



**Saturday 12 August
SERC Cookery Demos**

DEMO 1

Oriental monkfish with avocado salsa

Pg 2

DEMO 2

Scampi Mornay with a crab crust

Pg 3

DEMO 3

Salmon en croute with fine herbs & spinach, pernod
glazed prawns, buttered asparagus, sweet potato puree

Pg 3

DEMO 4

Seafood chowder

Pg 4

DEMO 5

Blackened Cajun salmon, spaghetti, courgette sauce
and balsamic glazed asparagus and tomatoes

Pg 5

DEMO 1 Oriental monkfish with avocado salsa

Ingredients

1 whole monkfish tail
Olive oil
250 g fresh peeled prawns
2 cloves of garlic
1 sticks of lemon grass
1 green chilli
1 ripe avocado
1 tsp fish sauce
250 g noodles
½ lemon
1 tbs vegetable oil
Small bunch of coriander
2inch fresh ginger
1 red chilli
2 tomatoes
2 limes

First preheat oven to 180c.

To make the marinade, peel and chop ginger, bruise the lemon grass, chop garlic, zest one lime and mix with 2 tbs vegetable oil and the juice of ½ a lime

Remove monkfish from the bone and remove membrane, mix with marinade and leave for 1 hour.

Skin tomatoes and de-seed and dice. Next, peel and dice avocado mix with the tomato, prawns finely diced green chilli, juice of one lime, Thai fish sauce, chop coriander and a drizzle of olive oil to make the salsa.

Boil the noodles until tender, drain and drizzle with olive oil and lemon juice.

Finally, pan roast the monkfish and caramelize slightly then finish cooking in the oven. To serve, slice the monkfish and place on top of a mound of noodles and top with a spoonful of the salsa and serve with a light soy sauce.

DEMO 2 Scampi Mornay with a crab crust

Ingredients

1 lb of scampi prawns

250ml of cream
100g grated cheese
1 bunch of chives
1 packet of white crab meat
50g fresh breadcrumbs
1 teaspoon whole grain mustard
Small knob of butter

Melt the butter in a non-stick pan and sauté until half cooked.

Next, add the cream and reduce by half. Stir in cheese and some chopped chives remove from the heat and set aside.

Mix crab meat, mustard and breadcrumbs.

Finally, place scampi mix in suitable oven proof container/s, top with crab mix and bake in a hot oven until golden and heated through.

DEMO 3 Salmon en croute with fine herbs & spinach, pernod glazed prawns, buttered asparagus, sweet potato puree

Ingredients

2 salmon fillets
½ lb of prawns
Chervil
Parsley
Dill
1 sheet of puff pastry
1 small bag of spinach
2 sweet potatoes (orange flesh)
1 small carton of double cream
Olive oil
2 oz of butter
Salt
Pepper
1 egg
Chilli sauce

Chop herbs & mix with a little olive oil and salt & pepper.

Next, skin & fan out salmon as demo rub with herbs & roll in cling wrap & leave to chill.

Wash spinach, trim & blanch & refresh asparagus. Peel, chop & boil sweet potatoes until tender

Take salmon out of fridge and unwrap cling wrap & wrap in puff pastry & glaze. Place in a hot oven at 175c for approx 15-20 mins.

Puree sweet potato add chilli sauce, wilt spinach

Fry prawns, add pernod, add cream & reduce to a sauce consistency

DEMO 4 Seafood chowder

1 small bunch of parsley

2 large potatoes

Chicken stock cube

1 carton of cream

1 small tin of sweet corn

4oz of smoked cod

4oz of prawns

8oz of mixed seafood

1 onion finely diced

½ pint of milk

1oz of butter

Cut fish into bite size pieces being careful to remove all bones.

Dice potato and onions, then chop parsley and set aside.

Gently poach fish in the milk and remove when just cooked.

Melt butter in saucepan and gently sweat onions and potatoes. Dry up butter with a little flour, then gradually add chicken stock and the cooking liquor from the fish.

Cook out potatoes and check for seasoning.

Add cooked seafood sweet corn chopped parsley.

Serve with chilli crème fraiche.

DEMO 5 Blackened Cajun salmon, spaghetti, courgette sauce and balsamic glazed asparagus and tomatoes

2 fillets of salmon portioned
½ packet of spaghetti
2 courgettes
1 onion
1 bulb of garlic
1 chicken stock n cube
Olive oil
Cajun spices
1 bunch of asparagus
1 punnet of cherry tomatoes
Castor sugar
Balsamic vinegar

Dust salmon with Cajun spices. Crush garlic, finely dice onion and dice courgette.

Sweat off in a little olive oil. Add ½ pint of chicken stock and simmer until tender.

Trim and blanch asparagus.

cook spaghetti in salted boiling water.

Pan fry salmon in a little olive oil

Blitz courgettes to make sauce and combine with the spaghetti. Fry asparagus and tomatoes in a little olive oil.

Finally, sprinkle with sugar and glaze with balsamic.