

The Wroxton College Cook Book

RECIPES FROM WROXTON AND OTHER BRITISH
FAVOURITES BY ABBEY DEAN & JUSTYN THYME

FOREWORD
BY FERN
BRITTON



EDITED AND WITH AN INTRODUCTION BY
DR NICHOLAS DJ BALDWIN

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Recipes from Wroxton and Other British Favourites

by Abbey Dean & Justyn Thyme

With a Foreword

by Fern Britton

Edited and with an Introduction by

Dr Nicholas DJ Baldwin



OFFICE OF GLOBAL LEARNING

The Wroxton Chronicles

Volume 1: “Wroxton” by Peter Sammartino

Volume 2: “Wroxton Journals” by Walter Savage

Volume 3: “Wroxton Abbey: an Introduction” by Paul Edwards

Volume 4: “Lord North, the Prime Minister” by William Henry John North

Volume 5: “The Wroxton College Cook Book” by Abbey Dean and Justyn Thyme

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With Special Thanks

“Tis an ill cook that cannot lick his own fingers.”

William Shakespeare, *Romeo and Juliet*

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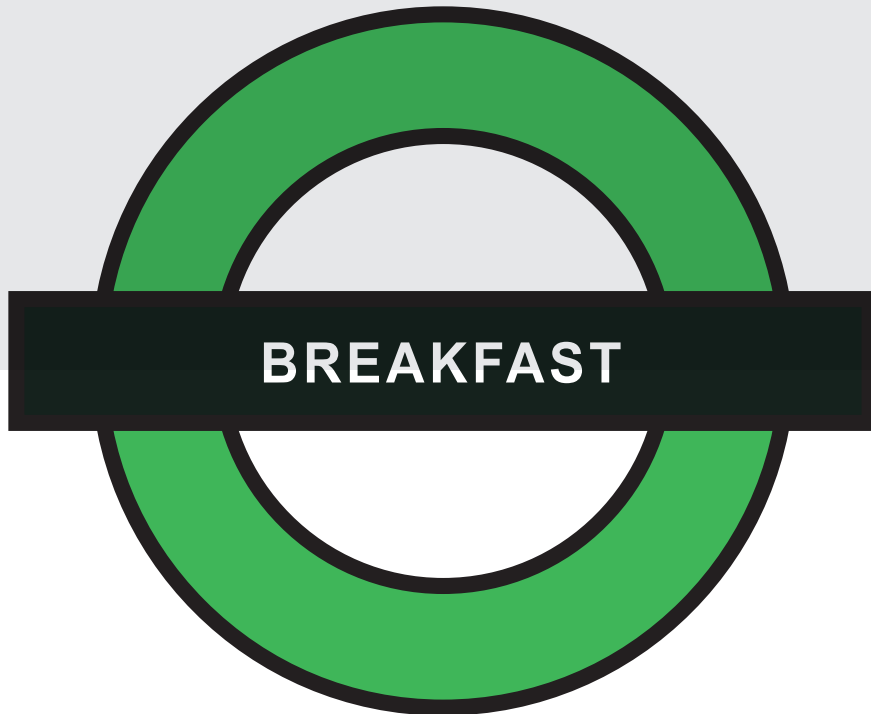
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"When you wake up in the morning, Pooh," said Piglet at last, "what's the first thing you say to yourself?" "What's for breakfast?" said Pooh. "What do you say, Piglet?" "I say, I wonder what's going to happen exciting today?" said Piglet. Pooh nodded thoughtfully. "It's the same thing," he said.

– A.A. Milne



The great British “fry-up” is mainly eaten by American tourists who appear not to realize that it will kill them.

The Full English

Famous - or perhaps in this day and age of cholesterol concern, infamous - around the world, this 'fry-up' consists of eggs, bacon, sausages, tomatoes, mushrooms and fried bread. All that is then required for the perfect start to any day is – of course – a mug of hot tea (milk, two sugars!).

Method

1. Place the sausages under a hot grill for 15-20 minutes, turning frequently, until well browned all over. While doing this:
2. Using a small amount of the oil in a frying pan, cook the bacon for two-to-three minutes on each side (or longer, depending upon preference). Remove from the pan and keep warm.
3. Place the tomato halves under the grill, cut-side up. Cook for 3 to 4 minutes.
4. Place the mushrooms in the frying pan (having removed the bacon). Cook for 3 to 4 minutes. Remove from the pan and place with the bacon to keep warm
5. Place the bread in the frying pan (adding more oil if required) and cook for 2 to 3 minutes on each side. Remove from the pan and place with the other items to keep warm.
6. Place the de-shelled egg – or eggs – in the frying pan (adding more oil if required) and cook to your liking.
7. Transfer all items to a warmed plate and serve (and eat!) immediately.

Ingredients

(Per person but very dependent upon appetite!)

- » 2 pork (or whatever you might prefer or have to hand) sausages
- » 2 rashers smoked back bacon
- » 1 or 2 eggs
- » 1 medium-sized tomato, halved
- » 4 regular-sized mushrooms
- » 1 slice bread (of choice)
- » Cooking oil of choice (olive oil)

Note: Some people would add (not substitute; never substitute!) baked beans and, possibly, one or two whole or sliced lambs kidneys or even some black pudding to the mix.

The Wroxton College Cook Book

For hundreds of years, foreigners have complained about British cooking. Indeed, in 1066, William the Conqueror himself most likely observed, "La cuisine ici c'est horrible! Et de si petites portions!" Sadly, these negative views of British cuisine endure to the present day. The Wroxton College Cook Book, lavishly illustrated and featuring more than 300 recipes adapted from dishes prepared for and enjoyed by thousands of students and guests of Wroxton College since 1964, is offered as a rebuttal of the persistent and pernicious prejudices concerning British food. — The Publishers



"This book is full of wonderfully creative ideas, and will I hope be a source of great culinary adventure for you and your family. Someone once said 'Food is the ingredient that binds us together' and that is a truth. Bon Appetit!"

- Fern Britton, author and broadcaster, London, UK

"This cookbook is packed with a rich array of Wroxton-inspired savory and sweet selections that offer the reader a window into distinctive flavors and culinary techniques, along with evocative descriptions and historical perspective. Even if you haven't yet had the good fortune to visit this Cotswolds treasure, the Wroxton College Cook Book should serve to transport you into its memorable culinary atmosphere and physical surroundings."

*- Michael Sperling, Ph.D., Vice President of Academic Affairs,
The Culinary Institute of America, New Hyde Park, NY*



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