



## ♥ Veasey & Sons Valentine's Day Recipe Ideas ♥

### *Oysters*

Shuck the oysters (Ask us for advice) just before you are going to eat them, set them aside on ice or a damp cloth. Serve with any of the recommendations below.

♥ *Chilli, ginger, honey & rice wine vinegar* - Finely grate a thumb sized piece of peeled ginger and mix with 6 tablespoons of rice wine vinegar, 1 finely chopped and deseeded red chilli and a little finely sliced fresh coriander. Stir in a teaspoon of honey and serve.

♥ *Shallots & Red Wine Vinegar* - Finely chop 1 large banana shallot and mix them with 50 ml of good quality red wine vinegar such as cabernet sauvignon, add a pinch of sugar then leave to infuse for 1 hour.

♥ *Plain & Simple* - Serve with lemon wedges and Tabasco for the traditional oyster experience

### *Scallops ♥ Ceviche - With Orange & Avocado*

2 tbsp lime juice, 2 tbsp orange juice, ¼ Red Pepper (diced) , 1 orange (segmented), 1 ripe but firm avocado (Peeled and sliced), 1 tablespoon thinly sliced fresh basil & 2 tbsp red onion (finely diced)

Slice the scallops and place in a small bowl. Add the lime and orange juice then stir. Cover and refrigerate for 5 hours, stirring every 30 minutes. Drain most of the excess liquid. Toss scallops with the peppers, avocado, basil and shallots. Season with salt if desired.

### *Scallops ♥ Perfectly Pan-Fried with pancetta*

2 deep half scallop shells, 1 tbsp olive oil, 1 knob of butter, 1 Lemon (zested), 100g pancetta (diced), 1 tbsp good quality thick balsamic vinegar & salt and pepper

Preheat a small, non-stick frying pan and add the oil, butter, lemon zest, a pinch of sea salt and freshly ground black pepper. Place the 4 scallops (with coral) in the pan and leave to cook for about 30 seconds, then turn each one and cook for a further 30 seconds. They need very little cooking, as overcooking will make them tough.

Put to one side and keep warm. Now add pancetta to pan and cook till crispy, then add the vinegar and cook for a couple of minutes more. Divide the scallops between the 2 shells and tip over pancetta and balsamic mix.

### *Salmon ♥ Teriyaki Style*

1 tbsp olive oil, 4 tbsp dark soy sauce, 2 limes (zest and juice), 1 small chilli, 2 tbsp maple syrup, 1 garlic clove (finely chopped), 1 chunk of ginger (finely chopped), 1 sheet of egg noodles, bunch of coriander (chopped) & 1 tbsp sesame oil

Heat olive oil in a pan and fry the ginger, garlic and chopped chilli. Add the zest and juice of the lime and pour in the soy sauce. Add the maple syrup and cook for 1 minute or until reduced and sticky. Pan fry the salmon for 2 minutes each side in a hot griddle pan. When the sauce is reduced add the salmon to the teriyaki sauce frying pan. Cook and drain the noodles, adding the sesame oil, seasoning and coriander and a squeeze of lime. Serve the salmon on a bed of noodles with more chopped coriander.

### *Salmon ♥ Pan roasted with lemon butter dressing*

55ml/2fl oz white wine, 100ml/3½fl oz double cream, 50g/1¾oz butter, ½ lemon (juice only), 1 tbsp chopped fresh chives, 1 tbsp chopped fresh dill, 1 lemon, sliced

Place the Salmon Fillet slices of lemon in an oiled roasting tray, drizzle with olive oil and season. For the lemon butter sauce, place the white wine into a saucepan over a medium heat and simmer for 4-5 minutes, until reduced. Add the double cream and butter to the pan and simmer slowly until thickened. Stir in the lemon juice and remove from the heat.

### *Tuna & Wild Tiger Prawns ♥ Pan Fried with Sesame & Soy*

4 tbsp soy sauce, 1 tbsp mirin (Japanese sweet wine), 1 tbsp honey, 2 tbsp sesame oil, 1 tbsp rice wine vinegar, 2 Tuna steaks, 2 Tiger Prawns 4 tbsp sesame seeds, wasabi paste, 1 tablespoon olive oil

In a small bowl, stir together the soy sauce, mirin, honey and sesame oil. Divide into two equal parts. Stir the rice vinegar into one part and set aside as a dipping sauce. Spread the sesame seeds out on a plate. Coat the tuna steaks with the remaining soy sauce mixture, then press into the sesame seeds to coat on both sides.

Heat olive oil in a cast iron frying pan over high heat until very hot. Oil and season the prawns and place in the pan cook for 2-3 minutes a side then set aside next place steaks in the pan, and sear for about 30 seconds on each side. Serve with the dipping sauce and wasabi paste.

### *Tuna & Wild Tiger Prawns ♥ Grilled with Salsa Verde*

1½-2 cloves garlic, peeled, 1 small handful capers, 1 small handful gherkins, 6 anchovy fillets, 2 large handfuls flat-leaf parsley, 1 bunch fresh basil, 1 handful fresh mint, 1 tbsp Dijon mustard, 3 tbsp red wine vinegar, 8 tbsp really good extra virgin olive oil, sea salt, freshly ground black pepper

Pick the leaves from the herbs, finely chop the garlic, capers, gherkins, anchovies and herbs and put them into a bowl. Add the mustard and vinegar, then slowly stir in the olive oil until you achieve the right consistency. Balance the flavours with freshly ground black pepper, a bit of salt and maybe a little more vinegar.

Place the Prawns and the Tuna onto a grill tray brush with olive oil and season. Place under a pre heated grill turn the tuna steaks once and cook to the desired degree, grill the prawns until firm and pink on both sides.