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4Star Hotel Trinity Christmas Meal

The module title: Food and Beverage
Operation (BMIH4002)

Lecturer's name: Tristan Hawkins



Trinity Hotel Chain

*3-course Christmas meal £275 by
Jamie Oliver and Gordon Ramsay*



Trintiy Hotel



@trinityhotel

Starters

Devils on horseback

Calories94 Fat07.5g Saturates1.1g Sugars.6g Protein3g Carbs4g

VEGAN BUFFALO CAULIFLOWER WITH AVOCADO RANCH DRESSING



Mains

Christmas turkey with Cranberry and Bacon

Calories734 Fat38g Saturates16.2g Sugars3.5g Salt1.3g Protein91.9g Carbs6.8g Fibre1.5g

ROAST TURKEY WITH LEMON, PARSLEY AND GARLIC

CALORIES1074 SUGAR1G FAT63G SALT6.2G PROTEIN 111G CARBS4G SALT6.2G

VEGAN COURGETTE STROZZAPRETI PASTA



Desserts

DRIED FRUIT, PECANS, GINGER, ROSEMARY, BOURBON & GOLDEN SYRUP

Calories627 Fat33.8g Saturates11.4g Sugars49.6g Salt0.3g Protein7.8g Carbs74g Fibre5g

CHRISTMAS BOMBE

Calories 648 Fat 31.9g Saturates 15.2g Sugars 48.7g Salt 0.5g Protein 11.3g Carbs 78.1g Fibre 5.8g

VEGAN STICKY TOFFEE PUDDING

WINE

MERLOT

/ £4.50 (175ml), £6.20 (250ml), £20.95 (bottle)

CABERNET SAUVIGNON

/ £4.50 (175ml), £6.20 (250ml), £20.95 (bottle)

Pier 42 Merlot

/ £4.50 (175ml), £6.20 (250ml), £20.95 (bottle)

Prophecy Malbec

/ £4.50 (175ml), £6.20 (250ml), £20.95 (bottle)

Whiskey

All Shot £15

Single Barrel

Select

45% vol

Single Barrel

100 Proof

50% vol

Gentlemen Jack

Double Malted

40% vol

Reference list

Gordon Ramsay's recipe is available at:

<https://www.gordonramsayrestaurants.com/recipes/roast-turkey-with-lemon-parsley-and-garlic/>

<https://www.gordonramsayrestaurants.com/recipes/vegan-buffalo-cauliflower-with-avocado-ranch-dressing/>

<https://www.gordonramsayrestaurants.com/recipes/vegan-sticky-toffee-pudding/>

<https://www.gordonramsay.com/gr/recipes/christmas-bombe/>

(Accessed on 15th November)

Jamie Oliver's Christmas Recipe book:

Published by Penguin Books, Limited, 2016

Jamie Oliver's recipe are available at:

<https://www.jamieoliver.com/recipes/turkey-recipes/cooking-the-turkey/>

<https://www.jamieoliver.com/recipes/pork-recipes/devils-on-horseback/>

<https://www.jamieoliver.com/recipes/fruit-recipes/christmas-pudding/>

(Accessed: 16th November)