

Veasey & Sons *Fishmongers*

present

“Le Menu”

The Christmas Edition 2018



17 Hartfield Road, Forest Row, East Sussex, RH18 5DN



: @FishmongersFR



: Search for Veasey and Sons

info@veaseyandsons.co.uk

www.veaseyandsons.co.uk

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Veasey & Sons Fishmongers 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 on 7 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 2 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 winners of “Fishmonger of the Year 2016”.

*Have a Merry Christmas from all of us at Veasey & Sons
Fishmongers in Forest Row*

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Dressed Salmon

Dressed Whole Fish at £20.95 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.



2-3 kg fish to feed 8 to 10 people

3-4 kg fish to feed 10 to 14 people

4-5 kg fish to feed 14 to 18 people

5-6 kg fish to feed 18 to 22 people

6-7 kg 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 £3.50 per person.

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

We require a minimum of three 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 £10 per head

Peeled Prawns
Tiger Prawns
Crab Salad
Crayfish Tails

Shell on Prawns
Smoked Mackerel
Steamed Mussels
Steamed Whelks

Silver at £15 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 of 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- No minimum order

£1.20 each or £13.50 per dozen

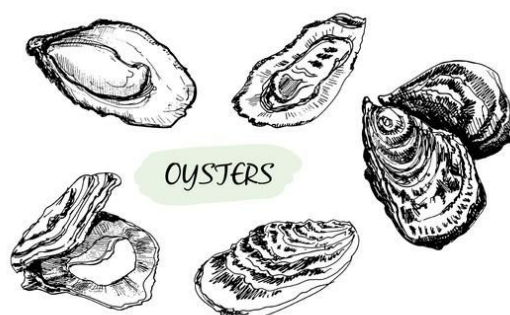
Colchester Rock Oysters (Pacific) - Minimum order of a dozen

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

£25.00 per dozen



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Available to order

Fresh fish & Shellfish

- Freshly Cut King Scallops
- Fresh Whole or Filleted Sussex Wild Sea Bass
- Hand Picked White Crab Meat
- Dressed Crab
- Whole Cooked Beachy Head Crab
- South Coast Lobster, Cooked or Live
- Fresh Salmon Fillet, Premium or Organic
- Monkfish Fillet, chunky or goujons
- Cooked Brown Shrimps, Shell on or Peeled
- Prawns, Cooked & Raw, Peeled & Shell on (Variety of sizes)
- Samphire Grass
- Langoustines, Live or Dipped
- Razor Clams
- Sussex Cod Loin

Smoked, Cured & Homemade Items

- Smoked Eel, Whole & Fillets
- Gravavlax
- Beetroot Gravavlax
- Smoked Cod Roe
- Homemade Smoked Salmon Pate
- Homemade Smoked Mackerel Pate
- Cold Smoked Halibut
- Hot Smoked Mackerel, Whole & Fillets
- Hot Smoked Trout, Whole & Fillets
- Smoked Salmon, Organic & Wild (Order in advance)
- Smoked Tuna
- Undyed Smoked Haddock
- Freshly made Pate
- Festive Fishcakes

Prices for these items change daily, so ask when ordering for up to date prices.

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Smoked Salmon & Gravaglax

Smoked Salmon

Whole Sides (1kg - 1.5kg)

Un-Sliced - £30.00 per kilo

Long Sliced - £35.00 per kilo

D-Cut - £35.00 per kilo

Portion Packs

454g - £19.50 each

200g - £9.50 each

100g - £4.95 each

Gravaglax

Dill Gravaglax

Whole Sides - £36.00 per kilo

Portion Packs, per 100g - £5.00 per 100g

Beetroot and Dark Rum Gravaglax

Whole Sides - £36.00 per kilo

Portion Packs, per 100g - £5.00 per 100g

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Veasey's

Smokehouse

*Fresh from our Smoke House at the shop.
We will be smoking fish right up until Christmas
Eve.*

Cold Smoked Salmon Sides - £5 per 100g

Cold Smoked Salmon - £6 per 100g

Hot Smoked Salmon Sides - £30 per Kg

Hot Smoked Salmon Portions - £3.30 per 100g

Christmas Special Hot Smoked Salmon (Port &
Brandy, Cinnamon Smoke) - £3.60 per 100g

Whole Hot Smoked Salmon - £22 per Kg

Cold Smoked Haddock / Cod - £2.00 per 100g

Hot Smoked Trout - £17.50 per Kg

Whole Smoked Mackerel - £5.00 each

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Festive Fish First Course

King Scallops with Parsnip Purée & Pancetta Crumbs

Cook scallops in the professional way then plate up restaurant-style with breadcrumbs and a smear of parsnip purée - Serves 3

Ingredients

- 1 tbsp vegetable oil
- 9 large Scallops
- juice ½ lemon

For the pancetta crumbs

- 50g Pancetta, cut into 5cm slices
- 50g fresh breadcrumb
- 1 tbsp Thyme leaf, chopped

For the parsnip purée

- 200g Parsnip, peeled & chunked
- 200ml full-fat Milk
- good knob of salted Butter



To make the pancetta crumbs, set a large frying pan over a medium heat. Add the pancetta and sizzle for 5 mins, turning, until coloured. Sprinkle the breadcrumbs into the pan and continue frying and stirring until browned and crisp. Blitz the mixture in a food processor to fine crumbs. Mix in the thyme and store in an airtight container if making ahead.

To make the parsnip purée, tip the parsnips into a small saucepan with the milk and some seasoning. Bring to the boil, reduce heat and simmer for 10-15 mins until the parsnips are tender. Purée the mixture in the food processor, then add the butter. Rub through a fine sieve into a clean saucepan, ready to reheat.

Heat oil in a large frying pan over a high heat. Season the scallops and lay them in a circle around the edge of the pan. When the last scallop has been added, leave for 1 min until browned. Then, starting with the first scallop, gently turn. When all the scallops are cooked, transfer to a warm plate and quickly add the lemon juice to your hot pan, scraping the bottom to form a sauce and adding a splash of water if needed.

Reheat the parsnip purée, then swipe onto 3 plates. Top with the scallops, pancetta crumbs and juices from the pan. Serve straight away.

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Appledore Turkeys

Free Range, Bronze & Barn Raised Whites

Recommended Turkey sizes:

To serve 4
4.5kg/ 10 lb

To serve 8
6.8kg/ 15 lb

To serve 12
9.4kg/ 21 lb



To serve 6
5.4kg/ 12 lb

To serve 10
8.1kg/ 18 lb

Barn Raised / White

4.5kg (9.9lbs) - 6.4kg (14lbs) @ £12.48 per Kg (£5.67lb)
6.5kg (14lbs) - 8.4kg (18.48bs) @ £10.88 per Kg (£4.94lb)
8.5kg (18.7lbs) + @ £9.52 per Kg (£4.32lb)

Free Range / Bronze

4.5kg (9.9lbs) - 6.49kg (14lbs) @ £13.36 per Kg (£6.07lb)
6.5kg (14lbs) - 8.49kg (18.48bs) @ £11.68 per Kg (£5.31lb)
8.5kg (18.7lbs) + @ £10.24 per Kg (£4.65lb)

We can also do Crowns.... (Breast meat on the bone, no legs)

White - 3kg - 6.5kg @ £16.96 per Kg (£7.71lb)
Bronze - 3kg - 6.5kg @ £17.92 per Kg (£8.15lb)

All Turkeys come individually boxed, with a sprig of Rosemary, Recipe Leaflet. String Trussed, Wrapped in greaseproof, Giblets Vacuum Packed, Pop up Timer Included. All birds hung for 10 Days

Collection from the shop 23rd & 24th December

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Christmas Opening Times

Forest Row Shop

Friday 21st 08:30 - 18:00
Saturday 22nd 08:30 - 17:30
Sunday 23th 09:00 - 15:00
Christmas Eve 24th 07:30 - 15:00
Christmas Day 25th Closed
Boxing Day 26th Closed
Wednesday 26th Closed
Thursday 27th 09:30 - 17:30
Friday 28th 09:30 - 17:30
Saturday 29th 09:30 - 17:30
Sunday 30th 10:00 - 14:00
New Years Eve 31st 08:00 - 16:00
New Years Day 1st Closed
Tuesday 3rd Open as normal

Markets

East Grinstead - Thursday 20th
Lewes Food Market - Friday 21st
Priory Farm Shop - Friday 21st
Holwood Farm - Friday 21st
Flower Farm - Friday 21st
Brockley Market - Saturday 22nd
Primrose Hill Market - Saturday 22nd
Crystal Palace Market - Saturday 22nd
Victoria Park Market - Sunday 23rd
Horsham Farmers Market - Sunday 23rd

Collections

Flower Farm - Christmas Eve
Holwood Farm - Christmas Eve
Priory Farm - Christmas Eve
Crystal Palace - Christmas Eve

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Christmas Fish Order Form

<i>Name:</i>		
<i>Contact number:</i>		
<i>Collection date:</i>		
<i>Collection location:</i>		
<i>Item/s</i>	<i>Quantity</i>	<i>Notes</i>

Cut out, fill in, and drop this form off to your fishmonger at one of our stalls or in the shop.

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