

PARKER'S TAVERN 1834

AFTERNOON TEA

Cambridge has always been a city for dreamers; a city that nurtures the minds of men and women who want to learn things, make things and change things. Since my return, I have paid homage to the history of the City and events that took place in Cambridge. Now I believe it is time to think about Britain and all of its delicious puddings – from the historic apple crumble, to a quartet of sandwiches that I think the Earl of Sandwich himself would relish.

TRISTAN WELCH

SAVOURIES

CRAYFISH PASTRY BOATS with lemon and herb mayonnaise

In 1829, an undergraduate at St John's, Charles Merivale, challenged his pal who was studying at Oxford University to a rowing race. Thus, The Boat Race was born. My tribute to Merivale's wager is a puff pastry rowing-boat with a thumb of fresh crayfish.



TRUFFLE AND MUSHROOM SAUSAGE ROLL

Sausage rolls date back to ancient Greek times. I wonder what they would have said if they knew that 2500 years later the 5th of June would be National Sausage Roll Day! With our delicious sausage rolls, we use British truffles from Wiltshire to finish them – which is quite fitting or funny if you think that in France and Italy, they would use pigs to find truffles!

PARKER'S FINEST BATSMAN

Sometime around 1900, a Cambridge slater, John Cooper Hobbs and his young son Jack appeared on Parker's Piece with a bat and ball. Little did Hobbs senior know, as he bowled for Jack on that sunny summer evening, that his boy would one day become Sir Jack Hobbs, the nation's greatest cricketer: scorer of 61,760 runs and 199 centuries in first class cricket. (Our 'Sir Jack's Bat' cocktail pays tribute to this remarkable Cambridge sportsman.)



QUARTET OF SANDWICHES

The story of John Montagu, 4th Earl of Sandwich, is well-known, and his simple culinary invention – the humble sandwich – has stood the test of time. In his student days Montagu studied at Trinity College, and may well have been the first student to scoff a sandwich on Parker's Piece between lectures. Inspired by this thought I've added some Cambridge-inspired flourishes of my own.

ROAST BEEF

with horseradish cream

Roast beef is quite possibly the definitive Sunday roast. So we thought it would be quite right to start with a delicious roast beef before we go on to our British pudding inspired afternoon tea!

EGG MAYONNAISE AND WATERCRESS* (V)

This is a classic sandwich! We use local eggs, peppery watercress and combine it with a dash of mayonnaise and crème fraîche to give it an extra creamy finish. This World War I staple was a favourite in the trenches and was served with "gun fire tea", which was an English breakfast topped up with a dash of rum.

OPEN SMOKED SALMON*

with cucumber and English cream cheese

The gently-smoked salmon in this granary bread sandwich has been cured to my own recipe. In order to give diners a true taste of the riverbank, we added sansho pepper, recalling the peppery notes of watercress growing wild on the banks of the Cam.

RED LEICESTER AND HOMEMADE PICKLE* (V)

A cheese and pickle sandwich has often been referred to as a ploughman's lunch due to its likeness. Voted as Britain's favourite sandwich, this definitely had to be added to the menu. It is the British sandwich of sandwiches!

*ALSO IN CHILDREN'S TEA-TIME MENU

SWEETS

PLAIN AND PLUM SCONES

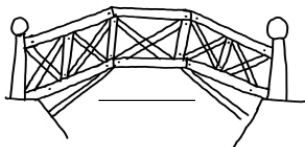
with passion fruit curd, marmalade and clotted cream

To feed the enormous crowd that gathered on Parker's Piece for Queen Victoria's Coronation in 1838, local cooks baked nearly half a ton of plum pudding. My plum pudding scones have retained all the rich, fruity flavours of those original puds, with the light fluffiness of a freshly baked scone. The caramelised apple butter is a tribute to Isaac Newton, alumni of Trinity college. The only question that remains is which to spread first: the cream or the jam?

BAKEWELL TART

red and white macaron with raspberry jam, frangipani and white chocolate cremeaux

The Bakewell tart has always been used to describe a Bakewell pudding. However, each name refers to two different dessert recipes. What is even more interesting is that the origin of the tart is actually associated with the town of Bakewell in Derbyshire. Our version of this great British classic, celebrates the ingredients that tie the recipes together.

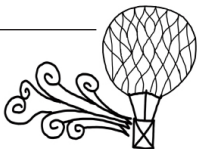


A BRIDGE TOO FAR

An abundance of brilliant engineering minds have helped build some amazing bridges in Cambridge. The wooden Mathematical Bridge at Queens' College is one particularly striking example. Another is the Bridge of Sighs at St John's College, from which an entire car was hung by ingenious pranksters in 1963 (and again in 1968) causing havoc for people punting on the river.

GREAT BRITISH PUDDINGS

*I've brought together this selection of my favourite treats –
inspired by recipes from beautiful cities around Britain.*



APPLE CRUMBLE

choux bun filled with caramelised apple compote, vanilla Chantilly and cinnamon crumble

Known to have originated in Britain during World War II, the recipe for Apple Crumble was invented as a replacement for the previous extravagant apple pie recipes. The recipe has since adapted over the years, however, it has continued to keep its relevance in the traditions of several countries including Britain and America.

CARROT CAKE

layered carrot cake sponge with mascarpone filling and walnut praline

There are many stories of how the carrot cake was originally created. Some food historians believe carrot cake originated from Europe in the Middle Ages who would eat carrot puddings. Due to sugar and sweeteners being either too expensive or too hard for people to find during the Middle Ages, it is said that they would use carrots as an alternative. The popularity of carrot cake was revived in Britain during World War II, due to rationing and the expense of sugar.

JAFFA CAKE

Madeleine shaped orange cake with orange jam and dark chocolate

Named after the Jaffa oranges, Jaffa Cake was founded in 1927. As the McVitie's company did not register the name "Jaffa Cakes" as a trademark, supermarkets and companies in the food industry made similar products under the same name. The categorisation of whether the product was a cake or biscuit was so intense that in 1991 a VAT tribunal took place. The court findings were in favour of the McVitie's company in which the Jaffa cake would be considered as a cake for tax purposes. This resulted in the McVitie's Jaffa Cake being awarded the best-selling cake or biscuit in the UK in 2012.

RHUBARB FOOL

poached pink rhubarb on top of a ginger cheesecake

Rhubarb and custard sweets, ironically, contain neither rhubarb or custard! Their history is based on a rhubarb and vanilla custard pudding that was well-renowned and then when candy making became popular due to the importing of sugar, this pudding was made into a hard sweet. Ever since their creation, they have been popular – they've always been my favourite sweet (and believe me I ate many of them as a child). You would usually find these in most traditional British sweet shops.

RHUBARB PAVLOVA *

poached rhubarb on a meringue base

Pavlova first originated in New Zealand in the 1920s at an Eton College cricket match. A dog so happened to sit on a picnic basket which resulted in a squashed strawberry pavlova. Rather than throwing the dessert away, the squashed pavlova was instead hailed a triumph and named as a classic British pudding, the Eton Mess.



CHILDREN'S TEA-TIME

Something for the little cherub's

PLAIN SCONE

with nutella

JAFFA CAKE

Madeleine shaped orange cake with orange jam and dark chocolate

APPLE CRUMBLE

choux bun filled with caramelised apple compote, vanilla Chantilly and cinnamon crumble

EGG MAYONNAISE AND WATERCRESS

OPEN SMOKED SALMON

with cucumber and English cream cheese

RED LEICESTER AND HOMEMADE PICKLE

HOMEMADE PINK LEMONADE

And if your parent or guardian says it's okay, vanilla ice cream and a chocolate flake to take away!

FREE FROM

Vegan, gluten free and dairy free

TEMPURA CAULIFLOWER

with chilli sauce

SUNDRIED TOMATO AND BABY SPINACH

with mini boat tartlets

APPLE AND CUCUMBER SANDWICH

open sandwich

HUMMUS SANDWICH (v)

with roasted vegetables

FLAT MUSHROOM SANDWICH (v)

with vegan pesto sauce

PLAIN SCONES

with marmalade

PASSION FRUIT CAKE

topped with fresh raspberry

APPLE AND CINNAMON CAKE

mixed raisins and apples topped with cinnamon butter cream

CHOCOLATE AND BANANA GANACHE

dark chocolate and banana ganache with banana and passionfruit filling

STRAWBERRY JAM MACARON



HOT DRINKS

Cambridge is a city that loves hot drinks more than most: on a wintry day in the city it's hard to spot anyone without a hot drink in hand. Fittingly, it was a Cambridge professor, Sir James Dewar of Peterhouse College, who made this possible when he invented the Thermos flask in 1892. The tea ceremony at Parker's Tavern, however, harks back to a pre-Thermos era, when taking tea was about simply sitting, talking, and enjoying the pleasures of a brew.

HOT "THINKING" CHOCOLATE

More than a drink, our hot chocolate starts life as a rich homemade ganache for you to stir into a cup of hot milk until it's sufficiently chocolatey.

COFFEE

Our hand-roasted coffee is supplied by Union Coffee, who work directly with small-scale farmers to fairly source some of the world's finest coffee beans, which they roast in small, artisanal batches. Our University Arms espresso blend provides notes of tangerine, chocolate and macadamia nut, evolving into pecan, vanilla and buttery shortbread when milk is added.

P'T TIPS TEA

To paraphrase Magdalene College's C S Lewis: I don't believe in a cup of tea too big, or a cookery book too long. My very own blend of tea leaves is a tongue-in-cheek homage to the nation's favourite tea brand, providing a balanced, medium-strength cup with a bright amber hue and a light, malty flavour.



SOMETHING STRONGER

Charles Yorke, Member of Parliament for Cambridgeshire from 1863 to 1873, didn't do things by halves. The original Champagne Charlie, if Yorke was picking up the tab he would insist that his guests drink nothing but Champagne. If you're in the company of a Champagne Charlie, or fancy yourself as one, try a glass of our Charles Heidsieck NV Brut Réserve Champagne (£59 per bottle, or £12 per glass) or ask to see our Cambridge-inspired cocktail menu.

