

# To Follow



## MEY SELECTIONS HONEY PANNA COTTA WITH RASPBERRIES

(SERVES 4)

### Ingredients

100ml Double Cream

100ml Full-fat Milk

50g Mey Selections Blossom Honey

1 Vanilla Pod

1½ sheets Gelatine (soaked in cold water)

1 jar Preserved Raspberries

A dram of Mey Selections Barrogill Whisky (or your favourite tippie) if you like a kick

100g Fresh Raspberries

50g Icing Sugar

### METHOD

Place the milk, cream and honey in a saucepan.

Split the vanilla pod in half and with the back of a knife, remove the seeds and add to the milk mixture.

Warm the milk mixture while ensuring it is not allowed to boil.

Remove from the heat, add the softened gelatine and mix.

Pour into moulds and place in a fridge to set for around about 4 hours.

Place the fresh raspberries in a liquidizer with the icing sugar and puree until smooth.

Pass through a sieve to remove the seeds and set aside.

Remove the pannacotta from the mould and place in the centre of a plate.

Add the whisky dram to the preserved raspberries, then spoon a little of the raspberry puree to one side and some whisky-soaked raspberries to the other (remember to use some of the juice!)

Garnish with a sprig of mint or some finely chopped green basil.

Great served with some Mey Selections Shortbread.



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Mey Selections works with farmers, crofters and food producers across the rugged countryside of the North Highlands of Scotland to create a range of fine foods that bring the natural goodness of the region to you.

### Castle of Mey



Products, and ingredients where possible, are sourced from within a 100 mile radius of the Castle of Mey, which sits above the soaring cliffs of Scotland's North Coast, about six miles west of John O'Groats.

Our company was founded by farmers to ensure that they receive a fair price for their livestock and other produce and to foster closer links between farmers, food producers, and consumers. It is one branch of an initiative inspired by His Royal Highness the Prince Charles, Duke of Rothesay to promote economic development of the North Highlands.

You can sample Mey Selections products at the following restaurants and hotels during your stay in the North Highlands:

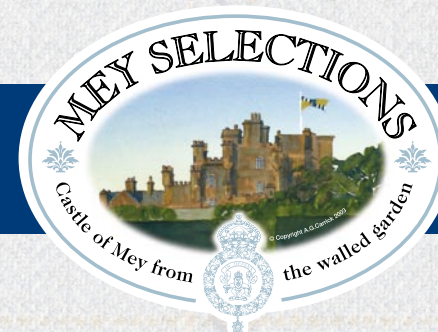
- Ulbster Arms Hotel, Bridge Street, Halkirk, KW12 6XY
- Mackays Hotel, Union Street, Wick, KW1 5ED
- Forss House Hotel, by Thurso, KW14 7XY

Our products are available at the following outlets to take home:

- Harrold Bros Butchers, 51 High Street, Wick, Caithness, KW1 4BP
- Castle of Mey, Thurso, Caithness, KW14 8XH
- J A Mackay, 4 Trail Street, Thurso, Caithness KW14 8EJ
- D'lish Cafe and Bar, Inverness Airport (Landside and Airside)
- Calluna Country, Brora, Sutherland, KW9 6QJ
- MacDonald Aviemore Resort, Aviemore, Inverness-shire, PH22 1PN
- Johnstons Food Hall, Elgin, Moray, IV30 4AF
- Dumfries House, Cumnock, Ayrshire, KA18 2NJ

We also supply North Highland Beef and Lamb to a number of Sainsbury's butcher's counters throughout the UK.

We also have a number of stockists further afield. Visit [www.mey-selections.com](http://www.mey-selections.com) for a full list and more information about our company and products.



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# Menu



## A TASTE OF THE NORTH HIGHLANDS

# To Start



## SEARED SCRAPSTER SCALLOPS WITH MEY SELECTIONS BLACK PUDDING AND APPLE PUREE

(SERVES 4)

### Ingredients

12 Fresh Scallops

1 Small Mey Selections Black Pudding

4 Granny Smith Apples

4 Lemons

50g Caster Sugar

2tbsp Corn Flour

300ml Rapeseed Oil

2 Shallots (chopped)

Handful of finely-chopped Mixed Fresh Herbs

100ml Apple Juice

### METHOD

Dice the apples and sweat in the butter with the chopped shallots.

Add the apple juice and sugar and cook until soft.

When cooked, mix puree in a liquidizer until smooth and set aside.

Juice and zest all the lemons, bring to the boil in a small saucepan.

Thicken with corn flour, then put in a liquidizer and mix.

Slowly add the rapeseed oil until you get a nice consistency and put into a "squeezey" bottle for later.

Slice the black pudding, and form circles using a cutter of similar size to the scallops.

Grill till cooked (approx 3 minutes on each side) and then keep warm.

Now heat a non stick pan, season the scallops and pan fry until golden on each side.

Add a couple of knobs of butter and baste the scallops with the foaming butter.

Set aside to rest for a few minutes.

Place 2 slices of black pudding and two scallops on a bed of apple puree.

Zigzag the lemon dressing over the top, then scatter the herbs over and serve.

Use micro-herbs for a more intense flavour.

# Main Course



## ROASTED RACK OF NEW SEASON MEY SELECTIONS LAMB

WITH WILTED BABY SPINACH, FONDANT POTATO, SHALLOT MARMALADE AND A RED WINE VINAIGRETTE.

(SERVES 4)

### Ingredients

2 3-bone Mey Selections Lamb Racks (Ask the butcher to French trim)

1kg Baby Spinach (washed)

250g Salted Butter

2 large Maris Piper Potatoes

50ml Chicken Stock

200ml Olive Oil

12 Shallots (peeled and sliced)

200ml Port Wine Jelly

100ml Red Wine

200ml Red-Wine Vinegar

Salt and Pepper to season

### METHOD

Score the outside fat of the lamb and rub some salt and pepper into it.

Seal the meat in a hot pan for 1-2 minutes to keep all of the juices inside and then place in a preheated oven at 170°C for 20 minutes (for medium-cooked lamb).

Once cooked remove from the oven and allow the meat to rest for 10 minutes before carving.

To make the fondants, cut the potatoes into 2"/5cm slices and use a 1"/2.5cm round cutter to make a nice round shape.

In a frying pan, melt 100g of the butter and increase the heat until the butter foams but does not burn.

Turn the heat down on the pan and add the potatoes.

Cook for 1 minute, then add the chicken stock and place in a preheated oven at 170 °C for 20 minutes uncovered or until the potatoes are tender.

Remove from the pan and set aside somewhere warm.

To make the marmalade, sauté the shallots with 100g

of butter until they become golden brown.

Add 100ml of the port wine jelly and 50 ml of red wine and cook until it develops the consistency of a sticky jam.

To prepare the vinaigrette to accompany the lamb, place the pan from the lamb back on the heat and add the rest of the red wine

Reduce by half, then add the rest of the port wine jelly and the vinegar.

Once all has combined add the olive oil and whisk.

In a separate pan melt the remaining 50g of butter, add the spinach, season with a little salt and pepper and cook for 1-2 minutes until the spinach has wilted.

Assemble the dish with the fondant potato in the middle of the plate with a little of the marmalade on top and a little of the drained spinach to the side.

Carve the lamb into three slices and place on top of the spinach.

Spoon a little of the vinaigrette over the lamb and serve.

This menu has been developed with the help of some of the region's best chefs. It includes three recipes to try at home. We hope these bring back happy memories of your visit to the North Highlands, or encourage you to pay us a visit.

We would like to thank both Steven Miller of Mackays Hotel in Wick and Andrew Munro of the Ulbster Arms in Halkirk for taking the time to provide some of their favourite recipes for the menu.