



## Blue swimmer crab Creole with peppermint crème fraîche courtesy of Tim Marriot, head chef at The Market Place.

### INGREDIENTS

500g blue swimmer crab

#### For the dressing

50g root ginger, finely chopped, 1/8 bunch coriander, chopped, 1 large banana shallot, finely chopped, 1 lime, 1/2 lemon and 1/2 orange, squeezed, 2 medium red finger chillies, finely chopped, 1 clove garlic, finely crushed, 2 peaches, chopped, 1 large pinch sugar, 1/2 shot of Malibu

#### For the crème fraîche

250g crème fraîche, 1 tbsp strong cold peppermint tea

#### Filo basket

3 sheets of filo pastry, 50g melted butter

#### For the passion fruit sauce

35ml white wine, 15ml water, 3 whole passion fruit, 1 tbsp honey

### PREPARATION

1. Assemble dressing and infuse for 3 hours. Slice mango and pan-fry quickly on each side, dry in low oven for 1 hour until it loses its flexibility then put aside.
2. Combine crème fraîche and tea and leave in fridge to set. Make the filo baskets by folding sheet in half and cutting into circles, brush each one in butter rearrange over the back of a ramekin to form a basket. Bake on gas mark 5 for 5 mins until crisp and golden brown.
3. Passion fruit sauce: remove flesh and warm in a pan with the other ingredients.
4. Mix crab meat with dressing mould into a plating ring, put a quenelle of the crème fraîche into the filo basket and place on top of the crab mix, and serve with salad.

## Pan-fried hake with samphire, Menai mussel & white wine cream courtesy of Mike Caplin-Hill of The Fig Tree



### INGREDIENTS

4 hake steaks, 10-15mm thick, 20 fresh Menai mussels, A handful of fresh marsh samphire, 175 ml dry white wine, 250ml double cream, 125ml fish stock if you have it, Salt and pepper to taste, Splash of rapeseed or vegetable oil

### PREPARATION

1. Heat a small sauce pan, add the wine and reduce by half. Add a splash of oil. Season the steaks lightly on both sides and put into the hot pan. When the wine has reduced add the cream to the saucepan and simmer gently
2. Turn the hake steaks over and lightly brown the other side. Put the mussels into the cream and wine and partially cover for 3-4 minutes, then put the hake steaks onto your plate.
3. When the mussels have opened stir them gently to coat with the sauce. Add the samphire, stir and spoon the sauce over the hake, placing five mussels around and on the hake. Spoon over some samphire and serve.