



Recipe
suggestions

Fruits de mer (serves 6)

Ingredients

- > 2 x cooked lobsters, cracked and split
- > 2 x cooked crab, cracked
- > 12 x cooked Mediterranean prawns
- > 6 x cooked langoustine
- > 12 x New Zealand mussels
- > 120g Atlantic prawns
- > 18 x oysters

Condiments

- > lemon wedges
- > Tabasco
- > aioli
- > Marie rose sauce
- > shallot vinegar

A fruits de mer is a seafood dish of raw and cooked shellfish, served on a cold platter, usually a bed of ice. The great thing about a fruit de mer is that you can build your own according to how adventurous you're feeling!

Method

- > This is a messy lunch or dinner, so get your table ready first. Alongside the condiments, you'll need some robust napkins, a large bowl for the debris, fingerbowls and some small shellfish picks or forks.
- > Get your first platter ready by shucking your oysters (*note: you need to eat these within 2 hours of opening*), and for balance, you might need ice or salt
- > Get your second platter ready by placing the Atlantic prawns into two tumbler-type glasses, and arrange the rest around these.
- > Serve with crusty buttered bread

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