

# PETER GORTON

## AN INVITATION TO COOK

**PETER GORTON** is among the westcountry's most celebrated chefs. Not only has he owned and worked at two of the region's best known restaurants, The Carved Angel in Dartmouth and The Horn of Plenty on the Devon/Cornwall border, but is recognised as foremost among the new generation of chefs to adopt and promote the use of local produce. His book *Devon Food Heroes*, published by Halsgrove in 2012, provided profiles of the county's most innovative food producers, from fishermen to cheesemakers, and now this new book, *An Invitation to Cook*, puts into practice his passion for good local ingredients through over a hundred of his personal favourite recipes.

An award winning Masterchef of Great Britain, Peter trained at some of the best restaurants in the UK and around the world – including The Walnut Tree in Abergavenny, the Burnham Beeches Hotel in Melbourne, Australia, and Jamin in Paris. As well as being a familiar face in the media Peter is a regular contributor to food magazines and newspapers, providing recipe columns both locally and nationally. He is a popular regular at the region's many food events including the Taste of the Tamar Food and Craft Festival, Plymouth's Flavour Fest and Exeter's Food and Drink Festival. He has made a number of television series, among them 'Little Chefs', a six part programme which was shown on ITV. He has also appeared on BBC3's 'Kill It, Cook It, Eat It'.

The contents of this beautifully produced book includes sections on Seafood, Meat, Poultry and Game, Vegetables and Vegetarian Dishes, Desserts and Sauces, along with tips on how to source and prepare ingredients. Peter's no-fuss instructions make even the most complex dishes seem easy to produce, while his knowledge of international cuisine adds a little extra to every meal, marrying the best of local and world food in each unique recipe.

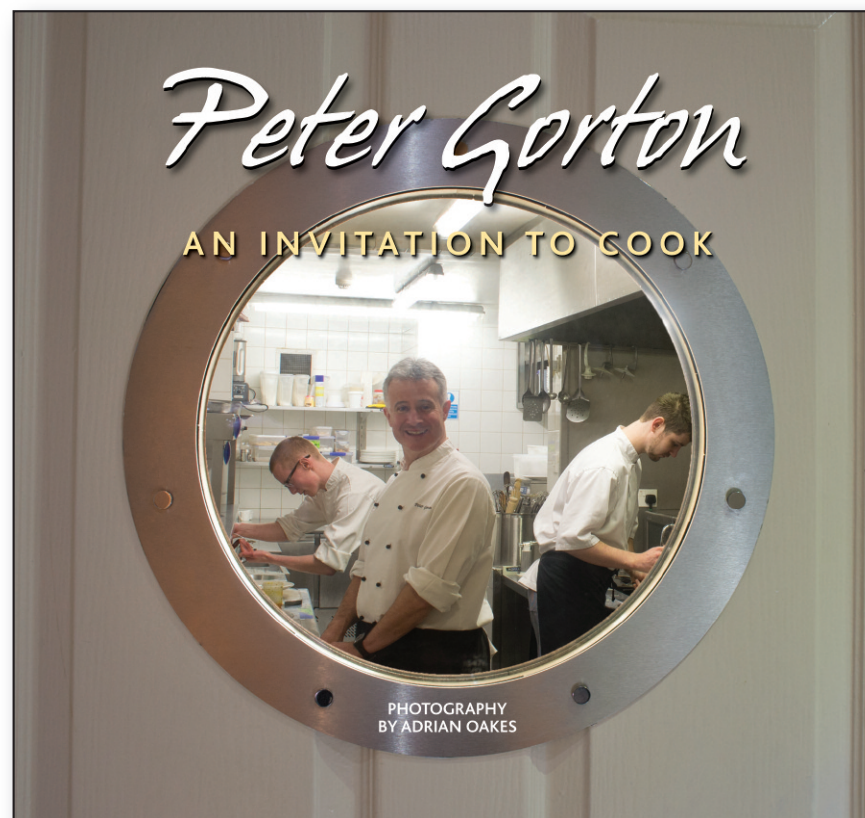
Peter now runs his own popular restaurant 'Gorton's' based in Tavistock Devon where his many fans go to dine. Now these and other westcountry foodies will be thrilled at the appearance of Peter's latest book in which his mouthwatering recipes are further enhanced through the inclusion of superb photographs by contemporary photographer, Adrian Oakes.

### HALSGROVE CATALOGUE

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# PETER GORTON - AN INVITATION TO COOK



Left: Peter at home with the family.

Right: Gorton's Restaurant.




Below from left to right:  
 Roast Loin of Venison with a Tangle of Greens and Red Wine Shallots;  
 Vegetable dishes;  
 Ginger Sponge Pudding with Caramelised Apples and Caramel Sauce

Bottom right: Peter preparing a dish.



Example of a double-page spread.



**Lightly Spiced  
Lemon Grass and  
Seafood Broth**

**Ingredients - Serves 4**

**Stage 1** For the broth:

- 3 tablespoons peanut oil
- 2 sticks of chopped lemongrass
- 6 chopped shallot leek leaves
- 3kg peeled chopped ginger
- 4 red Thai chillies, finely chopped
- 4 cloves of garlic, peeled and crushed
- 1/2 small onion, finely chopped
- 1 stick chopped celery
- 1 small chopped carrot
- 2 litres cold water
- 50g palm sugar (from food stores)
- Lime juice to taste

**Stage 2**

- 500g salmon to taste
- 340ml porcini
- 4 scallops pan-fried (optional)
- 100g king prawns
- 100g mussels
- Canned coconut milk to taste
- 30g snow peas blanched and thinly sliced
- 2 tomatoes, concurred (optional)
- 4 spring onions, finely chopped
- Small handful of packed basil leaves, coriander leaves roughly chopped

**Method**

**Stage 1**

Heat the peanut oil in a wokpan on a medium-high heat. Add the garlic, lemongrass, kaffir lime leaves, ginger, chillies, onion, celery and carrots.

Stalk for 5 minutes or until the onions are soft and translucent. Add water, palm sugar, the sauce and lime juice.

Bring to the boil for 2 minutes then remove from the heat and leave for 30 minutes then strain through a fine mesh sieve, discard solids and reserve the broth.

**Stage 2**

**To assemble**

Re-heat the broth in a medium saucepan. Add the coconut milk to taste, cook for 2 minutes. Season with salt and pepper.

Add the scallops (optional), king prawns and mussels until nicely cooked then add the snow peas, fresh herbs, spring onions and tomato concurred. Serve in the large bowls.

**Chef's Tip**

I also like to add noodles to this recipe. It has a very Asian taste and my children love it!

