

**Morecambe Bay Potted Shrimps with Spiced Cauliflower and Apple Velouté
by Ryan Blackburn, chef at The Old Stamp House, Ambleside.**



Photo: Phil Rigby Photography

Ingredients

Serves 4

1 large or 2 medium cauliflowers
1 white onion
1 Braeburn apple
50g butter
1 tbsp mild madras curry powder
1 pinch of saffron (optional)
500ml milk
250ml double cream
250ml boiling water

2 x 50g potted shrimps at room temperature
24 large golden raisins soaked in mead for 24 hours
Toasted almonds (almonds cooked in a hot oven for 3-4 mins until golden brown)

Method

1 Remove the leaves and core from the cauliflower then finely slice the florets. Peel and slice the onion and Braeburn apple.

2 Melt the butter in a large pan over a medium heat until it begins to foam but doesn't colour. Add the sliced onion and sweat until it softens. Add the curry powder and cook out for a couple of minutes.

3 Add the apple followed immediately by the cauliflower. Season with salt and stir together to coat with the spice, onion and butter.

4 Add the saffron, milk, cream and boiling water. Turn up the heat and cook until the cauliflower and apple are soft (this process is best done as quickly as possible as the cauliflower will become bitter and unpleasant if over-cooked).

5 Transfer to a blender and blend until smooth. At this point use water and salt to adjust the flavour and consistency to your preference.

6 If pre-making for later, cool down as quickly as possible and store in the fridge until required. If serving immediately, divide between four bowls and sprinkle the shrimps over the top along with the almonds and raisins.