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His Royal Highness The Prince Charles,
Duke of Rothesay

Scrabster Lemon Sole & Crab

Serves 4

Ingredients

4 Large Sole Fillets
120g White Crab Meat
30g Brown Crab Meat
15g Pink Pickled Ginger
15g Chives
5g Pink Peppercorns
Seasoning
½ Pink Grapefruit Flesh
1 Blood Orange Flesh
20g Grainy Mustard
100ml Olive Oil
1 Bunch Seasonal Asparagus
240g New Potatoes
2 Egg Yolks

Method

1. Shred the pickled ginger, chop the chives and add half the mustard.
2. Mix with the white crab meat with half the the brown crab meat and peppercorns, and season.
3. Shape and fill the sole fillets with the mix and secure with cocktail sticks ready to steam.
4. Cook the vegetables and then keep them warm.
5. Blast the citrus fruits with the yolks in a liquidizer and add the remaining mustard and olive oil until a smooth consistency is achieved.
6. Steam the fish for 3-4 minutes until cooked, remove and drain.
7. Arrange the asparagus on a plate with the remaining brown crab meat.
8. Place fish on top and sprinkle with dressing.

