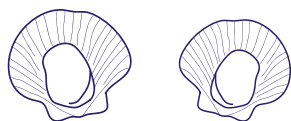
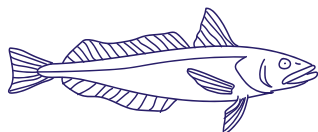


Scallops In Their Half Shell – perfect to enjoy with the hazelnut and coriander butter



Perfect to be grilled in the half shell. If you notice a little grit in your scallops give them a rinse under a cold tap to remove. Lay the scallops onto a tray, drizzle over a little olive oil and season with a sprinkle of salt. Put the scallops under a hot grill for two to three minutes. You could also add some garlic butter, simply add and grill until golden – or enjoy with a drizzle of lemon juice.

Hake – use with the curry paste to make Rick’s meen kulambu curry



To make the curry base heat 4 tablespoons of veg oil in a large pan on a medium heat. Add paste and cook out (adding a little water to stop bottom of the pan catching when necessary) until any bitterness is no longer present (approx 10 minutes). Take off the heat and add 1 x 400ml can of coconut milk. Stir thoroughly and season with salt. This may be prepared in advance in which case, chill thoroughly and refrigerate. If using straight away continue with the instructions below.

To finish, heat up your curry base in a pan and add the hake fillets with a dash of water. You could add 5g curry leaves at this point if you wish. Poach the hake in the curry for 5 minutes, add salt to taste and finish with chopped coriander. We suggest serving with a portion of rice and papadoms.

Fish Curry Paste

Ingredients: Onion, tomatoes, coconut, garlic, turmeric, chilli powder, black pepper, salt.

Produced in an environment that handles **sesame** seeds and **nuts**. Once opened, keep refrigerated and use within 5 days and before use-by date. For use-by date see base. For allergens see ingredients in **bold**.

Sea Bass



Enjoy with the hot and sour sauce. In a frying pan heat a small amount of vegetable oil on a high heat. Season both sides of the sea bass fillets with salt and fry skin side down until crisp, and then turn over and cook for a further minute on the other side. Whilst the fish is frying, gently warm the hot, sour and sweet sauce in a small pan. Spoon the warm sauce over the fish and enjoy.

Dressed Crabs



Enjoy as it comes, in a salad or make a Cornish crab sandwich with the simple addition of some rocket and using the mayonnaise.

Diced Fish Mix



Ready diced to go into a classic fish pie or seafood gratin.

See our recipe suggestion below.

Recipe Suggestion – Seafood Gratin – serves 3

- 225ml Fish stock
- 500g diced fish mix
- 25ml white wine
- 75ml whole milk
- 50ml double cream
- 25g butter
- 1 leek, cut in half lengthways, washed and sliced
- 25g plain flour
- Small handful flatleaf parsley, chopped
- 40g Emmental cheese, grated
- 25g panko breadcrumbs
- Salt and black pepper

Bring the stock to a simmer in a pan, then add the diced fish mix and poach for three minutes. Remove the fish mix with a slotted spoon and set aside. Add the wine, milk and cream to the stock and bring to the boil.

Melt the butter in another large pan, add the leeks and cook for about 5 minutes until soft. Add the flour and stir well, then add the milk and stock mixture, a ladleful at a time. Keep stirring until all the liquid is incorporated and the sauce is smooth with no lumps. Bring the sauce to the boil, turn down the heat and leave to simmer for about 15 minutes. Preheat the grill.

Grease 3 shallow ovenproof gratin dishes or one larger dish. Add the poached fish to the pan and season with salt and pepper. Stir in the parsley, then transfer the mixture to the gratin dishes or dish. Mix the cheese with the breadcrumbs and sprinkle over the top. Place under the hot grill for 10 minutes until golden brown. If you've made the gratin in advance and let it cool down, preheat the oven to 200°C/Fan 180°C and bake for 15–20 minutes until the top is brown and the filling is bubbling.