

Dal Broth with Lochinver Langoustines

Dal Broth

Ingredients

200g Yellow Lentils
1x tsp Turmeric
2lt Fish Stock
1x tsp Cumin seeds
1/2 x tsp Garam Masala
1/4 x tsp red chilli powder
2 x tsp tomato puree
1 x Medium onion finely chopped
1 x Green chilli finely chopped
3 x tomatoes chopped
Ghee butter for Fryin
Bunch of coriander
150g unsalted butter
24 Lochinver Langoustines

Method

Wash Lentils in plenty of cold running water until the water runs clear, and then drain in a colander. Place in a soup pot with turmeric, salt and pepper and the fish stock. Bring to boil then turn heat down to a simmer and cook out until tender (you may have to add more fish stock if the lentils are soaking up to much in the cooking process) Whilst the lentils are cooking in another pan heat up a tablespoon of ghee butter and fry off all the ingredients except the butter and coriander. Fry the ingredients until the onions have taken on a light golden colour. When this happens, add this mix to the lentil pan and cook until the lentils are tender. Roughly chop the coriander and add it to the lentil pot with the butter, then blend in small batches until smooth adjust with fish stock to a velvety consistency. Season and keep warm.

Separate the heads from the tails, then peel the shells from the tails. Take a tooth pick and pierce the middle of the lango tail and remove the black intestinal vein.

Spiced Red Onions

3 Small red
Pinch Chilli Flakes
Pinch Pomegranate Powder
Juice of two limes
Salt to taste
Pepper to taste

Method

Slice the onions finely and combine with all other ingredients, you can use right away or it keeps for two weeks and just gets better in the fridge.

Basic Basmati Rice

Ingredients

Quantity	Measure	Ingredient	Comment
1	60g	Salt	
		Basmati Rice	Washed and Soaked
1	2500	Ginger/Garlic Paste	
1	15g	Cumin	
1	200ml	Vegetable Oil	

Method

- Put water on to boil with salt
- Soak the rice while the water is boiling
- Heat up the oil and add the cumin, then add the turka to the water
- Put the rice in the water and bring to the boil
- Turn to simmer
- When this is just cooked, drain and cool on trays at room temperature
- Then put in containers in the fridge

Anchovy Straws

Ingredients

8 Anchovy Fillets Salted
1/4 tsp Cayenne
1 egg
1/2 pkg (450 g) frozen puff Pastry thawed and cold

Method

1. Line large baking sheet with Baking paper;
2. Drain anchovies and pat dry.
3. In bowl, toss anchovies with cayenne pepper; set aside. In separate small bowl, whisk egg with 1 tbsp water.
4. Unroll pastry onto prepared baking sheet; brush with some of the egg wash. Turn so narrow edge is closest. Starting at right side of pastry, arrange anchovies horizontally in rows about 1/2 inch (1 cm) apart so 1 end touches long edge of pastry and anchovies extend to centre of sheet. Fold left half of pastry over to meet other edge of pastry. Press firmly to remove air and seal. Freeze until firm, about 15 minutes.
5. Brush pastry with egg wash. Using knife or pizza cutter, trim edges; cut lengthwise into 12 strips and separate to leave some space among strips.
6. Bake in centre of 425°F (220°C) oven until golden, about 15