

Wild Morecambe Bay Seabass, Shrimp Toastie, Growing Well Tomato, Samphire

Servings: 4 Portions

Equipment:

N.B this is best made the day before

Ingredients for the Tomato Water:

1 kg/ 35 ¼ oz	Ripe Tomatoes (Growing Well)
60gms/ 2 ½ oz	White Wine (Leventhorpe Winery)
6gms/ ¼ oz	Salt
4gms/ ¼ oz	Sugar
3gms/ ¼ oz	Basil (Growing Well)
5gms/ ¼ oz	Garlic (sliced) (Growing Well)
20gms/ ¾ oz	Onion (Growing Well)
250gms/ 8 ¾ oz	Tomato Juice

Method:

1. Cut the tomatoes into four and place into a large pan
2. Add all the other ingredients to the tomatoes, put on a low heat and simmer for 2 ½ hours
3. After 2 ½ hours carefully pass the tomatoes and liquid through a Tammy cloth and leave to drain over a bowl, do not squeeze (This ensures the tomato liquid is clear)
4. Cover the bowl with Clingfilm and place in the fridge to chill

Ingredients for the Shrimp Toastie:

For the butter:

50gms/ 1 ¾ oz

Butter (Cream of Cumbria)

8gms/ ¼ oz	Chives (chopped) (Growing Well)
10gms/ ½ oz	Onions (diced) (Growing Well)
2gms/ ¼ oz	Mace
4gms/ ¼ oz	Lemon juice
2gms/ ¼ oz	Salt

For the toasties:

20gms/ ¾ oz	Melted butter
40gms/ 1 ¼ oz	Shrimps (McClure's)
4 Slices	White Bread
	Pinch of salt

Method:

1. Beat the butter for 5 minutes on a machine until white
2. Add the chives, diced onion, mace and lemon juice and fold into the butter
3. Mix the shrimps into the butter
4. Remove the crusts from each slice of bread
5. Roll one piece of bread at a time through the pasta machine going down to number 1
6. Cut the bread into 10cm width by 6cm Long
7. Equally divided the shrimp and butter mix into 4 and place to the bottom and middle of the slice of bread, brush the sides with melted butter
8. Fold the bread over the shrimps then fold in the sides and brush with melted butter
9. Fold the bread and shrimps over again to form a parcel
10. Repeat this with each slice of bread so you have 4 parcels
11. When ready to serve, shallow fry the toasties for 3 minutes until golden, remove from the pan onto a piece of absorbent paper, season with salt

Main Ingredients:

4 x 60gms/ 2 ¼ oz	Wild Morecambe Seabass fillets
4	Shrimp Toasties (See recipe)
	Growing Well Tomato Water (See recipe)

1. Season each side of the Seabass with salt

2. In a hot non-stick frying pan, add a generous amount of oil and place the fillets of Seabass in skin side down
3. Cook for 3-4 minutes until the Seabass is just cooked, if not a little under cooked
4. Remove from the pan onto a piece of absorbent paper

Garnish for the Tomato Water:

50gms / 1 ¾ oz	Samphire (picked)
40gms/ 1 ¼ oz	Broad Beans (blanched and shelled)
2	Ripe Tomato Concasse (seasoned with lemon juice, icing sugar & salt)

N.B the remaining Samphire is to garnish the top of the shrimp Toastie

To Assemble:

1. Place into a medium bowl the broad beans, 40gms of Samphire and add a little oil and season with salt
2. Place 3 dessert spoons of tomato water into the bottom on each bowl
3. Equally divided the broad beans and Samphire between each bowl
4. Place the warm Seabass fillet on top of the broad beans
5. Put the hot Toastie on top of the Seabass and garnish with Samphire