



Meet the chef
Richard's Norwich brasserie, Benedicts, is well-loved for its affable proprietor's Modern British cuisine: food that tastes as good as it looks.

RICHARD BAINBRIDGE Crab ravioli & tomato sauce vierge Serves 4

INGREDIENTS

For the crab filling

- 2 dressed Cromer crabs
- 1 lime, juice and zest
- 20g chopped coriander
- sea salt and white pepper

For the tomato sauce vierge

- 4 tomatoes, peeled, deseeded and diced
- 100ml olive oil
- juice ½ lemon
- 1 tbsp snipped basil leaves
- ½ tsp snipped chervil
- ½ clove garlic, finely chopped
- 3 coriander seeds, crushed
- salt and pepper to taste

For the herb pasta

- 1 whole egg
- 3 egg yolks
- handful of soft garden herbs

- 250g '00' pasta flour
- 10g fine salt
- drizzle of rapeseed oil

To finish

- handful of soft garden herbs
- handful of salad leaves

METHOD

1. For the crab filling, remove the white meat from the dressed crabs and place on a cold tray. Use your fingertips to pick through the crab and remove any shell fragments, then transfer the meat to a bowl and refrigerate.
2. Remove the brown meat from the shells and place in a blender. Blitz to a smooth purée, then remove from the blender. Add 2 tablespoons of brown meat to the white meat, add the lime zest and juice and the coriander, and season to taste. Refrigerate until ready to make the ravioli.
3. For the tomato sauce vierge, place the tomatoes in a medium bowl with the olive oil, lemon juice, herbs, garlic and coriander seeds. Mix gently, season to taste, and set aside.
4. For the herb pasta, place the whole egg and egg yolks and the soft herbs in a blender and blitz to a smooth purée.
5. Place the flour and salt in a food processor, and pulse, slowly adding the egg mixture until it resembles a soft green crumble. Add a

few drops of rapeseed oil, transfer to a bowl, and knead for a couple of minutes until it comes together to form a smooth dough ball which should feel moist but not wet. Wrap in clingfilm and refrigerate for at least 30 minutes (or overnight) before use.

6. When ready to assemble the ravioli, generously flour a work surface. Roll out the chilled dough to a 3mm thickness. Stamp out rounds using a 7cm-diameter cutter. Using a tablespoon, place mounds of the crab filling in the middle of half of the dough rounds. Place an unfilled round on top of the filling and press the edges together firmly between thumb and forefinger. Moisten the edges with a little water if the ravioli are not sealing properly.
7. Transfer the ravioli to a surface that has been dusted with pasta flour. Cover with a damp tea towel until ready to cook.
8. To cook, bring a large, deep saucepan of water to the boil, then add the ravioli and simmer for 3 minutes, or until they float to the surface and are just cooked. Remove from the water and lightly dry on kitchen paper.
9. To serve, gently warm the sauce over a low heat. Spoon a little into the bottom of each serving bowl and top with the ravioli.
10. Finish with a few garden herbs and salad leaves.



Meet the chef
At Parker's Tavern in Cambridge, this chef makes flamboyant food from local, seasonal British produce.

TRISTAN WELCH Venison burgers with sloe & onion relish Serves 6

INGREDIENTS

For the sloe and onion relish

- 2 tbsp rapeseed oil
- 3 medium onions, peeled and finely sliced
- 1 red chilli (optional), finely chopped
- 2-3 handfuls sloes
- a dash of cider vinegar
- 2 tbsp honey
- salt and pepper

For the venison burgers

- 600g freshly minced venison
- a few fresh sage leaves, finely chopped
- 6 burger buns, split
- 1-2 tbsp butter
- 12 slices mature Cheddar

METHOD

1. For the sloe and onion relish, heat the rapeseed oil in a large saucepan set over high heat. Add the onions and fry, stirring. Add the chilli (if using), season, and continue to cook until caramelised.
2. Meanwhile, place the sloes and cider vinegar in a medium, deep saucepan and

bring to the boil for a few minutes until soft. Remove from the heat, pick over to remove the stones, and set the sloes and juice aside.

3. Add the honey, sloes and juice to the onions and continue to cook until all the liquid has evaporated. Cook for a couple of minutes longer, until the mixture has a chutney consistency.

4. Remove from the heat, transfer to an airtight container and allow to cool (it will keep for weeks in the refrigerator).

5. For the venison burgers, place the mince in a bowl and gently mix in the sage. Divide evenly into 6 and gently form into patties.

6. Heat an oiled griddle pan over high

heat. Season the patties and place on the griddle, cooking for 3-4 minutes on each side for medium rare.

7. To serve, butter the burger buns. Place each patty in a bun with 2 slices of mature Cheddar and some of the sloe and onion relish, and serve.



Meet the chef
Chef-patron of The Twenty Six, Scott does things differently. His intimate restaurant operates as a test kitchen - of which he says, 'there are no rules'.



SCOTT GOSS Black treacle pork chop, black pudding crumble & pickled blackberries

Serves 2 (but can be easily scaled up)

INGREDIENTS

- 75g blackberries
- 50ml cabernet sauvignon vinegar
- 2 bone-in pork chops, roughly 300g each, skin removed and reserved for crackling
- 1 tbsp rapeseed oil
- sea salt
- 2 tbsp black treacle
- 2 tbsp wholegrain mustard
- 300ml cider
- 1 tbsp butter
- 2 tbsp rapeseed oil
- 4 shallots, skin-on, halved lengthways
- 100g black pudding, cubed
- 75g cobnuts (or hazelnuts), roasted, skinned and roughly chopped
- 50g pumpkin seeds
- 6 large sage leaves, torn

METHOD

1. The night before, mix the blackberries and vinegar together and leave to pickle.
2. Preheat the oven to 210°C. Rub the pork skin with the oil and salt, place in a roasting dish and cook for 20 minutes, until blistered. Reduce the temperature to 120°C and cook for 2 hours. Drain on kitchen paper, then increase the oven temperature to 160°C
3. Set a large frying pan over high heat. Season the chops and fry until golden-brown on both sides. Transfer to a roasting dish and cook in the oven for 12-15 minutes for medium.
4. Meanwhile, mix the treacle and wholegrain mustard in a small bowl and spread over the chops. Set aside for 10 minutes to rest.
5. Place the roasting tin on the hob, add the cider to the juices, and deglaze. Reduce by two-thirds, then finish with the butter. Season and set aside, keeping warm.
6. Heat half the oil in a medium non-stick pan set over high heat, add the halved shallots cut-side down, and fry until charred. Flip over and cook for 1 minute. Turn off the heat and let the shallot cook in the residual pan heat.
7. Heat the remaining oil in a medium frying pan, add the black pudding, and fry until crisp. Add the nuts and seeds and fry until toasted. Add the sage and fry for 1 minute until crisp.
8. To serve, break the crackling into pieces and plate the chops. Top with the black pudding crumble, the crackling and the shallots. Finish with the pickled blackberries and a spoonful of the roasting juices.