

# Crab & Herb Crusted Cod

with Crushed Peas and Butter Sauce



Alex Aitken, The Jetty



Serves: 4 | Cooking time: 15-12 minutes

## Ingredients

4 x 140 to 160g fillet of cod, skin down on parchment paper  
Crushed peas  
60g fresh hand-picked brown crab meat  
100g fresh white hand-picked crab meat  
Dijon mustard

## Herb Crust

200g dried bread crumbs  
100g parsley leaf  
1 small shallot  
Olive oil  
Breadcrumbs, parsley and the shallot into a food processor and blend, add enough olive oil to make a light vibrant crumb

## Butter Sauce

1 shallot finely chopped  
150g butter  
40ml white wine vinegar  
75ml white wine  
10ml cream  
40ml stock – fish or vegetable  
Salt and a pinch of sugar Juice of ½ lemon  
Milk

## To Prepare the Cod

Place the cod fillets skin side down on a baking sheet and brush with a little Dijon mustard. Spread the brown crab meat onto the cod fillet then top with the white and coat in the herb crust.

## Butter Sauce

Add shallot, vinegar and wines to a pan and reduce until dry. Add stock and cream and simmer. Slowly whisk in with butter. Season and add lemon juice – milk to loosen. Pass through a sieve.

## Crushed Peas

Pod the peas if using fresh or defrost if using frozen. Lightly pulse the peas if using fresh or defrost if using frozen. Lightly pulse the peas in a food processor to 'crush' them down. Melt a knob of butter in a sauce pan and add the peas, stir until hot and season with a pinch of salt and pepper and squeeze of lime juice.

## Cook & Serving

Bake cod 15 to 20 minutes at 160/170°C. Serve with crushed peas and creamy mashed potatoes, light butter sauce.

# Butter Poached Isle of Wight Lobster

with garden beetroot and Russian salad



Serves: 4 | Cooking time: 60 minutes  
(plus cooking the salad vegetables and beetroot)

This lobster recipe by Matthew Tomkinson has a wonderful fusion of summery ingredients. The poached lobster features a beautiful Russian salad of beetroot, carrots, green beans, turnips and asparagus that pairs well with the buttery crustacean.

## Method

1. Cook the beetroot for 1-2 hours, depending on size, until tender, in boiling salted water. Place a few circles of the beetroot onto your serving plate and top with a small portion of the Russian salad mixture
2. Start by preparing the lobsters. Put the lobsters in a freezer. This will render them insensate. Boil some water and add a dash of white wine vinegar. Once the lobster is insensate, place it on its back with its claws tied and hold it firmly by the top of its head
3. Place the tip of a very sharp chef's knife on the head just beneath its mouth, lining the blade up with the lobster's midline with the blade side pointed toward its tail. The first cut should be directed forwards toward the head, and the second backwards down the midline towards the tail
4. Pierce the lobster's head downward, then place the knife tip just to the body side of the junction of its tail and thorax and cut through the midline. The procedure must not take more than 10 seconds. For diagrams and more detailed information, visit the RSPCA's website
5. Once the lobsters are dead, pull each head away

## Poached Lobster

2 lobsters, 500g each  
4 tbsp of white wine vinegar  
250g of salted butter

## Russian Salad

50g of carrots, cooked and diced  
50g of turnip, cooked and diced  
50g of green beans, cooked and diced  
50g of asparagus, cooked and diced  
1/2 lemon, juiced  
Sea salt  
1 cooked beetroot, sliced thinly into rounds

## Homemade Mayonnaise

2 eggs  
1 egg yolk  
5 tbsp of white wine vinegar  
1 tsp English mustard  
1000ml of vegetable oil  
Salt  
1 lemon, juiced

from the tail and pull the claws off. Cook the tails in simmering water for 3 minutes and the claws for 5. Put both into iced water for 5 minutes. Drain

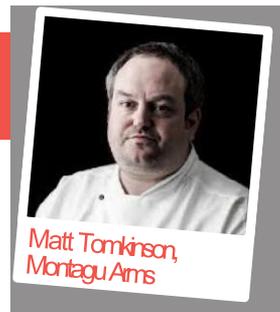
6. Remove all the flesh from the cooked body and tail. Crack the claws and extract all the flesh. Roughly cut the claw meat into chunks, and keep the tails as whole as possible. Chill the flesh until needed

7. Melt the butter in a small saucepan and bring up to 60°C using a thermometer, then drop the lobster tails in and gently poach for 6 minutes

8. To make the mayonnaise blend eggs, vinegar and mustard and slowly add oil until thick. Season with lemon and salt

9. Cook the vegetables whole in boiling salted water, refresh and then dice into 1cm pieces. The turnips and carrots will take 4 minutes, the asparagus and beans 2 minutes. Bind the cooked vegetables and lobster claw meat with the mayonnaise and season with a little lemon juice and salt

10. Place a ½ tail of the lobster on top of the salad and glaze with a spoon of the leftover butter. Squeeze over a few drops of lemon juice and sprinkle with the sea salt.



# Smoked Mackerel & Beetroot Fishcakes

with horseradish crème fraîche, watercress purée



## Ingredients

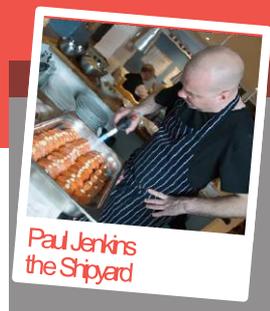
400g Smoked mackerel fillets  
500g desiree potatoes  
½ lemons zested  
100ml chardonnay vinegar  
1 tablespoon chopped dill  
Salt and pepper  
200g grated beetroot  
100g Dijon mustard  
300g Japanese Panko breadcrumbs  
2 eggs  
300ml water  
200g flour

## For the crème fraîche

100g horseradish sauce  
300g crème fraîche  
Salt and pepper

## For the watercress purée

1 bunch watercress  
200g baby spinach  
100ml rapeseed oil  
Salt and pepper



## Method

Pre heat oven. Roast desiree potatoes 1 ½ hours @ 180 degrees. Cut in half and remove skins. Allow to cool. Add grated beetroot, mackerel, salt and pepper, Dijon mustard, lemon juice and zest, dill, and vinegar. Mold into 70g balls.

Meanwhile in three separate bowls, place the flour, whisked eggs and water and the breadcrumbs.

To coat the fishcakes in bread crumbs, first place them into the flour, coating them thoroughly and removing any excess flour. Then place into the egg and water mix again making sure the fishcakes are completely covered.

Finally place into the bread crumbs. If you prefer to have more breadcrumbs on your fishcakes repeat the process again. Once all the fishcakes are coated, place on a tray and keep in the fridge until ready to cook

## For the watercress purée

Bring 1ltr salted water to the boil, place in watercress and spinach, and cook for 26 seconds. Once cooked, place into iced water (this stops the cooking process, and keeps the vibrant green colour!)

Remove from the water and squeeze out the excess liquid. Place in a food processor and blend with the rapeseed oil, salt and pepper.

For the crème fraîche, whisk the horseradish, crème fraîche, salt and pepper. Leave in fridge to set. To cook the fishcakes, heat the veg oil in a deep pan to 180 degrees and shallow fry until golden. Serve with the watercress purée, horseradish crème fraîche and mixed leaf salad.

# Pan fried Lymington Mullet, Crab & Oysters

with couscous & samphire



Matt Budden,  
Stanwell House



Serves 4

## Ingredients

16 x rope grown mussels scrubbed  
4 x fillets of mullet  
4 x oysters  
2 whole crabs (cooked and picked) you should have approx 200g brown meat and 125g white meat  
1 lemon - juiced  
100g unsalted butter  
100ml white wine  
1 diced banana shallot  
2 cloves garlic  
100g samphire  
200g Israeli large grain couscous  
100g of chopped chives / flat parsley / dill  
350ml vegetable stock  
Handful of fresh pea shoots  
Handful of shiso cress

## Method

1. Season the brown and white meat separately and add a little of the lemon juice to season.
2. Warm through the vegetable stock to a rolling boil, place the couscous into a large bowl and pour over the vegetable stock until it covers the couscous by 5mm then cover with cling film or a tight fitting lid – leave to steam for 10 minutes until the couscous has absorbed all of the stock, once it is cooked fluff up with a fork to separate the grains.
3. In a deep pan sweat the shallot and garlic in the butter until soft, add the mussels and clams and mix thoroughly until the shallot mixture has coated the mussels and increase the heat and add the white wine and cover immediately steam for approximately 3 minutes or until all of the mussels and have opened, (if they have not opened do not use) add the and oysters, Samphire and let wilt for 30 seconds Pan fry the hake and finish with a little of the mussel liquor
4. Finish the couscous with the brown crab and the fresh chopped herbs and check seasoning. Serve while still warm and top with the mussels, clams and samphire, finish the dish with the pea shoots, shiso and white crab meat.

# Seafood Paella

LE CREUSET CAST IRON 30cm SHALLOW CASSEROLE



Serves 4 | Preparation: 15 minutes  
Cooking time: 30-35 minutes

## INGREDIENTS

1 large onion - finely chopped  
4 tablespoons vegetable oil  
2 garlic cloves - crushed  
2 skinless chicken breast fillets - cut into chunks  
175g (6oz) chorizo sausage - cut into 1cm thick slices  
1 green pepper - seeded and sliced  
1 red pepper - seeded and sliced  
1½ teaspoons smoked paprika  
1 x 400g (14oz) tin chopped tomatoes  
1 tablespoon sugar  
1½ litres (2½ pints) water  
1 chicken stock cube  
350g (12oz) long-grain rice  
300g (10½ oz) white fish fillets, such as hake - cubed  
12 large mussels in shells - scrubbed and beards removed  
300g (10½ oz) prawns - peeled and deveined  
Salt  
1 tablespoon chopped fresh parsley

## METHOD

1. Heat the oil in the casserole on the hob over low to medium heat. Add the onion and sauté until it turns translucent. Add the garlic and cook until fragrant.
  2. Add the chicken, chorizo, peppers and paprika. Season and brown for 2 to 3 minutes.
  3. Add the tomatoes and sugar. Bring to the boil and then simmer uncovered until almost all the liquid has evaporated.
  4. Add the water and stock and bring to the boil. Add the rice; reduce heat to medium low and cook covered for 10 to 15 minutes.
  5. Add the cubed fish and the mussels and cook for 2 minutes. Add the prawns and continue to cook for 5 minutes or until the fish and prawns are cooked and the mussels have opened. Discard any unopened mussels.
  6. Season to taste, stir gently to mix, add the chopped parsley and serve.
- Cook's notes: Add a chilli for extra heat.

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