

# *Veasey & Sons*

Fishmongers, Fishermen, Smokery & Kitchen

## *Le Menu 2019*



01342 822906

  : @FishmongersFR

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[info@veaseyandsons.co.uk](mailto:info@veaseyandsons.co.uk)

[www.veaseyandsons.co.uk](http://www.veaseyandsons.co.uk)

## *Veasey & Sons Fishmongers, Forest Row est. 2010*

Back in 2009, Fisherman Chris Veasey had an idea to cut out the middleman and start selling his locally caught fish direct from his boat to customers at East Grinstead Farmers Market. His fish was greatly received and so Fisherman (Chris) and Chef (Dan) decided to join together and open a wet fish shop in Forest Row. A lot has happened since we opened in April 2010; we now have a great reputation for quality and service and a loyal following.

We have won numerous awards such as “The Best Food Shop in Sussex” for two consecutive years, “Fishmonger of the Year 2014” and an award for “Outstanding Customer Service” for 2015. We were also finalist for the BBC Radio 4’s Food & Farming awards for the category “Best Local Food Retailer”, finalist for the “High Street Hero” award through Sussex Life magazine and a commended finalist in the category of “Fishmonger of the Year 2015” and winner of “Fishmonger of the Year 2016”. Recently we have opened our Smokery & Kitchen which produces delicious items for sale in our shop and stalls.

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Veasey & Sons Fishmongers, 17 Hartfield Road, Forest Row, RH18 5DN Tel: 01342 822906  
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change due to seasonal availability\*\*

# Dressed Salmon

## Dressed Whole Fish at £22.95 per kilo

A truly great centrepiece! A dressed salmon is a guaranteed hit for any occasion. You can choose from our superior farmed salmon or our organically farmed salmon.

2-3kg fish to feed 8 to 10 people

3-4kg fish to feed 10 to 14 people

4-5kg fish to feed 14 to 18 people

5-6kg fish to feed 18 to 22 people

6-7kg fish to feed 22 to 26 people



## Dressed Salmon Fillet Sides at £35.95 per kilo

Easy to serve with no bones and no fuss, great for smaller occasions. These sides are cooked and dressed in the same way as our whole dressed salmon.

600g – 900g side to feed 4 to 6 people

900g – 1.2kg side to feed 6 to 8 people

1.2kg – 1.6kg side to feed 8 to 10 people

1.6kg – 2.0kg side to feed 10 to 12 people

2.0 – 2.4kg side to feed 12 to 15 people



Make your dressed whole salmon or side extra special and include a mini Fruits De Mer selection for just £3.00 per person.

Various sauces and flavoured mayonnaises are available in the shop to accompany your dressed salmon.

We require a minimum 2 days to source and cook the salmon so please order in advance.

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## Seafood Platters

Our platters are carefully constructed using the best quality ingredients by our chef trained fishmongers and come garnished with salad, samphire and lemon wedges.

### *Bronze at £12 per head*

Peeled Prawns  
Tiger Prawns  
Crab Salad  
Crayfish Tails

Shell on Prawns  
Smoked Mackerel  
Steamed Mussels  
Steamed Whelks

### *Silver at £17 per head*

Peeled Prawns  
Tiger Prawns  
Crab Salad  
Crayfish Tails  
Dressed Crab

Shell on Prawns  
Smoked Mackerel  
Steamed Mussels  
Peeled Brown Shrimp  
Steamed Whelks

### *Gold at £25 per head*

Peeled Prawns  
Tiger Prawns  
Crab Salad  
Crayfish Tails

Dressed Crab  
Peeled Brown Shrimp  
Marinated Anchovies  
Crevettes  
Half a Lobster each

Shell on Prawns  
Smoked Mackerel  
Steamed Mussels  
Steamed Whelks  
Hot Smoked Salmon

### *Platinum at £35 per head*

As Gold with the addition of the following:  
Steamed Langoustine (subject to availability)  
Steamed Crab Claws  
Half a large Lobster

At least three days notice is required when ordering Seafood Platters.  
Minimum two person order. Supplied on silver platter (£20 deposit) or disposable tray.

Bespoke platters are available on request, contact us for more details



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# Oyster Menu

## *Our House Oyster*

**Cornish Rock Oyster (Pacific) from Porthilly Cornwall – No minimum order**

**£1.20 each or £13.50 per dozen**

These oysters won Gold in the Rock Oyster Category at The British Oyster Championship 2013. This championship attempts to seek out the best Pacific and Native Oysters in Britain, based upon blind taste tests by a panel of expert judges.

**Maldon Rock Oysters (Pacific), Mersea Island, Essex - No minimum order**

£1.20 each or £13.50 per dozen

**Lindisfarne Rock Oysters (Pacific), Holy Island, Berwick-upon-Tweed- one dozen minimum order**

£1.20 each or £13.50 per dozen

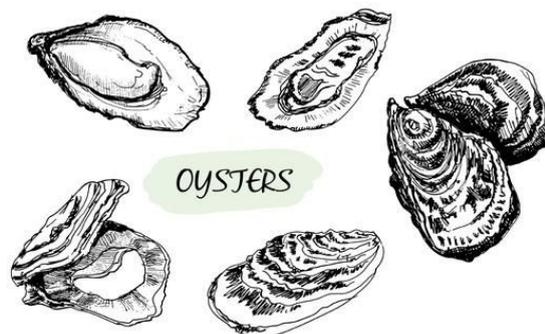
**Colchester Rock Oysters (Pacific) – Minimum order of a dozen**

Size A, (100-120g) at £15.95 per dozen

Size AA, (120-150g) at £16.95 per dozen

**Native Oysters from Poole or Cornwall – Minimum order of a dozen**

£24.00 per dozen (Seasonal)



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# Canapés

£1.50 per piece - Minimum 20 piece order - 1 week minimum pre order required



Choose from the following:

- Chilli Crab tartlets
- Smoked Salmon mousse on wholemeal croutes
- Sashimi taster
- Potted Shrimp with wholemeal toast
- Sliced cold smoked Salmon & crème fraiche blinis
- Salmon tartare with cucumber
- Crayfish cocktail with baby gem lettuce
- Thai fishcakes
- Mini Seafood sandwich selection
- Caviar & lemon crème fraiche blinis



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# Sashimi Platters

A selection of the freshest fish carefully sliced and arranged delicately on a platter, served with soy sauce, pickled ginger and wasabi paste.

Our platters contain our finest tuna and salmon along with other seasonal fish selected for their freshness and quality.

If you would like to have a particular fish please do ask us and we will do our best to source it.

**£15 per head**

The platter includes freshly sliced fish, garnish, chopsticks, soy sauce, pickled ginger and wasabi paste.  
**Min 2 person order.**

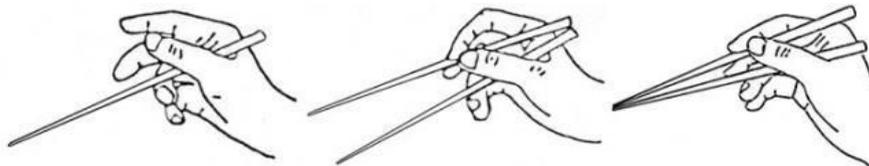


## About Sashimi

Sashimi is a type of sushi native to Japan, the first instances of which appeared over 200 years ago. Sashimi refers to thin slices of raw fish, which are sometimes cured or marinated lightly with Soy Sauce or alcohol to season the fish and preserve it.

## How to use Chopsticks

1. **Separate the Chopsticks:** If they are attached together.
2. **Pick one of the sticks:** Place it between your thumb base and your ring finger, keep it steady with your middle finger. The thinnest part is to grab the food.
3. **Pick up the other stick:** Hold it with you forefinger and your thumb. Try to keep both sticks lined up.
4. **Move only the upper stick:** You will use your forefinger to handle the stick. Chopsticks work like tongs.



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# Caviar

Our caviar selection is taken from the finest sources, and even the tiniest spoonful will add dash of luxury to your feast. All Caviar requires a pre order.

## Our House Caviar – Oscietre: French

- 30g pot at £57.31
- 50g jars at £74.62



Oscietra is preferred by many connoisseurs over Beluga caviar, due to its subtle, mellow, slightly nutty taste and smaller caviar berries.

## Acipenser Schrencki – Chinese

- 10g at £22.90
- 30g at £43.25

## Beluga – Farmed, Bulgaria

- 100g pot at £371.36

## Imperial Gold – Farmed, Chinese

- 10g pot at £26.25
- 30g jar at £54.20

## Keta Roe – Salmon, France

- 100g at £12.95 each

## Lump Fish Roe – Black, France

- 100g at £4.95 each

## Lump Fish Roe – Red, France

- 100g at £4.95 each



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# Weekly Handmade Specials

Every week we are busy in our newly fitted kitchen making something special, below are examples of what we have for you every week.

Available from Wednesday afternoon onwards.

## Fishcakes

- Veasey & Sons Classic
- Monkfish with Salsa Verde
- Smoked Haddock, Leek and Cheddar



## Pâté

- Hot Smoked Salmon with Dill & Lemon
- Smoked Mackerel & Horseradish
- Smoked Trout & Smoked Salmon



## Soups

- Smoked Haddock & Crayfish Chowder
- Thai Shellfish Broth
- Luxury Shellfish Bisque



## Others

- BBQ ready marinated fish & seafood
- Fisherman's Pies
- Freshly potted brown shrimp
- Flavoured butters



The menu changes weekly so pop in and see what we have.

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# Cod-tastic Burger



**Prep time: 10 minutes + 2 hours  
chilling**

**Cooking time: 6 minutes**

**Serves: 4**

**Skill level: Easy**

2 x 140g cod fillets or any other white fish eg coley, pollock, haddock, hake or whiting  
2 tbsp red curry paste  
2 tbsp coriander, chopped  
1 tbsp brown sugar  
2 dashes of lime juice  
2 dashes of fish sauce  
4 spring onions, finely sliced  
Salt and pepper

Mince the fish in a food processor with the curry paste, coriander, brown sugar, lime juice and fish sauce (if you don't have a food processor, finely cut the fish and mix with the same ingredients). Spoon into a bowl, season with salt and pepper and mix in the spring onions.

Divide the mixture into 4 large or 8 small burgers by rolling the mixture into a ball before flattening between your hands. For best results, cover and refrigerate the uncooked burgers for 2 hours.

Preheat the BBQ or grill.

Barbecue or grill the burgers at a fairly high heat for approximately 3 minutes on each side. Alternatively, pan fry them in a little oil over a medium heat for a couple of minutes on each side, so that the burgers take on a bit of colour on each side and are cooked through.

## **Cook's tip**

These fishcakes are versatile and can be served in a variety of ways. As well as having them as a traditional burger in a roll with salad and a nice lemon mayo, try them on French bread slices with roasted cherry tomatoes and seasonal vegetables.

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# *Veasey & Sons*

## Fishmongers, Fishermen, Smokery & Kitchen

### Shop:

- 17 Hartfield Road, Forest Row, East Sussex RH18 5DN (Monday to Saturday)

### Farm Shops:

- Rushfields Farm Shop, Henfield Road, BN45 7AY (Fridays)
- Priors Farm Shop, Sandy Lane, South Nutfield, Redhill RH1 4EJ (Fridays & Saturdays)
- Flower Farm Shop, Oxted Road, Godstone, RH9 8DE (Fridays, Saturdays & alternate Sundays)

### Farmers / Food Markets:

- East Grinstead, High Street (Thursdays)
- Lewes, Needlemakers (Fridays)
- Horsham, Carfax (Saturdays)
- Crystal Palace, Bedwardine Road (Saturdays)
- Brockley, Lewisham College (Saturdays)
- Primrose Hill, Elsworthy Rd (Saturdays)

For enquiries or to place an order for collection at any of our stalls at farm shops or markets:

**Call: 01342 822906**

**Email: [info@veaseyandsons.co.uk](mailto:info@veaseyandsons.co.uk)**

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