

# A Taste of Mourne



## Mourne Seafood Fricassee

Recipe created by Barry Smyth for Mourne Heritage Trust to encourage and promote the use of Mourne produce

### INGREDIENTS (Serves 4)

50ml olive oil	1L fish stock
75g smoked dry cured bacon	150ml double cream
1 small onion, diced	100g white crab meat or 8 crab claws
1 carrot, diced	200g monkfish tail, diced
1 clove garlic, crushed	8 scallops, shelled and diced
1 stick of celery, diced	200g clams or cockles, washed
½ leek, cut into neat squares	100ml white wine
½ red pepper diced	2 tbsp chopped chives
1 potato, peeled and diced	2tbsp chopped parsley

### METHOD

- Heat a saucepan over a medium heat and add in the clams or cockles with the wine. Cover with a lid and steam for 1-2 minutes until all shells are opened. Drain and reserve the cooking liquor. Allow to cool and remove the clam/cockle meat from the shell. Set aside.
- In a large pan, heat the olive oil and cook the bacon until browned, add the onion, carrot, celery and garlic and continue to cook until soft, about 3-4 minutes.
- Add the red pepper and potatoes and continue cooking for a further 5 minutes then pour in the clam juices and fish stock. Return to boil and simmer until the volume of liquid has reduced by half.
- Add in the cream and reduce until the liquid begins to thicken slightly.
- Add in all the fish and return the liquid to a gentle simmer for 1 minute.
- Stir in the herbs and serve

*Barry is the former chef/proprietor of the Oriel Restaurant in Gilford Co Down which won many awards including a coveted Michelin Star and was rated as one of the top ten restaurants in UK and Ireland in the 2005 Egon Ronay guide. Barry is a keen advocate of local regional and seasonal foods and member of the slow food movement.*

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