



# Seafood Christmas Menu

A. Caviston

## Starters

Prawn Cocktail

Tian of Crab with Salsa and Reduced Balsamic Vinegar

## Mains

Whole Salmon with Fennel and White Wine

Whole Turbot with leeks and smoked bacon

Whole Hake with Salsa Verde

Lobster with Garlic Butter

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## **Prawn Cocktail**

Serves 4

### Ingredients

20 Dublin Bay Prawns or 500g of cooked Boston Shrimp

*For the Marie Rose Sauce*

Ketchup

Mayonnaise

Dash of Worcester Sauce

Iceberg lettuce – shredded

Handful of chopped fresh chives

*To make the marie rose sauce*

Mix 3 parts mayonnaise to 1 part ketchup and add a dash of Worcester sauce.

*To cook the Prawns*

Bring a pot of salted water to the boil and then add the Dublin Bay Prawns. When the water comes back to the boil, the Prawns are cooked. Take off the prawn's head and peel the shells from the prawn tails and leave to cool

Mix the marie rose together with the prawns or the boston shrimp ensuring that the prawns are nicely coated

*To serve*

Place the shredded lettuce into a wine glass and spoon the prawn cocktail on top. Sprinkle with the chopped chives



## Tian of Crab with Tomato Salsa and reduced Balsamic Vinegar

Serves 4

### Ingredients

500h Crab Salad

#### *For the Salsa*

5 firm Fresh Tomatoes – deseeded and chopped

Large bunch of chopped fresh coriander or flat leaf parsley

Half a red onion finely chopped

Half of a red chilli finely chopped

Juice of one lime

About 100ml of Extra Virgin Olive Oil

A good pour of balsamic vinegar

#### *To make the Salsa*

Mix all of the ingredients together in a bowl and leave to sit for 30 minutes

#### *To reduce the balsamic vinegar*

Heat the balsamic vinegar in a pot and simmer until reduced down to desired consistency

#### *To serve*

Spoon the crab into a tian ring (if you don't have a tian ring, a pastry cutter will suffice)

Spoon the salsa on top of the crab and set aside in fridge to chill for 30 mins. Place onto a plate and remove the tian ring or pastry cutter... Drizzle with the reduced balsamic vinegar and serve with mixed leaves.



## Whole Salmon with fennel and white wine

### Ingredients

Whole Salmon

Fennel bulbs finely slices

Selection of chopped green herbs

¼ bottle of dry white wine

Lemon Juice

Lemon Slices

Salt & Pepper

### *Preparation*

Line the bottom of a fish kettle with the finely sliced fennel and lemon slices. (If you don't have a fish kettle you can make one out of tin foil).

Stuff the belly of the fish with green herbs and lemon slices

Pour the lemon juice and wine over the fish

Season the fish

Place the lid on the fish kettle (of fold over and seal the tin foil)

### *Cooking*

Bake in the oven at 180°C – the time will vary depending on the size of the fish (ask your fishmonger for directions; a 3-4kg salmon which will serve 8 people takes approx 45 mins)

Bring the fish kettle or the tin foil to the table to serve

Serve with baby potatoes or champ and vegetables



## Whole Baked Turbot with Roasted Garlic, Leeks and Smoked Bacon

### Ingredients

Whole Turbot

3 Garlic Bulbs

3 Leeks chopped

Smoked Bacon

### *Leek and Bacon*

Add a good glug of Olive Oil and a knob of butter to a pan and place over a low heat.

Add the leeks and smoked bacon to the oil and sweat over the low heat for approx 10 mins or until the leeks are nice and soft. Add salt and pepper to taste.

### *To roast the garlic*

Chop the head from the top of the garlic and peel off the outer layers of skin. Place the bulbs in a tin foil and drizzle with olive oil. Fold over the tin foil and bake the garlic in the oven for approx 20-30mins.

### *To prepare the fish*

Score the flesh of the fish (your fishmonger will show you how to do this) and stuff with the garlic bulbs.

Place the leek and bacon onto the bottom of an oven proof dish, and place the fish on top.

Bake in a preheated oven (180°C). Cooking times will vary depending on the size of the fish (ask your fishmonger). You will know when the fish is cooked when the flesh comes away from the bone easily.

Serve on a large platter in the middle of the table with champ, and the leek and bacon mixture.



## Whole Hake with Salsa Verde

### Ingredients

1 Whole Hake

### *For the Salsa Verde*

A large bunch of green herbs (parsley, basil, bay leaves, thyme, sage)

2 anchovy fillets

2 tablespoons of capers

2 tablespoon of gherkins

A good glug of Olive Oil

Juice of ½ a lemon

### *Salsa Verde*

Chop all of the ingredients together and add the olive oil to form a rough paste.

### *Preparation*

Score the flesh of the fish – your fishmonger will show you how to do this.

Stuff the salsa verde into the exposed flesh and into the belly of the fish

### *Cooking*

Place on a baking tray and bake in a preheated oven (180°C) – again cooking times vary according to size and it is best to ask your fishmonger for advice regarding timing.

Once the fish is ready, serve whole on a platter with mixed vegetable and baby potatoes



## Lobster with Garlic Butter

### Ingredients

1 Lobster approx 600g

### *For the Garlic Butter*

*½ lb unsalted butter (salted butter will also do)*

1 head of garlic (or garlic puree)

A good handful of chopped parsley

To make the garlic butter simply combine all of the ingredients

### *Lobster Cooking & Preparation*

- Boil a large pot of water on the stove. Ensure that the pot has a lid.
- To put the lobster to sleep gently rub the back of its head (this really works and ensures that the lobster is not uptight when cooked which can lead to the meat being tough). Alternatively you can place the lobster in the freezer for 30 minutes prior to cooking which also makes it sleepy.
- Place the lobster into the boiling water and put the lid on the pot. Boil for 5 – 6 minutes.
- Remove the lobster from the water and set aside.
- Split the lobster in half lengthways with a sharp knife – if unsure how to do this ask your fishmonger.

### *To Serve*

Place the garlic butter over the exposed lobster flesh and on the claws.

Heat under a hot grill until the garlic butter has melted

Serve immediately and enjoy!