

Selsey crab gratin with new potatoes, chicory and sea vegetable salad, heritage tomato and black olive dressing

Serves 6

Ingredients

Fish stock

500g white fish bones
100ml white wine
50ml white wine vinegar
100g mixed white vegetables (onion, celery, leek and fennel)
Parsley stalk
1 lemon
1 tsp peppercorns

Fish cream

1 shallot, peeled & sliced
1 tsp fennel seeds
1 tsp star anise
200ml white wine
500ml whipping cream
Salt and pepper

Dressing

150g pitted black olives
1 lemon - zest & juice
2 tbsp capers
1 garlic clove
1 tbsp white anchovies
Handful flat-leaf parsley
Olive oil

Gratin

454g white crab meat
454g brown crab meat
75g panko breadcrumbs
50g Grana Padano grated
6 clean crab shells
1kg waxy new potatoes
2 heads white chicory - cut lengthways
150g mixed sea vegetables (samphire, purslane, aster, beets)
2 knobs unsalted butter

Method

Place all the stock ingredients in a large pan, cover with cold water, simmer for 20 minutes. Sieve into a thick bottomed pan.

Add the shallot, fennel seeds, star anise and white wine. Reduce rapidly on a high heat until the stock becomes jelly-like. Add the cream, bring to the boil and whisk. Simmer for 10 minutes until it coats a spoon. Sieve.

Pre-heat the oven to 100°C. Rinse the olives. Place the olives, lemon zest, capers, garlic and anchovies on a baking tray. Cook for 10-15 minutes to slightly dry. Blitz in a food processor until coarse. Put into a bowl, fold in the lemon juice, chopped parsley, olive oil and salt & pepper to taste.

Cut the tomatoes into half or even-sized pieces, season with salt and olive oil, warm in the oven for 10 minutes.

Turn the oven up to 180°C. Put the potatoes in salted water and bring to the boil for 15-20 minutes until tender. Add the sea vegetables for the last minute. Drain and slice the potatoes.

Mix 12 tbsps of fish cream with the crab meat, season to taste and spread between the crab shells. Top with breadcrumbs and a little grated cheese. Bake for 10-15 minutes until the topping is golden and hot.

Melt the butter in a pan, add the chicory to wilt slightly, add the vegetables and potatoes. Place on the plates, add the tomatoes, drizzle over the dressing and finish with the gratin.



This recipe is supplied by The Crab & Lobster at Sidlesham. Their menu has an adventurous emphasis on fresh fish and of course crab and lobster sourced from Selsey.

www.crab-lobster.co.uk

The Sea's the Day project celebrates the Selsey fishing industry. Find out more at:

www.peninsulapartnership.org.uk/projects/seas-the-day/

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