

Mey Selections Valentine's Day Menu

We have put together a Valentine's Day menu, using local ingredients, for those of you who have someone special to share the day with. For those of you who have more than one special person, you can double the ingredients for a family serving! Of course, these recipes would be lovely all year round, not just on 14th February!

Starter...

Garlic and Lemon Scallops

Ingredients

- 8 tablespoons butter
- 3 tablespoons minced garlic
- 1kg large sea scallops (we recommend Scrabster Seafood's)
- Salt and Pepper (to taste)
- 2 tablespoons fresh lemon juice

Method:

- Melt butter in a large skillet over medium-high heat. Stir in garlic, and cook for a few seconds until fragrant. Add scallops, and cook for several minutes on one side, then turn over, and continue cooking until firm and opaque.
- Remove scallops to a platter, then whisk salt, pepper, and lemon juice into melted butter. Pour sauce over scallops to serve.

Main...

Steak with Red Wine Sauce and Oven Cooked Chips

Ingredients

- 2 pieces of Mey Selections Steak (We recommend fillet, T-bone or Rib-Eye)
- 2 whole garlic cloves
- Herb sprig
- Butter (for fillet or rib-eye steaks) and for sauce
- 250g shallots , sliced
- 4 tbsp olive oil
- 5 tbsp balsamic vinegar
- 400ml red wine
- 400ml beef or brown chicken stock
- 1.5kg John o Groats Potatoes (about 6 large), peeled
- Groundnut oil , for drizzling
- Sea salt and freshly ground black pepper

Method:

For the steaks

- Heat a frying pan – (to a moderate heat for fillet, hot for T-bone or very hot for rib-eye)
- Add a swirl of oil, with a whole garlic clove and the herb sprig. Season the steaks with salt and pepper and cook for 1½-2½ minutes on each side. (For fillet steak, cook the rounded edges too, turning to seal them well.)
- If you're cooking fillet or rib-eye steaks, add a knob of butter to the pan, allow to foam a little and baste the steaks. T-bone steak has plenty of fat, so simply spoon it over the meat as it renders down. Remove steaks to a plate and allow to rest for at least 5 minutes. Trim off any unwanted fat.

For the Sauce

- Sauté the shallots in a medium saucepan with the oil over a high heat for about 3 minutes until lightly browned, stirring often. Season with ground black pepper and add the garlic and rosemary. Continue cooking for a further 3 minutes, stirring often to prevent the shallots burning.
- Pour in the vinegar and cook until evaporated away to a syrup, then pour in the wine and cook until reduced by two thirds.
- Pour in the stock and bring to the boil. Turn down the heat and simmer until reduced by two-thirds again, to around 250ml. Remove the garlic and rosemary. Add a little salt to taste and finally whisk in a knob of butter. Add any juices from the steaks just before serving.

For the Chips

- Heat oven to its highest setting, ideally 250C/fan 230C/gas 9.
- Cut each potato into 1cm-wide slices, then into 1cm-thick sticks. Blanch in a large pan of boiling water for 3 minutes, then drain well.
- Shake the potatoes out onto a roasting pan, drizzle with oil and season well. Bake for about 15-20 minutes, turning the potatoes at least twice, until golden brown and crisp.
- Then arrange your steak on a plate with the red wine sauce and chips.

Dessert...

Strawberry and Honey Cheesecake

Ingredients

- 200g Full-fat Cream Cheese
- 150ml Double Cream
- 150g Natural Yogurt
- 150ml Soured Cream
- 3 tbsp Mey Selections Blossom Honey
- 250g Fresh Halkirk Strawberries (hulled and chopped)
- Blossom honey and fresh strawberries, to decorate

For the biscuit base:

- 300g Mey Selections Honey & Oat biscuits
- 40g butter
- 2 tbsp Mey Selections Blossom Honey

Method:

- To make the biscuit base, place the biscuits in a food processor and blitz into crumbs. Melt the butter with the honey in a small pan and pour over the biscuits. Mix until thoroughly combined.
- Press the biscuits evenly into the base of a lightly oiled 20cm spring-clip cake tin. Put in the fridge to chill for about 30 minutes.
- Place the cream cheese, cream, yogurt, soured cream and honey (you may need to heat the honey to create a runny consistency for ease of use) in a large mixing bowl and beat well until thoroughly combined. Fold in the chopped strawberries and spoon over the biscuit base.
- Cover the tin with cling film and chill for at least 2 hours and preferably 6-8 hours until set.
- To serve, remove the cheesecake carefully from the tin and cut into neat wedges. Drizzle honey across plates and decorate with fresh strawberries.