

SEA'S
THE DAY



Lobster

with a vibrant summer side salad and
lemon and seaweed new potatoes

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Serves 2

Ingredients

1 Selsey lobster
thyme
1 orange, halved
2 onions, sliced
2 sprigs of mint
2 star anise
2 cardamon pods
10 black peppercorns
2 tsp sea salt
4 cloves

Salad

radish
cucumber
orange segments
beetroot
lettuce leaves
100ml olive oil
30ml vinegar
2 lemons, zest and juice
sea salt

Potatoes

dried seaweed, chopped
1 lemon, zest and juice
1 lemon, halved
butter
400g new potatoes
fresh mint
sea salt

Method

Bring a large pan of water to the boil. Add the thyme, orange halves, sliced onion, mint, star anise, cardamon, peppercorns, salt and cloves. Place the lobster in the boiling water and cook for 15 minutes per 1kg of lobster. Once cooked, refresh the lobster in cold water and then prepare.

Salad

Make the dressing by mixing together the oil, vinegar, zest and juice of the lemons and a pinch of sea salt. When you are ready to serve add the dressing to the salad ingredients.

Potatoes

Put a generous knob of butter in a saucepan with the seaweed and lemon zest and juice. Leave to infuse for 1 hour on a low heat then blend until it is smooth.

Put the new potatoes into boiling water with 4 sprigs of fresh mint, the halved lemon and plenty of sea salt. Leave to cook for 25 minutes then drain and toss in the lemon and seaweed dressing.



This recipe is supplied by the Potager Restaurant at Crouchers Orchards. This characterful restaurant features local ingredients and seasonal dishes.

www.crouchersorchards.co.uk



Love your Lobster

All Selsey lobsters are caught in pots. This is a more selective method of fishing than netting as undersized, egg-bearing females or immature animals can be returned alive to the sea.

The Sea's the Day project celebrates the Selsey fishing industry. The fascinating stories and memories of the fishermen and their families have been recorded and used to create a short film and a book. The recipe cards show you how to prepare tasty meals in your own kitchen using the local species the Selsey fishermen catch.

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



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