

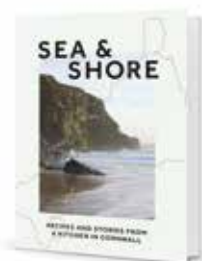
The Cornish table

Bring a taste of Cornwall to your kitchen with recipes inspired by the ebb and flow of the tide and seasons, and dreams of playful summer days

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Blessed with beautiful beaches, pristine waters and miles of wild coastline, Cornwall is blissful all year, but especially in the intoxicating warmth of summer. A foodie's paradise, it's perfect for fishing and foraging, cultivating the finest produce, and famous for its fresh seafood and indulgent cream teas.

In 'Sea & Shore' (Hardie Grant, £26), chef and restaurateur Emily Scott shares her passion for seasonal Cornish produce. The cornerstone of this lovely book, resplendent with snaps and stories from this stunning region, is a celebration of simplicity. Scott believes that with the best ingredients that nature has to offer and a sprinkle of enthusiasm, we can make any plate sing. From fish dishes and seasonal salads to humble and homely fare, evoke the sensual pleasures of Cornwall at mealtimes.



'SEA & SHORE: Recipes And Stories From A Kitchen In Cornwall' by Emily Scott (Hardie Grant £26)

CORNISH CRAB LINGUINE WITH CHILLI, LEMON AND PARSLEY

Nothing says Cornwall quite like crab, and this delicious dish contains textures and flavours to elicit pure happiness – crab, pasta, lemon, parsley, chilli, Parmesan and olive oil. Crab is available in most good supermarkets or, even better, head to your local fishmonger. If you are on holiday in Cornwall, find a fisherman to point you in the right direction!

SERVES 4

- 300g dried linguine
- 250g fresh white Cornish crab meat, picked over for pieces of shell
- 2 fresh red chillies, deseeded and finely chopped
- 1 bunch of flat-leaf parsley, roughly chopped
- Juice and zest (optional) of 1 lemon
- 100g Parmesan, grated
- 150ml olive oil, for drizzling
- Cornish sea salt and freshly ground black pepper

- 1** Bring a pan of salted water to the boil, add the pasta and cook according to the packet instructions.
- 2** Meanwhile, combine the crab meat in a large bowl with the chilli, parsley, lemon juice and zest, if using. Stir together.
- 3** Drain the pasta (reserve some of the cooking water) and add to the crab sauce along with a couple of tablespoons of the pasta cooking water. Use tongs to thoroughly mix the pasta with the crab so all the pasta gets a good coating of sauce.
- 4** Serve in warmed bowls and sprinkle over a generous amount of Parmesan cheese, a drizzle of olive oil and a grinding of black pepper. This fresh-tasting dish pairs well with a cold glass of sauvignon blanc.

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ENGLISH TIGER PRAWNS WITH CHILLI, OLIVE OIL AND FLAT-LEAF PARSLEY

This elegant dish smacks of the sea and makes a gorgeous and speedy lunch. Use sustainably sourced prawns and eat with abandon, preferably with an ocean view!

SERVES 6

- 100ml good-quality olive oil
- 16 raw English tiger prawns, in their shells
- 1 tsp chilli flakes
- 1 fresh red chilli, finely chopped
- Juice of 1 lemon, plus extra wedges, to serve
- Handful of flat-leaf parsley, roughly chopped
- Cornish sea salt
- Citrus and Tarragon Mayo (recipe below), to serve

1 Heat the olive oil in a large frying pan until it starts to sizzle. Add the prawns and chilli flakes and cook, shaking the pan from time to time, letting the prawns turn from their raw blue colour to golden pink.

2 Turn the prawns and add the fresh chilli, lemon and parsley. Season with salt. Serve with the mayo and extra lemon.

Citrus and Tarragon Mayo

Place 3 egg yolks in a food processor with the juice of 1 lemon, 1 tsp Dijon mustard and a pinch of salt. Whizz until combined. With the motor running, pour 250ml sunflower oil through the funnel in a slow stream until the oil is incorporated and emulsified. Add chopped tarragon leaves and season to taste.



LEMON SOLE WITH WATERCRESS AND SEA HERBS

Delicate and sweet, this white-fleshed fish is cooked simply and served with steamed greens and Cornish new potatoes. Use tweezers to remove any small bones.

SERVES 2

- 4 x 150g lemon sole fillets, skin on
- Good olive oil, for drizzling
- Handful flat-leaf parsley, finely chopped
- Zest and juice of 1 lemon
- ½ garlic clove, chopped
- Cornish sea salt

TO SERVE

- Handful watercress and sea herbs (foraged or shop-bought)
- 4 edible flowers, such as violas
- Steamed greens of your choice
- Cooked Cornish new potatoes

1 Preheat the oven to 180°C, gas mark 4. Line a baking sheet with baking parchment.

2 Place the sole fillets, skin-side down, on a lined baking sheet, drizzle with olive oil and season with salt. Bake in the oven for 4-5 minutes until the flesh is opaque.

3 Remove the fish from the oven and allow to rest for a few minutes. In a small bowl, stir together the parsley, lemon zest and juice and garlic with another drizzle of olive oil. Taste and consider the balance of flavours.

4 Place the fillets onto warmed plates and drizzle over the herb dressing. Decorate with watercress and edible flowers and serve with the steamed greens and new potatoes.



MONKFISH, CHORIZO AND SUN-BLUSHED TOMATOES ON ROSEMARY SKEWERS

Monkfish is a robust ingredient that works well with bold flavours, such as curries, or it can be cooked over a fire. The combination of monkfish, chorizo and sun-blushed tomatoes is sublime. Threading the elements onto rosemary skewers adds a depth of flavour to the fish.

- 1 x 200g jar sun-blushed tomatoes, drained, reserving the oil
 - 1 medium chorizo, about 225g, cut into 1 cm rounds
 - 650g monkfish fillet, cut into chunks
 - 12 long rosemary sprigs, plus extra leaves for sprinkling
 - 100ml olive oil
 - Cornish sea salt and freshly ground black pepper
- TO SERVE**
- Handful rocket leaves
 - Hot buttered Cornish new potatoes
 - Mixed-leaf salad with edible flowers

1 Preheat a barbecue or grill to high. Place the sun-blushed tomatoes in a large bowl and add the sliced chorizo.

2 Using a skewer, pierce a hole through each piece of monkfish, then toss in the bowl with the tomatoes and chorizo. Thread alternately onto rosemary skewers, allowing 3 pieces of each ingredient on each skewer.

3 Barbecue or grill the monkfish skewers on all sides, keeping them moving, for a total of 6 minutes, or until browned at the edges. Drizzle with olive oil and sprinkle with salt, pepper and rosemary leaves.

4 Lay the grilled monkfish skewers on rocket leaves and serve with hot, buttered Cornish new potatoes and a mixed-leaf salad with summer flowers.