. About 2 tbsp is used to dress the seaweeds, the rest to spoon over each oyster.

### **FOR THE SALAD**

120g mixed edible seaweeds, cleaned  
2 tbsp miso dressing (see above)

Put the seaweed into a small bowl, drizzle over the dressing and toss to combine.

### **TO SERVE**

4g sesame seeds, toasted  
80ml miso dressing  
2–3 tbsp sea urchin purée

Arrange some dressed seaweed in the middle of each plate and sit an oyster shell on top. Lay a few strands of seaweed in each shell and place an oyster on top. Sprinkle with the toasted sesame seeds and place a sea urchin tongue on top.

Spoon some sea urchin purée around each plate. Drizzle the miso dressing over the oysters and serve.



## Boeuf braisé au vin rouge

A hearty classic, this dish very much belongs to the French heritage. I have used ox cheeks as I consider them to be the best choice for slow cooking. The gentle heat breaks down the tough fibres and transforms the collagen into gelatine, which lends the meat its wonderful melting quality. Cuts such as blade and shin of beef work well too.

You can make this dish a day in advance, if you like, and slowly reheat it when your guests arrive – the flavour will only improve.

### **SERVES 4**

1kg ox cheeks (about 4), sinews removed

### **FOR THE MARINADE**

750ml full-bodied red wine (Shiraz or Cabernet Sauvignon), boiled to reduce to 500ml, warm  
1 medium carrot, peeled and cut into 2cm thick slices  
1 celery stick, cut into 1cm thick slices  
20 baby onions, peeled but left whole  
6 garlic cloves, peeled  
1 tsp black peppercorns, crushed  
1 bouquet garni (a few parsley stalks, 3 bay leaves, 3 thyme sprigs, tied together)

### **FOR THE BRAISE**

1 heaped tbsp plain flour  
50g duck fat  
200ml water  
Sea salt and freshly ground black pepper

### **TO SERVE**

15g unsalted butter  
400g button mushrooms, trimmed and cleaned  
Juice of ¼ lemon  
10g flat-leaf parsley, chopped

Halve the ox cheeks along the grain, then cut across into 3cm thick slices. Combine the warm wine with all the other marinade ingredients in a large bowl and add the ox cheeks. Stir, then cover with cling film and leave to marinate in the fridge for 24 hours, turning the meat after 12 hours.

Tip the contents of the bowl into a colander set over a large bowl to drain; reserve the marinade. Separate the meat from the vegetables and herbs and pat dry with kitchen paper; save the vegetables and herbs.

While the meat is draining, preheat the oven to 200°C/Gas 6. Sprinkle the flour on a baking tray and toast in the oven for 8–10 minutes, until it has turned a pale brown colour. (This cooks the starch and makes it more digestible; it also lends a lovely flavour.) Set aside.

Lower the oven setting to 100°C/Gas ¼.

Heat the duck fat in a cast-iron or other heavy-based casserole over a high heat. Season the meat with 4 pinches of salt and colour in the hot fat, in batches as necessary, for 4–5 minutes on each side. Use a splatter guard over the casserole – the heat must be high to brown the meat and the fat will spit. If the heat is too low, the juices will leak out from the meat and it will stew rather than brown. With a slotted spoon, transfer the meat batches to a plate and set aside.

Add the drained vegetables and herbs to the casserole. Lower the heat to medium-high and cook for 5–7 minutes, until lightly coloured. Now add the toasted flour and stir for a few seconds. Then, little by little, add the strained marinade, whisking constantly to incorporate it into the flour. The starch in the flour will swell and thicken the sauce. Add the water and bring to the boil, then skim off any impurities. The sauce should be smooth and barely thick enough to coat the back of a spoon.

Return the meat to the casserole. Put the lid on and cook in the oven for 3 hours. Having the oven at 100°C will give you a temperature of 75–80°C inside the pot, which is the perfect temperature for slow cooking.

Meanwhile, for the garnish, heat the butter in a large, non-stick frying pan over a high heat, add the button mushrooms and sauté for 5 minutes. Add the lemon juice and season to taste with salt and pepper.

Add the mushrooms to the braise, then taste to check the seasoning, adding salt and pepper if required. Sprinkle with the chopped parsley and serve.

### **VARIATIONS**

This dish works equally well with shoulder of venison, adding a few crushed juniper berries to the marinade.





## Les scones

*Although scones were invented centuries ago (and some say they originate from Scotland), I was blissfully unaware of them when I arrived in England in the early 1970s. What a pleasant surprise! When I started to work as a chef at the lovely inn the Rose Revived, I had to create my own scone recipe. It took a few months to get it right, but I think our scones at Le Manoir are definitely among the best.*

*There are squabbles over how the scone should be eaten. Devon claims that the Devonshire cream should be spooned on first, with the jam on top. Cornwall puts Cornish clotted cream on top of the jam. The choice is yours.*

*English scones, which I love on a lazy Sunday afternoon, should be exported to France along with crumbles, crumpets and the marvellous sticky toffee pudding.*

### **MAKES ABOUT 12 SCONES**

#### **FOR THE DOUGH**

500g strong plain white flour, ideally French  
pastry flour (type 55)  
35g baking powder  
1g salt  
75g chilled unsalted butter, cut into 1cm cubes  
100g caster sugar  
150g golden sultanas  
2 organic/free-range medium eggs (100g),  
lightly beaten  
170g whole milk

#### **FOR THE EGG WASH**

2 organic/free-range eggs, plus 1 extra yolk, beaten  
1 tsp whipping cream

#### **TO SERVE**

Devonshire or Cornish clotted cream  
Best quality strawberry or raspberry jam

Sift the flour and baking powder together into a large bowl and sprinkle on the salt.

With your fingers, rub in the cold butter cubes to create a crumble-like texture; this will take about 5–7 minutes. Stir in the sugar and sultanas.

In a medium bowl, whisk the beaten eggs with the milk until fully combined. Add to the flour mixture and knead lightly by hand, just until it forms a smooth dough. Do not overwork the dough, or it will strengthen the gluten in the flour and make the texture too tight.

Dust the work surface with a little flour and lightly roll the dough to a 2.5cm thickness. Dip a 5.5cm plain cutter in flour and cut out as many rounds as you can, dipping the cutter in the flour each time, to prevent it sticking. You will have 8–9 scones.

Gather the dough trimmings into a ball and roll out again to the same thickness. Repeat the process and cut out another 3 or 4 scones.

Line a baking tray with silicone paper. Turn each scone upside down, to give the flatter side up, and place on the prepared tray.

For the egg wash, whisk the eggs, extra yolk and cream together in a bowl until smooth.

Lightly brush the top of each scone with egg wash, then leave to rest at room temperature for about 30–35 minutes. (The warmth will activate the baking powder, creating thousands of little carbon dioxide bubbles in the dough and increasing the volume by 10–15%.)

Preheat the oven to 170°C/Gas 3.

Brush each scone with egg wash once more, to give the perfect rich amber shine. Bake for about 10 minutes until well risen. You should have scones as good as you can get anywhere – from a Frenchman, too!

Serve the scones at room temperature. Use a serrated knife to cut them in half across the middle. Add a thick layer of cold clotted cream and a generous spoonful of jam... one of the great classic British tastes.

#### **VARIATIONS**

There are many possible flavour variations, such as currants, lemon or ginger, but I still love sultana scones and traditional plain scones without fruit.







## *Boudin noir fait maison, purée de pomme* Homemade black pudding, apple purée

*This is not a dish for the faint-hearted, or those who are squeamish about black pudding, as the ingredients include one pig's head and blood.*

*However, I love boudin noir and was distraught when the government (showing little trust in our farm system) decided that all black pudding should be made from dried blood. For centuries, it had been made with fresh blood, lending a very different taste to the 'usual' black pudding.*

*At Le Manoir we pride ourselves in making a black pudding with fresh blood, which is supplied by Rhug Estate and Laverstoke Park Farm, two of the country's finest organic farms. Both have certified abattoirs, which satisfy the requirements of the Soil Association, and they work under strict veterinary guidance and abattoir conditions. So we have Britain's purest pig's blood!*

*When we make our black pudding we strictly follow health and safety guidelines. This recipe, which has a slightly curried flavour, has barely changed since its creation two decades ago.*

**SERVES 4**

### **FOR THE BRAWN**

1 pig's head  
75g flat-leaf parsley  
10g chervil  
10g thyme  
1 bay leaf  
1 sage leaf  
600g carrots, peeled and halved lengthways  
370g celery sticks, trimmed and halved  
600g leeks, trimmed, washed and halved  
425g white onion, peeled and quartered, root left intact  
1 garlic clove, peeled  
10g black peppercorns  
120g salt  
4 litres water  
200ml white wine vinegar

Put the pig's head into a large saucepan, pour on enough cold water to cover and bring to the boil over a high heat. Meanwhile, tie the herbs in a piece of muslin to make a bouquet garni. When the water comes to the boil, drain it off and return the pig's head to the cleaned pan.

Add the vegetables, bouquet garni, garlic, peppercorns and salt. Pour in the water and wine vinegar and bring to the boil over a medium heat. Reduce the heat to a gentle simmer and cook for 2¾ hours, skimming every 30 minutes.

Remove the pan from the heat and leave the pig's head to cool in the cooking liquor.

Once cooled, lift the pig's head out onto a board and pick off the cooked meat, discarding any cartilage and gristle as you go.

Put the meat onto a clean tray, place another slightly smaller tray on top and place a few weights on top to compress the meat.

Refrigerate the compressed meat in the fridge until set. You will have about 400g brawn (which is more than you need for this recipe). ➤