



**Valentine's Day
Succulent Sea-
Food Lovers
Instructions
from RWSipes**



Prawns Pil Pil

Salmon & Leek Gratin Pie

Rhubarb and Apple Crumble

Made with Love.



Valentine's Day Succulent Sea- Food Lovers Instructions from RWSipes



Prawns Pil Pil

What you will need:

80ml Olive Oil
4 Garlic Cloves, sliced
1 Teaspoon Chilli Flakes
450g King Prawns, raw or cooked
Juice of 1 Lemon
Chopped Flat Leaf Parsley
Generous Pinch Smoked Paprika

For Garlic Mayonnaise:

1 Whole Garlic Bulb
200g Mayonnaise
Juice of 1 Lemon
15g Chives or Flat Leaf Parsley

To Serve:

Sea Salt
Sourdough or Crusty Bread



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Prawns Pil Pil

If you are unable to find fresh prawns, you can use pre-cooked prawns but ensure you do not overcook them in this recipe.

How to make it:

1. Preheat oven to 160C fan/180C/Gas 4
2. Place the whole garlic bulb on a small baking tray and roast in the oven for about 20 minutes, until soft. Remove and set aside to cool enough to handle, then squeeze the roasted garlic cloves from their skins and mix with the remaining mayonnaise ingredients.
3. Warm the oil in a frying pan with the sliced garlic and chilli flakes, then after 3 minutes turn up the heat, add the prawns and sauté for 5 minutes, until pink, then add the lemon juice. If using cooked prawns just warm through for two minutes, then add the lemon juice.



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4. Sprinkle the Prawns with the chopped parsley and smoked paprika. Serve sprinkled with sea salt, alongside plenty of crusty bread and the garlic mayo for dipping the prawns and bread into.





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Salmon and Leek Gratin Pie

What you will need:

500g Salmon Fillet
200ml White Wine or Fish Stock
200ml Water
2 Small Bay leaves
1 Small Onion, quartered
200ml Milk
50g Butter
2 Medium Leeks, trimmed and sliced thinly
40g Plain Flour
100ml Single Cream
1 tsp Mustard
Flaked Sea Salt
Freshly Ground Black Pepper

For Gratin Topping:

Olive oil
4 Thick Slices of Sourdough bread torn into cubes
50g Grated Cheese
3 tbsp Parsley, roughly chopped



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Salmon and Leek Gratin Pie

In honour of Richard's foodie heroes, The Hairy Bikers, their wonderful salmon and leek pie.

How to make it:

1. Preheat oven to 200C fan/180C/Gas 6
2. Place Salmon in a large saucepan. Pour in the Wine or Fish Stock, then add the water, bay leaves and onion. Bring to a gentle simmer, cover and simmer gently for 5 minutes. Remove from the heat and leave to stand for another 5 minutes.
3. Remove the lid and strain the salmon through a colander into a wide jug. Discard the onion and bay leaves. Pour the liquid back into the saucepan and bring to a boil over a high heat stirring occasionally until the liquid reduces to about 200ml.



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Salmon and Leek Gratin Pie

4. Melt 25g butter in a frying pan and gently fry the leeks for 5 minutes until softened then set aside to cool. Melt the remaining butter in a large non-stick saucepan and stir in the flour. Cook for one minute, while stirring. Slowly add the cooking liquor, then the milk, whisking constantly until the sauce is smooth and thick. Add the cream and mustard and simmer for 5 minutes, stirring regularly. Season to taste.
5. Gently fry bread pieces until lightly toasted and then tip into a bowl.
6. Place leeks into the dish, remove the skin from the fish and break into chunks and add to the dish, add half the toasted bread pieces then the sauce and gently fold together.



Salmon and Leek Gratin Pie

7. Add remaining toasted bread pieces with the grated cheese and parsley then bake for 25 minutes until the top is golden brown and the filling is bubbling up around the edges.



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Rhubarb and Apple Crumble

What you will need:

200g Rhubarb, chopped into 2.5cm pieces
200g Granny Smith apples
1 Vanilla Pod halved lengthways & scrape out the seeds
or ½ tsp Vanilla paste/essence
75g Golden Caster Sugar
2 tsp Cornflour
1 tsp Ground Allspice

Crumble:

100g Cold Unsalted Butter, plus extra for greasing
150g Plain Flour
50g Crushed Digestive Biscuits
1 tsp Ground Ginger
50g Golden Caster Sugar



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Rhubarb and Apple Crumble

Ideally you want Fresh Rhubarb but as it is seasonal it pays to keep a tin of Rhubarb in the cupboard for just such an occasion

How to make it:

1. Heat the oven to 200C/180C fan/gas 6.
2. Toss the rhubarb, apples, vanilla, ground allspice, cornflour and sugar together in a lightly buttered ovenproof dish.
3. Mix the flour and ginger together in a large bowl. Rub in the butter with your fingertips to create a chunky breadcrumb textured. Stir through the sugar.
4. Sprinkle the crumble topping onto the fruit and cook for a further 30-40 minutes or until the topping is lightly golden brown.



Rhubarb and Apple Crumble

5. Serve with ice cream or custard.



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Drink suggestions

Wine:

Champagne, Prosecco or Cava goes well with pan fried sea food, as the bubbles cut through the weight of the dish.

As a general rule, rich oily fish like Salmon pairs wonderfully with full-bodied white wines like **Chardonnay, White Rioja, White Burgundy, and White Pinot Noir.**

However, you can easily partner Salmon with **rosé** or light-bodied, low-tannin red wines like **Pinot Noir or a Gamay.**

Alcohol free options:

McGuigan zero sparkling alcohol free, **Adnams** 0.5 garnacha rosé, **Hardys** alcohol free chardonnay and **Torres** Natureo de-alcoholised red are all good options and should be available at a variety of supermarkets.