

**TASTING, SAMPLING AND SHARING**  
*with friends*

**LES TOURELLES DE POISSON**



**Ingredients ( 2 cans serves a starter for 6 persons)**

- Crabmeat (canned is better than fresh)
- Smoked salmon slices (1 slice = 2 portions)
- Avocado, just ripe (1 = 4 portions)
- Red Pepper- chop finely (Pequillo if you can find them)
- Salt and Pepper
- Black lump-fish roe
- Salad leaves and dressing
- Small slices brown bread and butter
- Small plates and ramekins.

## **Method**

Drain crabmeat and lightly mix with salt and pepper in a bowl. Line ramekins with clingfilm, pressed well to fit, ends left over the edge. Place smoked salmon slices snugly to fit, leave ends out to fold over later.

Fill each ramekin with the prepared crabmeat to the top, fold over salmon ends and cover and seal with the clingfilm.

Refrigerate for 2-3 hours or preferably overnight.

Take out of fridge 30-40 minutes before serving. Remove flesh from avocado and mash carefully (avoid black bits) add two teaspoonful of the chopped red pepper and add salt and pepper and set aside. If preferred add dash of lemon juice to keep the colour.

Undo the top of the clingfilm and invert each ramekin onto a small plate; remove the ramekin and carefully peel off the clingfilm, take care to keep the shape. When all are done you should have successful "turrets"

10 mins to serving, spoon the prepared avocado in a layer on top of each turret. No need to re-refrigerate, (you want to taste the layers, not hurt your teeth) Just before serving spoon a small knob of the lumpfish on the very top and or with a sliver of cucumber. Scatter a few salad leaves to one side of each tourelle and add a little dressing.

Serve with brown bread and butter.

## **Pauline Brace 25<sup>th</sup> October 2011**

*I think you can use any fish, smoked herring also works well but this is my version. This is quite a rich dish so the small amount is ample. If you don't have ramekins use coffee cups, if you have greedy guests, serve two each. It's the shape you are after to give a mixed taste in the little "toureilles"*