

Pan-frying is a great way to cook duck breasts because the skin gets deliciously crisp while the breast is still pink in the middle. The ideal internal temperature for duck breasts is 52°C but see the tip below for estimating doneness with your fingertips.

1. Score the skin of the duck breast with a sharp knife and season with salt
2. Place the breast skin-side down in a cold non-stick frying pan over a medium-high heat
3. As the fat is released, tilt the pan towards you and use a spoon to remove the liquid
4. Cook the duck breast for approximately 6 minutes then turn it over and continue to cook for 4 minutes
5. Using tongs, turn the breast on its sides to evenly sear the meat on all surfaces then remove the breast from the pan. If the duck is not fully cooked at this point, finish the cooking in an oven pre-heated to 220°C/gas mark 7
6. Allow the duck breast to rest for 10 minutes before serving.

#### ARCSOC.In Pictures.



*(Frep Interview)*

**KATIE CRAVEN:** So why would you make a good frep?

**APPLICANT:** Um. I'm fun. And like, I am fresher now... So I know what it's like...

**KATIE WETHERALL:** So why would you make a good frep?

**A:** Um... I think...

**JOSH BREEDON:** Have you thought of any changes you would make to the programme?

**KC:** Because actually, our programme was the best ever.

#### Introducing your resident (college) Agony Aunt...

### **MADAM MIDDELL**



#### CONCERNED READER:

Dear Madam Middell, had a bit of a mare with the whole blind date shebang. Arrived at Revs, to the dulcet tones of Marvin Gaye, ready for a night of charitable revelry, and guess who was my match? You won't believe me but it's the truth, I swear. My own supervisor. I was horrified and shocked to say the least. What is worse is that what with our shared love for ASNAC we actually really hit it off. Should I reply to his FB message asking about drinks or is that a total no go? Madam M, I am so torn! My heart is telling me yes but my head says no.

#### MADAM MIDDELL:

Oh do you know what sweetie, I had a similar problem back in my day with a hunk of a supervisor called Hank, he was dreamy. And American. I made the mistake of not following my dreams and have lived to regret it everyday. My advice to you is follow that love-struck heart of yours and pursue pursue pursue. Track him like the cheetah stalks the wildebeest. I have faith in you. Good luck dearie and let me know how it goes xxx

*(Frep Interview cont.)*

**KW:** Because actually, our programme was the best ever.

**KC:** Yeah so you probably won't be able to make any improvements.

**KW:** Yeah so you probably won't be able to make any improvements.

**A:** Uh... well...

**JAKE REYNOLDS:** How would you respond to the idea of a magical rainbow palace during Freshers' week?

**A:** Um...

**JR:** Did you think there were enough unicorns this year?

**A:** There were unicorns?

**JR:** I knew we didn't go hard enough on the unicorns, guys!

**JB:** What would you do about buildings and services during Freshers week?

**A:** What?

**JB:** It's a very relevant question.

**KC:** As ECSU President, I think -

**KW:** As ECSU President, I think -

**KC:** You're not ECSU President, Katie -

**KW:** You're not ECSU President, Katie -

**JB:** So about the buildings -

**JR:** Back to the issue with the unicorns -

**A:** Uh, I think I'll show myself out.



# ROAR!



And I've pictured us, driving through a nameless  
City on a dateless night and though I'm pressed  
Against my window watching lights that don't belong  
To anyone dance on the horizon.

Lent 6: 21st February 2016

## EMMANUEL COLLEGE ALUMNI 2026 EDITION

### Becky Hart:

From her incredibly successful reign as ECSU President, Becky has gone from strength to strength, and is currently ruling the UK with an iron fist as the incumbent Prime Minister. The only PM in history to win every single UK seat, Emmanuel has clearly put Becky on the path to greatness!

### Katie Craven:

From her successful reign as ECSU President, Katie has gone from strength to some other things, as is currently deputy-ruling the UK with and aluminium fist as the incumbent Deputy Prime Minister. Serving under the only PM in history to win every single UK seat, Emmanuel has clearly put Katie on a path.

### Kyle Turakhia:

Some call him the heir to Rupert Murdoch's media throne, others remember him as ROAR co-editor 2015. After publicly endorsing Becky Hart as a Prime Ministerial candidate in 16 of his 29 newspapers, it's fair to say Kyle is an influential figure in Britain today.

### Jacob Haddad:

Following a wildly successful music career with fellow Emmanuel alumnus George Herring, Jacob stepped out of the limelight in 2022, when he retired from music to become Head Librarian for Cambridge University Library. From UK No. 1 to living, hermit-like, in his cave of periodicals, Jacob's life certainly has been a rollercoaster!

## Haiku of the Week

Eduroam is gone  
Roaming in a foreign land  
Hashtag wifi stress

## Netflix and Will



## Where's Walter? Find the Founder!



## FLAVOUR OF THE

### WEEK:

Kingsize

**ECRHS:**  
**STATUS:**  
Malting

Adam Mirsky's self  
esteem levels:

Bar?

## Day of the Week

Daymien Lewis

## Sporting Success

Emma Panthers 108 12 Liverpool

And a huge ROAR congratulations  
to Dave Glover, who was recently  
selected for the GB dressage Team.  
Good luck in Rio!

**HOW IS WELFARE OFFICER**  
**KEIR MOONANDSUN'S**  
**WELFARE?**  
**Elliptical**

**WRITE FOR ROAR! CHECK FB FOR MEETING TIMES! HYPE!**