

Valentine's 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, then leave to infuse for 1 hour.

Plain & Simple

Serve with lemon wedges and Tabasco for the traditional oyster experience

Lobster

Quick Thermidor

1 shallot, knob of butter, 1 tablespoon English Mustard, 200ml of fish stock, 1 glass of white wine, 50ml double cream, 1 handful of chopped parsley & a little bit of grated gruyere cheese

Remove meat from the shell, dice it and return it to the shell. Soften the finely chopped shallot in the butter, add the stock, wine and cream and reduce by two-thirds. Then stir in the mustard and parsley and add a little bit of seasoning. Spoon the sauce over the meat in the shells. Then top with the gruyere cheese and put under a medium pre-heated grill for 4 minutes

Simple Salad - with Pomegranate and Fennel

Vinaigrette - 1 tbsp white wine vinegar, Grated zest and juice of 1 lime, 1½ tsp sugar, 1 tsp fennel seeds, 2 tbsp olive oil,

2 fennel bulbs (halved thinly sliced), 1 green apple (cored and thinly sliced), The seeds of 1 pomegranate, Fennel tops & Salt and pepper

In a bowl, whisk together all the vinaigrette ingredients. Combine the fennel, apple and vinaigrette. Season with salt and pepper, sprinkle with pomegranate seeds and garnish with a few fennel tops. Serve with a little frisee lettuce and the lobster at room

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temperature.

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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 (diced thinly)

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.

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

Pre-heat 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 secs, then turn each one and cook for a further 30 secs. 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 mins more. Divide the scallops between the 2 shells and tip over pancetta and balsamic mix.

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Salmon

Teriyaki

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.

Mediterranean - Tray Baked

500g new potatoes (2 min parboiled), 1 courgette (Sliced), 1 red onion (cut into wedges), 1 tbsp olive oil, 1 lemon, skin peeled, 4 sprigs fresh thyme, 4 sprigs fresh flat-leaf parsley, 1 tin chopped tomatoes, 70 g black olives, 14 g fresh basil

Preheat the oven to 200°C, Put the potatoes, courgettes and onion in an oven dish and drizzle with half the olive oil, season with freshly ground black pepper, and toss to coat. Bake for 30 minutes.

Meanwhile, make 2-3 slits in the skin of each salmon fillet, then stuff with small pieces of the lemon peel, thyme and parsley sprigs. Remove the tray then pour over the chopped tomatoes and scatter over the olives and half of the basil.

Top with the salmon fillets, skin side up. Return to the oven and cook for 12-15 minutes, serve with a chilled white wine and some fresh focaccia bread.

Aphrodisiacs

Oysters

One of the most notorious aphrodisiacs, oysters are high in zinc and have a reputation for being great for love and fertility. Researchers recently found that oysters contain amino acids that trigger production of sex hormones.

Chilli

This invigorating spice has an exotic reputation and a bright red color, which could be why it's considered an aphrodisiac and a symbol of love. But there's scientific backing, too. Chilli peppers stimulate endorphins (the brain's feel good chemicals)

Honey

Honey is made through pollination and is a symbol of procreation. Birds and bees ring a bell? In fact, the word 'honeymoon' got its name from mead, an alcoholic beverage made from honey given to the happy new bride and groom. It also contains boron, which helps regulate estrogen and testosterone levels and provides a natural energy boost.

Salmon

Like most seafood, salmon enjoys a rich history as a natural aphrodisiac. But it is only in recent times that we've pinpointed salmon fish as a sexual powerhouse. An excellent source of protein – essential for stamina – salmon is also loaded with omega 3's, proven to elevate serotonin levels in the brain and thereby enhance mood. Vitamin rich, this fish has got a great dose of A, D, B and calcium, all known to be necessary for giving the all-important libido lift.

Avocado

It could be the sensuous pear shape, or the rich flavor of the fruit that gave avocado its aphrodisiac reputation as far back as the Aztecs. And while the jury is still out on just how lustful avocados are, Barbara Klein, a professor of food and nutrition says the fruit's high levels of vitamin E

could help keep the spark alive because of its role in maintaining "youthful vigor and energy level."

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