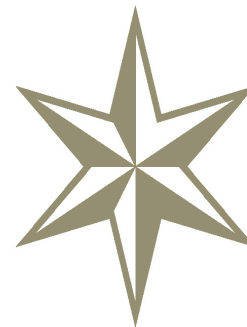


MALTON FOOD FESTIVAL: SATURDAY 26TH MAY 2018
ANDREW PERN DEMONSTRATION RECIPES



**Salad of Whitby Lobster ‘Niçoise’-style with Pheasant Eggs,
Marinated Anchovies and Garden Beans**
(Serves two)

This is a fresh, zingy salad. I have used pheasant eggs, but duck eggs are also beautiful. You can also do a lighter version with quails eggs.

Ingredients

1, 450-500g native lobster, cooked for 12 minutes and split
2 pheasant eggs
150g green beans, topped and tailed
80g marinated anchovies
50g black olives
10 cherry tomatoes
10ml olive oil
A drizzle of balsamic vinegar
A pinch of sea salt
Mixed garden herbs

Method

Clean and prepare the lobster, remove the tail meat and slice into 5 or so thin slices, then reposition in the tail shell, such that the red side of the flesh is ‘on show’.

Cook the pheasant eggs and green beans in separate pans of salted, boiling water for approx. 4-4.5 minutes and 1 minute respectively, then refresh both in iced, or at least very cold, water. Drain well and mix the green beans with the black olives, season with rock salt and drizzle with olive oil. Remove the shells from the pheasant eggs.

Place the cherry tomatoes on a baking tray, drizzle with a little olive oil and sprinkle with rock salt. Roast in the oven for 35 minutes, remove and allow to cool to intensify the flavour.

To serve, place half of the green beans and olives onto each plate, with the lobster tail on top. Arrange the cherry tomatoes around the plate. Garnish with the anchovies, garden herbs and two halves of a pheasant egg.

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**Roast Whitby Cod with Wild Garlic Mash and
a Marinière of Shetland Mussels, Herb Oil
(serves 2)**

Ingredients

2 cod loin portions between 6 and 8oz

For the Wild Garlic Mash

300g mashed potato, warmed

50g wild garlic, chopped for the mash (reserve some for garnish)

For the Marinière

250g mussels

50g finely diced shallot

100ml double cream

150ml white wine

20g butter

1 stick of celery, peeled and chopped

1 thin leek, sliced into rounds on an angle

Juice of ½ lemon

For the Herb Oil

150ml rapeseed oil

200g mixed seasonal soft herbs, such as parsley, chives or chervil

Method

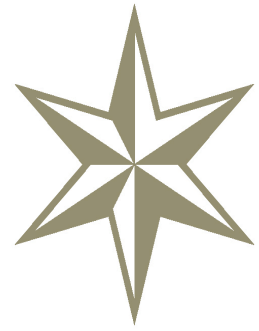
To make the herb oil, simply blitz together the ingredients for 10-15 seconds, pass through a sieve, if a finer oil is preferred, and use as required.

Melt the butter in a medium-sized heavy-bottomed saucepan, add the shallot and cook gently until opaque. Add the leek and celery, and soon after, the white wine, reduce by half on a fast boil. Add the lemon juice and cleaned mussels then cover with a lid, cook for around 4-5 minutes gently shaking the pan from time to time. Add the cream and carefully bring to the simmer as this could boil over. Reduce by half and check seasoning.

Place the cod on a non stick baking tray and brush with butter, season well and place in a preheated oven at 180°C for 7-10 minutes depending on the shape and size of the cod.

Fold 30g of the chopped wild garlic through the mash just before serving to maintain the vibrant colour. Pipe the mash onto plates or deep pasta bowls.

Place the fish on to the warm mash and with a large spoon add the mariner of mussels around the edge of the dish. Return the pan to the heat for 2-3 more minutes to adjust consistency of the sauce and pour over the cod, followed by a little herb oil. Garnish with more herbs



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