

Veasey's Valentine's Recipe Ideas

♥ Oysters

Shuck the oysters (Ask us for advice) just before you are going to eat them, set them aside on ice or a damp cloth. Serve with any of the recommendations below.

♥ Chilli, ginger, honey & rice wine vinegar ♥

Finely grate a thumb sized piece of peeled ginger and mix with 6 tablespoons of rice wine vinegar, 1 finely chopped and deseeded red chilli and a little finely sliced fresh coriander. Stir in a teaspoon of honey and serve.

♥ Shallots & Red Wine Vinegar ♥

Finely chop 1 large banana shallot and mix them with 50 ml of good-quality red wine vinegar such as cabernet sauvignon, then leave to infuse for 1 hour.

♥ Plain & Simple ♥

Serve with lemon wedges and Tabasco for the traditional oyster experience

♥ Scallops

♥ Ceviche - With Orange & Avocado ♥

2 tbsp lime juice, 2 tbsp orange juice, ¼ Red Pepper (diced) , 1 orange (segmented), 1 ripe but firm avocado (Peeled and sliced), 1 tablespoon thinly sliced fresh basil & 2 tbsp red onion (diced thinly), 8 scallops

Slice the scallops and place in a small bowl. Add the lime and orange juice then stir. Cover and refrigerate for 5 hours, stirring every 30 minutes. Drain most of the excess liquid. Toss scallops with the peppers, avocado, basil and shallots. Season with salt if desired.

♥ Perfectly Pan-Fried - with pancetta ♥

2 deep half scallop shells, 1 tbsp olive oil, 1 knob of butter, 1 Lemon (Zested), 100g pancetta (diced), 1 tbsp good-quality thick balsamic vinegar & salt and pepper, 8 scallops

Pre-heat a small, non-stick frying pan and add the oil, butter, lemon zest, a pinch of sea salt and freshly ground black pepper. Place the 4 scallops (with coral) in the pan and leave to cook for about 30 secs, then turn each one and cook for a further 30 secs. They need very little cooking, as overcooking will make them tough. Put to one side and keep warm. Now add pancetta to pan and cook till crispy, then add the vinegar and cook for a couple of mins more. Divide the scallops between the 2 shells and tip over pancetta and balsamic mix.

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♥ Salmon

♥ Teriyaki ♥

1 tbsp olive oil, 4 tbsp dark soy sauce, 2 limes (zest and juice), 1 small chilli, 2 tbsp maple syrup, 1 garlic clove (finely chopped), 1 chunk of ginger (finely chopped), 1 sheet of egg noodles, bunch of coriander (chopped) & 1 tbsp sesame oil, 2 salmon fillets

Heat olive oil in a pan and fry the ginger, garlic and chopped chilli. Add the zest and juice of the lime and pour in the soy sauce. Add the maple syrup and cook for 1 minute or until reduced and sticky. Pan-fry the salmon for 2 minutes each side in a hot griddle pan.

When the sauce is reduced add the salmon to the teriyaki sauce frying pan. Cook and drain the noodles, adding the sesame oil, seasoning and coriander and a squeeze of lime. Serve the salmon on a bed of noodles with more chopped coriander.

♥ Mediterranean - Tray Baked ♥

500g new potatoes (2 min parboiled), 1 courgette (Sliced), 1 red onion (cut into wedges), 1 tbsp olive oil, 1 lemon, skin peeled, 4 sprigs fresh thyme, 4 sprigs fresh flat-leaf parsley, 1 tin chopped tomatoes, 70 g black olives, small bunch of fresh basil, 2 portions salmon, skin on / scaled

Preheat the oven to 200°C, Put the potatoes, courgettes and onion in an oven dish and drizzle with half the olive oil, season with freshly ground black pepper, and toss to coat. Bake for 30 minutes.

Meanwhile, make 2-3 slits in the skin of each salmon fillet, then stuff with small pieces of the lemon peel, thyme and parsley sprigs. Remove the tray then pour over the chopped tomatoes and scatter over the olives and half of the basil.

Top with the salmon fillets, skin side up. Return to the oven and cook for 12-15 minutes, serve with a chilled white wine and some fresh focaccia bread.