



How To Make A Seaview Chowder

By Mark Wyatt

Ingredients

- 500ml Full fat milk
- 2 bay leaf
- 1 star anise
- 3 cloves
- 2/3 sprig dill
- 25g butter
- 25g plain flour
- 1 carrot
- Half a corn on a cob
- 1 stick celery
- 1 white potato
- 1 banana shallot
- 1 clove garlic
- 20g of sea lettuce
- 12 Mussels
- 18 clams
- 6 crevettes
- 200ml soda water
- 40g self-raising flour
- 40g rice flour
- 40g corn flour
- Fillet of monkfish

Instructions

1. Infuse on a gentle heat for 30mins

500ml Full fat milk

2 bay leaf

1 star anise

3 cloves

2/3 sprig dill

2. Heat 25g butter and mix in 25g plain flour for the roux.

3. Dice the carrot, the celery and potato and cook 80% in salted water with corn and chill.

4. Slice the shallot and sea lettuce, crush and dice garlic.

5. Heat a frying pan with oil, add shallot, garlic and sea lettuce, after 1 min deglaze with a splash of white wine.

6. Sieve Milk, add cooked carrot, celery and potato to the infused milk, thicken with the roux.

7. Add mussels & Clams to pan for 2 mins, then add crevettes. After another minute add the thickened chowder mix and Finish with a splash of cream and 50g butter, season with salt and pepper.

8. Mix 200ml soda water, 40g self-raising flour, 40g rice flour and 40g corn flour to make as tempura batter.

9. Roll the fillet of monkfish in flour, dip in batter and deep fry for 2 mins, Sit on top of chowder and garnish with sea vegetables.