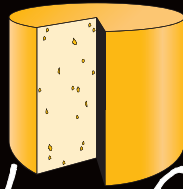


stilton

purees



CheeseCellar

cheese

oils

olives

chutneys

chocolate

Sea salad, lemon and lychee

biscuits



recipe

Dan Hunter – Head Chef

Royal Mail Hotel was named restaurant of the Year in last year's prestigious "The Age Dining Awards"



Sea salad, lemon and lychee

Ingredients (for 4 people)

Calamari

1kg line caught 'medium' sized calamari
Lemon pressed olive oil
Dried sansho powder
Hondashi powder

Mussel stock

900g mussels, scrubbed clean and without barnacles.
650g purified water

Aromatic stock

1 litre purified water
67.5g ginger
60g lemongrass
2.25g kaffir lime leaf
1g galangal

Marine essence

150ml mussel stock
72.2ml aromatic stock
1.3g soy lecithin

Coastal plants

(per portion)
4 long pieces samphire
4 'bunches' coast bone fruit - green
1 piece coast bone fruit - red
2 small leaves sea parsley
Extra leaves – 2 borage shoots

Lemon and lychee

Lemon pressed olive oil
4 freeze dried lychee

Method

For the calamari

Lay the calamari on a board. Taking care not to break the ink sack remove the legs and intestine. Remove the ink sack and reserve it for other preparations.

Remove the spine, the wings and the skin. Using a sharp filleting knife and following the line where the spine was, slice the calamari in half opening it up to make one flat piece. Using the back of a knife wipe off any 'slime' that may be inside taking care not to damage the calamari.

At this stage it is necessary to clean and dry the calamari with a cloth. Rubbing with a cloth, remove any impurities that may be left on the squid and the first membrane of the flesh. Drying the squid, removing the membrane and ensuring that calamari does not come into contact with any water will improve the texture, colour and give the calamari a longer shelf life. Portion the squid into rectangular pieces 9cm x 4.5 cm. Reserve it refrigerated between cloth until needed.

For the mussel stock

Scrub the mussels with steel wool making sure that all barnacles and grit are completely removed. Rinse the mussels in fresh water and combine them in a pot with the purified water. Place a lid on the pot and on a low heat bring the liquid to a very gentle simmer. Allow the stock to simmer for 45 minutes and for the juices from the mussels to combine and cook with the water.

Strain the resulting liquid through a fine strainer and chill it rapidly. Reserve the mussel stock in a vacuum bag until needed.

For the aromatic stock

Peel the ginger and slice it finely. Smash the lemongrass to release its flavour and slice it into fine rounds. Peel galangal and slice it. Roughly chop the lime leaf.

Bring the water to the boil and as it breaks add all the ingredients. Quickly seal the pot with film so that the aroma does not escape. Let infuse for 20 minutes and then strain. Reserve the liquid vacuum sealed and refrigerated until needed.

For the marine essence

Combine 150ml of mussel stock with 72.2ml aromatic stock. Check balance and seasoning and add soy lecithin at a ratio of 6g per litre.

For the coastal plants

The plants used in this dish are native Australian edible coastal plants or succulents. Specifically they are found in Port Fairy around the Pea Soup or South Beach area. When picking these plants it's important to remain respectful of the environment, cut the plants carefully and do not take too much volume from individual plants. They are a living, important part of the eco system and are provide shelter and food for various insects and animals.

Given that these plants are wild they are quite sturdy and will keep for much longer than a cultivated plant but they should still be cut with sharp scissors and placed between damp cloth and refrigerated as soon as possible. When portioning the plants they should be treated like all other leaves, washed in ice water and freed of any grit and sand. Portion the desired combination in vials and refrigerate until needed.

To serve

Bring the calamari to room temperature and dress it liberally with the lemon oil. Season it with salt, sansho and hondashi. Place the marine essence and soy lecithin together in a tall narrow container and bring it to 55 degrees. Froth the marine essence using a stick blender until it resembles the texture of the foam found on the beach. Dress the succulents with the lemon oil. Place the calamari in the centre of a small plate and arrange the succulents over the calamari. Crumble half a freeze dried lychee in between the succulents. Spoon the marine essence foam across the front of the dish and serve.



South East (Head Office) **0207 819 6001**
Central **01905 829 830**
North East **01347 822 977**

North West **0161 279 8020**
South West **01392 908 108**
www.cheesecellar.co.uk