

Steamed Cornish Crab, Courgette Flower, Diver Scallop, Samphire & Lemon Verbena
(Serves 4)

Ingredients:

Crab farce

- 4 courgette flowers
- 100g picked white crab meat
- 80g diver scallop meat
- 80g double cream
- 1.5g picked coriander (julienne)
- 1.5g basil (picked and chopped)
- pinch finely grated fresh ginger
- 1 lemon zest finely grated



Verbena sauce

- 4 sticks lemon grass (smashed and chopped fine)
- 3 banana shallots (finely sliced)
- 200g button mushrooms (finely sliced)
- 1 fennel head (chopped)
- 400g white wine (boiled 4 minutes to remove alcohol)
- 50g double cream
- 1 bunch lemon verbena
- salt/lemon to taste

To serve:

- 100g samphire (washed)
- 100g sea spinach (picked and washed)
- 1 courgette (sliced fine)
- 4 large scallops
- 4 chive flowers
- picked basil leaves

Method- Crab farce

1. Place the scallop meat in a food processor with a pinch of salt and blend quickly, scraping down the sides with a spatula.
2. Add the cream slowly while blending, remove from the machine and place covered in mixing bowl set over ice.
3. Next add all other ingredients of farce recipe (except courgette flowers) and place into piping bag.
4. Remove pollen from inside the flower, and gently pipe the mixture to fill the flower.
5. Close over the flower and refrigerate until later.

Method - Verbena sauce

1. Place a medium sized pan on a high heat, add a little olive oil and the shallots and start to sweat, stirring continuously so as not to colour the shallots.
2. After 3 or 4 minutes add the lemon grass and the fennel and continue to cook on a medium heat again for 5 minutes. Add a splash of wine at this stage to help steam the vegetables.
3. Next add the sliced mushrooms, increase the heat to the pan slightly and cook for 2 or 3 minutes.
4. Finally add the white wine and reduce by one third, next add the cream bring to the boil, add the verbena and remove from the heat. Cover with a lid and allow to infuse for 10 minutes .
5. Strain the sauce pushing through a fine sieve with the back of a ladle and adjust seasoning with salt and lemon.

Method – to serve

1. Place a medium pot of water to boil with salt for cooking the vegetables. Place a steamer over the boiling water for the chive flowers.
2. Place a non stick frying pan on the stove on medium heat and start to warm through the verbena sauce.
3. Place the chive flowers in the steamers for approx 4 minutes. Meanwhile add a little olive oil to the pan, place the scallops flat side down and cook for 2 minutes, turn, add a pinch of salt and cook for another 1 minute. Add a squeeze of lemon and reserve and keep warm.
4. After 2 minutes cooking time on the flower, add the vegetables to the boiling water (under the steamer) and cook for 2 minutes. Place the vegetables and flowers on a draining tray and to remove excess water.
5. To serve, place the vegetables alternatively around the plates. Add the scallops, place the courgette flower in the centre of the plate, froth the verbena sauce and spoon around and finally sprinkle the basil and chive flowers around.