

## **Bisque d'homard**

(The supreme lobster soup)

### Ingredients

Olive oil

Chopped:

Carrots

Celery

Onion

Leeks

Fennel

Finley chopped garlic

Fresh lobster, shell on, not cooked

Red snapper or gurnard or similar bony red fish, scaled and gutted, de-finned and left with heads on

Chopped tinned tomatoes

Fish stock

Brandy

### Method

Add a good quantity of olive oil to a large pot and heat

Throw in the mirepoix (chopped carrot, celery, onion, leeks and fennel) and sweat gently until soft and slightly brown (approximately 5-6 minutes)

Add finely chopped garlic and stir

Remove tails from the lobster by twisting

Cut up into large chunks with shells still on and add to the pan

Clean and remove head from the fish,

Cut into large chunks and add to pan

Add chopped tomatoes and fish stock to cover

Stir well then reduce the heat and cook out for approx 20 minutes

Pour into a magimix or blender and blend until smooth

Pass the blended mixture through a sieve

Pour into a pan to gently reheat

Add a good glug of brandy

Season as necessary and serve

## **Moules Mariniere**

(Classical French mussels)

### Ingredients

Butter

Finely chopped shallots

Finely chopped garlic

Finely chopped parsley

Mussels

White wine

Double cream

Curry powder

### Method

Heat the butter in a pan and allow to melt

Add the finely chopped shallots, finely chopped garlic and finely chopped parsley

Stir well

Add the mussels

(To prepare the mussels, push them sideways to force them to open

Remove beard (if applicable) and give them a good scrub)

Add white wine and stir

Cover pan and allow to steam for a few minutes until the mussels have opened

Add the double cream, curry powder and a little more butter, stirring well

Season as necessary and serve mussels with the sauce

### Floyd's Royal Thai green prawn curry

(One of the most exotic feasts to come from Asia)

#### Ingredients

Olive oil  
Green chilli curry paste  
Large prawns  
Coconut milk  
Green peppercorns soaked in brine  
Fresh Kaffir lime leaves  
Fresh basil finely chopped

#### Method

Heat the olive oil in a pan  
Add the green chilli curry paste and cook off a little  
Add the fresh prawns (de-shell if necessary) and mix well  
Add coconut milk and stir  
Finally add the green peppercorns and torn lime leaves  
Simmer for approximately 7-8 minutes  
Season to taste and serve sprinkled with fresh basil finely chopped

### Floyd's roast fillet of monkfish

(Stuffed with garlic, wrapped in Cumbrian pancetta and served with a red pepper coulis)

#### Ingredients

Olive oil  
Red peppers finely diced and deseeded  
Finely chopped shallots  
Wild garlic finely chopped  
Chopped tomatoes  
Tomato juice  
Headless monkfish, skinned and de-membrated  
Pancetta  
Butter

#### Method

(Before starting - warm oven to 200 degrees Celsius)

Warm the olive oil in a pan  
Add the finely diced and deseeded peppers, finely chopped shallots and finely chopped garlic to the pan  
Sweat down until soft.  
Add the chopped tomatoes and a little tomato juice and blend to make the coulis

Stuff the monkfish with thinly sliced raw garlic  
Wrap tightly in thinly sliced pancetta  
Oven roast for approximately 20 minutes in a large roasting pan containing a little water and butter  
Serve with the warm red pepper coulis

### Coquille St. Jaques

(The finest British scallops served their shells  
in a white wine sauce)

#### Ingredients

Butter  
Fresh scallops  
Brandy  
White wine  
Finley chopped shallots  
Finely chopped garlic  
Double cream  
Finely chopped mushrooms  
(Chanterelles - fresh if possible or dried Morrilles)  
Scallop shells  
Finely chopped parsley

#### Method

Melt the butter in a large pan  
Add scallops and heat  
(Do not over cook the scallops - the best way is to cook on the greatest  
heat for the shortest amount of time!)

Add the brandy and flame  
Add the white wine and reduce the heat to a simmer

In another pan, melt more butter  
Add the finely chopped shallots and finely chopped garlic  
Sweat until soft and lightly brown  
Add double cream, a little more butter,  
finely chopped mushrooms and the juices from the scallops  
Stir well  
Serve scallop in their shell with the sauce  
Top with finely chopped parsley

### Vietnamese crab and lobster spring rolls

(Crab and lobster rice paper spring rolls presented with mint,  
salad leaves and sweet chilli sauce)

#### Ingredients

Rice paper  
Thin strips of carrots  
Thin strips of spring onions  
Finely chopped green chillies  
Fresh white crab meat / lobster meat  
Lettuce leaves  
Fresh mint leaves  
Sweet chilli sauce

#### Method

Wet the rice paper on both sides (until soft) with a pastry brush  
Lay the rice paper with the thins strips of carrots and spring onion  
and also the finely chopped green chillies  
Top with fresh white crab meat / lobster meat  
Roll into a parcel  
Deep fry until slightly browned  
Serve wrapped in a lettuce leaf with a fresh mint leaf  
Accompany with sweet chilli sauce

### Local wild trout or char, baked in newspaper

(Served with the quickest hollandaise sauce in the world)

#### Ingredients

Fresh trout or char  
Finely chopped garlic  
Finely chopped shallots  
Finely chopped parsley  
Thinly sliced lemon  
Salt  
Newspaper  
Egg yolks  
Warm melted butter  
Fresh asparagus

#### Method

Remove the back bone from the fish by ripping it out using your forefinger and thumb (keep head on)  
Inside the fish, add the finely chopped garlic, finely chopped shallots, finely chopped parsley, thinly sliced lemon and salt  
Wrap tightly in approximately 10 sheets of newspaper  
(This will help retain the flavour)  
Bake in the oven for until the paper is crisp and the fish is cooked  
Remove from oven  
Cut open newspaper to reveal the baked fish  
Serve with hollandaise sauce, fresh steamed asparagus and a slice of lemon  
To make the hollandaise sauce:  
Whip the egg yolks over a little heat and slowly add the melted butter

### Zabaglione

(Classical Italian dessert)

#### Ingredients

Egg yolks  
Soft brown sugar  
Sweet Marsala

#### Method

Whisk the egg yolks with the soft brown sugar over a bain marie (water bath)  
Slowly add the sweet Marsala and continue to whisk until it thickens  
Serve in small glass bowls