



Medley of Seafood with Saffron Cream Sauce

Cooking Time: 15 mins

Preparation Time: 15 mins

Servings: 4

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Seafood lovers will be thrilled with this exotic mix of flavours accompanied by a rich, creamy sauce.

Ingredients :

- 50ml Kerrymaid Whipping Cream
 - 120ml Fish stock
 - 550g Mixed seafood (such as cod, salmon and prawns, cockles, mussels)
 - 40g Butter
 - ½ tbs Chopped garlic
 - 4 tbs Spring onions, finely chopped
 - 120ml Dry white wine
 - 1 tsp Lemon zest
 - ½ tsp Salt
 - 100g Freshly chopped tomatoes, with the juices
 - 1 tbs Chopped chives
- Sprinkle of fresh saffron strands

Method:

1. Wash the fish and cut into 5cm (2in) pieces. Wash the prawns and remove shells. Wash the mussels and remove the beards and wash the cockles.
2. Melt 20g of butter in a large frying pan. Add the garlic and fry until just starting to colour.
3. Add the seafood, spring onions, white wine, fish stock and lemon zest.
4. Cover and simmer for two minutes.
5. Remove the seafood and keep warm.
6. Add the tomatoes, saffron, chives and cream.
7. Simmer for just two minutes more.
8. Stir in the remaining butter.
9. Return the fish and simmer for 1 minute.
10. Serve immediately in warm bowls, garnished with a few sprigs of herbs.

