



Curry Menu

Mussels

with spring onion and Cornish cider

Indonesian Seafood Curry

sea bass, cod and prawns served with pilau rice
and a green bean and grated coconut salad with
crisp fried shallots, garlic and chilli

Passion Fruit Eton Mess

Meringue, Chantilly cream and fresh passion fruit



Visit our YouTube channel to watch a step by step preparation demonstration by Chef Jack Stein.

Type Stein's at Home into YouTube or simply scan this code with your smart phone camera.

Mussels with Spring Onion and Cornish Cider

You will need

Medium/large pan with a tight fitting lid,
Colander (useful) for cleaning and washing
the mussels

Ingredients

- Mussels (**mollusc**)
- Cider (**sulphites**)
- Sauce - Spring onion, butter (**milk**), cream (**milk**), thyme, bay leaf, salt, pepper
- Bread (**wheat**)

(allergens in bold)

Cooking Instructions

1. Rinse the mussels thoroughly in running cold water, removing any fibrous strands.
2. Discard any which remain open after gently tapping or squeezing them.
3. Heat the medium pan and add the mussels and 100ml of the cider. Cover with a lid and cook for 3 or 4 minutes until the mussels are just open, turn the mussels over once during this time.
4. Add the contents of the sauce pouch, stir through the mussels, let it heat up and serve immediately.
5. Enjoy with crusty bread and the remaining cider.

Indonesian Seafood Curry

You will need

Medium saucepan

Ingredients

- Seafood selection - sea bass (**fish**), cod (**fish**), prawns (**crustaceans**)
- Curry sauce - Balinese spice paste (shallots, vegetable oil, red finger chillies, lemongrass, macadamia nuts (**tree nuts**), ginger, turmeric, lime juice (**sulphites**), palm sugar, shrimp paste (**crustaceans**), salt, birds eye chillies, sesame seeds (**sesame**), ground nutmeg), lemon grass, lime leaves, fish stock (**celery**), coconut milk, lime juice (**sulphites**).
- Green beans
- Shredded coconut
- Fried shallots
- Indonesian salad dressing - palm sugar, shrimp paste (**crustaceans**), lime juice (**sulphites**) and olive oil

(allergens in bold)

Cooking Instructions

1. Place the fish into the saucepan with the curry sauce and coconut milk and bring to a simmer without a lid for 4-5 minutes. Do not allow it to boil rapidly as this will break up the fish.
2. Slice the rice bag open and heat in the microwave on full power for 2 minutes or simply boil in the bag for 2 minutes.
3. Mix the green beans, shredded coconut, fried shallots and Indonesian salad dressing in a bowl.
4. Serve the curry in a large bowl with rice and the bean salad alongside.

Passion Fruit Eton Mess

You will need

A whisk

Ingredients

- Meringue - egg white (**egg**), sugar, white wine vinegar (**sulphites**), bicarbonate of soda, double cream (**milk**)
- Passion fruit

(allergens in bold)

Cooking Instructions

1. Whisk the cream until it forms soft peaks.
2. Spoon out the passion fruit into a small bowl and set aside.
3. If your meringue is not broken, then break up a little into chunks.
4. Gently fold the meringue pieces into the cream.
5. Spoon the meringue and cream mixture onto plates and spoon over the passion fruit.