



PHOTOGRAPHS BY KRISTIN PERERS



From her coastal kitchens in Cornwall, Emily Scott has cooked for royalty and world leaders. Here, the celebrated chef and restaurateur shares recipes inspired by the fruits of the sea



CORNISH CRAB SANDWICH

Just thinking about this iconic sandwich immediately transports me to a bench in Port Isaac, looking out to the open water through the harbour wall, with the scents of the sea in the air, lobster and crab pots stacked high and seagulls screaming overhead. I think a crab sandwich should be kept simple - let the fresh crab do the talking. No brown meat for me, simple white meat with mayonnaise to bring it together.

MAKES 2

100G CORNISH WHITE CRAB MEAT

2 TBSP MAYONNAISE
4 SLICES OF GRANARY LOAF

SALTED BUTTER, SOFTENED
A HANDFUL OF ROCKET
JUICE OF 1 LEMON

CORNISH SEA SALT AND
FRESHLY GROUND BLACK
PEPPER

- 1 Check for any bits of shell by sorting through the crab meat by hand.
- 2 Place the picked white crab meat and mayonnaise in a bowl, add a pinch of sea salt and a grind or two of black pepper, and mix together.
- 3 Butter the bread and add the rocket, then spoon on the crab mixture. Add a squeeze of lemon juice and sandwich together. ▶





POTTED SHRIMP

A very civilised thing, potted shrimps are in my view a one-pot snack. Perfect as a quick lunch on the go or for a picnic by the sea. All that's needed is some good bread and a knife to spread. Delicious.

Serves 4

200G UNSALTED BUTTER
350G BROWN SHRIMPS (MINIATURE SHRIMP)
JUICE OF 1 LEMON
A GRATING OF FRESH NUTMEG
1 TSP CAYENNE PEPPER
1 LARGE BAY LEAF, PLUS 4 SMALL BAY LEAVES TO GARNISH

1 Melt half of the butter in a medium pan, then stir in the shrimps, lemon juice, nutmeg, cayenne pepper and the large bay leaf and allow to cool.
2 Remove and discard the bay leaf. Divide the shrimp mixture among four small ramekins and press down gently, ensuring an equal measure of butter just submerges the shrimps.
3 Melt the remaining butter and clarify. Spoon the clarified butter over the top of each ramekin to create a seal on top of the shrimps and gently place a small bay leaf in the top of each. Place in the refrigerator to cool and set. Remove from the refrigerator 10-15 minutes before serving.

CORNISH MUSSELS, SMOKED BACON, CIDER, CLOTTED CREAM AND WILD GARLIC

For me, cooking with the ebb and flow of nature makes sense. Cooking seasonally brings me such joy - new ingredients appear and I am always so happy to see them. Wild garlic is one of my favourites - so versatile and pungent, it appears for a short time from early April and can be found in shady woodlands (baby spinach is a perfect substitute here when wild garlic is not in season). Beautiful mussels, plump, sweet and salty, are particularly good in the months that contain the letter R - September to April - although they are available all year round.

Serves 4

1KG LIVE MUSSELS, CLEANED AND DEBEARDED
3 TBSP OLIVE OIL
6 RASHERS OF SMOKED BACON, CUT INTO LARDONS
200ML CORNISH CIDER
1 SHALLOT, HALVED
1 BAY LEAF
1 SMALL BUNCH OF THYME
4 BLACK PEPPERCORNS
30G UNSALTED BUTTER
1 MEDIUM LEEK, TRIMMED AND THINLY SLICED

227G CLOTTED CREAM (I USE RODDA'S)
4 TBSP CHOPPED TARRAGON
4 TBSP CHOPPED FLAT-LEAF PARSLEY
150G WILD GARLIC OR BABY SPINACH
CORNISH SEA SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

TO SERVE
SOURDOUGH LOAF OR

CIABATTA, THICKLY SLICED, FOR TOASTING
WILD GARLIC FLOWERS, TO GARNISH (OPTIONAL)
1 GARLIC CLOVE, PEELED

1 Make sure the mussels are well cleaned, running the shells under cold water. Discard any that are open. Heat the oil in a large, deep pan that has a lid over a medium heat. Fry the lardons until crispy, then remove with a slotted spoon and set aside.
2 Pour the cider into the pan, add the shallot, bay, thyme and peppercorns, and bring to a simmer. Tip in the mussels and cook, with the lid on, for 4-5 minutes, giving the pan a good shake to wake the mussels up and allow them to open.
3 Remove the lid and tip the mussels into a colander set over a bowl to catch the delicious cider stock. Discard any mussels that remain closed. Wipe out the pan and add the butter. When melted, add the leek and sauté gently until softened.
4 Strain the cooking liquor and add to the pan, then cook until reduced by half. Add the clotted cream and simmer for 1-2 minutes, then add half of the cooked lardons and half of the tarragon and parsley. Stir gently and check for seasoning. Add the mussels back to the pan, along with the wild garlic or spinach, and allow to wilt. Meanwhile, toast the bread and rub each slice with the garlic clove.
5 Ladle the mussels into warm bowls or one big serving bowl. Finish off with the remaining bacon lardons, tarragon, parsley and wild garlic flowers (if using). Eat!



ANYA POTATO, HALLOUMI, TOMATO, CHILLI & HONEY ROSEMARY SKEWERS

In my first book, Sea & Shore, I had a monkfish version of this recipe – the best stack of flavours cooked over fire. Anya potatoes are my favourite to use in this vegetable-based variation, but any waxy small new potato will do. The rosemary skewers add a lovely depth of flavour.

Serves 6

750G ANYA POTATOES (OR OTHER SMALL NEW POTATOES), HALVED
200G CHERRY TOMATOES, HALVED CROSSWAYS
2 X 250G PACKS OF HALLOUMI, CUT INTO 2CM SQUARES
4 TBSP RUNNY HONEY
4 TBSP GOOD OLIVE OIL, PLUS EXTRA FOR DRIZZLING
2½ TSP CHILLI (HOT PEPPER) FLAKES
ZEST AND JUICE OF 1 LEMON
12 LONG WOODY STALKS OF FRESH ROSEMARY, PLUS EXTRA LEAVES TO SERVE
CORNISH SEA SALT AND FRESHLY GROUND BLACK PEPPER
LEMON WEDGES, TO SERVE

1 Fire up the barbecue while you prepare your ingredients. Parboil the potatoes in a pan of boiling water until partially cooked and still holding their shape, then drain well.
2 Place the part-cooked new potatoes, tomatoes, halloumi, honey, olive oil, chilli flakes, lemon zest and juice, and a good pinch each of sea salt and black pepper in a large bowl. Toss to combine and leave to marinate for 10-15 minutes.
3 Thread the marinated ingredients alternately onto the woody rosemary skewers, allowing 2-3 pieces of each ingredient on each skewer (depending on the length of your skewers). Barbecue the skewers on all sides, keeping them moving for 5-6 minutes, until caramelised.
4 Drizzle with more olive oil and any remaining marinade, and sprinkle with sea salt and extra rosemary leaves. Lay the halloumi skewers on a warm serving dish and serve with the lemon wedges. I also like this with miso-buttered corn on the cob (see recipe, right).



CORN ON THE COB, CHILLI, MISO BUTTER

I love corn on the cob. Here, I keep the husk on and rub the corn with olive oil and sea salt, cook it over coals and then drown it in a delicious butter of white miso, chilli, lime juice and zest, finishing with fresh coriander. The miso butter is so delicious and totally life-enhancing.

Serves 4

4 WHOLE CORN ON THE COB, HUSKS ON
4 TBSP OLIVE OIL
250G UNSALTED BUTTER, SOFTENED
1 TBSP WHITE MISO PASTE
2 TSP CHILLI (HOT PEPPER) FLAKES, PLUS EXTRA
ZEST AND JUICE OF 2 LIMES
CORNISH SEA SALT
AND FRESHLY GROUND BLACK PEPPER
1 SMALL BUNCH OF FRESH CORIANDER, LEAVES ROUGHLY CHOPPED

1 Fire up the barbecue or preheat the oven to 200°C (180°C fan oven) gas mark 6 while you prepare your ingredients. Place the corn into a deep baking tray, pull back some of the husks to expose the corn and rub with the olive oil, then season well with sea salt. Replace the husks.
2 Cook over the coals for 15 minutes or in the hot oven, until gently charred and cooked through. Meanwhile, place the butter, miso paste, chilli flakes, lime zest and juice, and a pinch each of sea salt and black pepper in a food processor; blitz until smooth.
3 Fold in most of the roughly chopped coriander, reserving a little for garnish. Melt the miso butter gently in a pan, pull back the husks once again, then pour the hot butter over the cooked corn. Serve sprinkled with extra chilli flakes and the reserved coriander.

CORNISH WRECKER

This is the cocktail we served at the G7 summit in the summer of 2021, at the Eden Project, to Her Majesty the Queen and distinguished guests. Cornwall in a glass. What an adventure.

Makes 1

50ML WRECKING COAST
CLOTTED CREAM GIN (OR
YOUR FAVOURITE GIN)
12.5ML COCONUT RUM
1½ TBSP LEMON JUICE
1½ TBSP GORSE FLOWER
SYRUP (SEE RIGHT)
ICE CUBES

TO FINISH

SODA WATER
1 LEMON TWIST (OR SLICE)
EDIBLE FLOWERS
(I USE BORAGE)
GORSE-FLOWER SYRUP
100ML WATER
200G CASTER SUGAR

2 HANDFULS OF GORSE
FLOWERS

2 DROPS OF NATURAL
COCONUT FLAVOURING

1 First, make the gorse-flower syrup. In a saucepan, heat the water, sugar, gorse flowers and coconut flavouring over a very low heat for about 30 minutes until the sugar has dissolved, the flowers have wilted and the syrup has changed to a gentle yellow colour.

2 Remove from the heat and leave to infuse and cool for at least 6 hours or overnight. Use as required. To make the cocktail, shake all the ingredients, except the soda water and garnish, together in an ice-filled cocktail shaker until cold.

3 Pour over ice and top up with soda water. Add a lemon twist and a borage flower to garnish.



EXTRACTED FROM *Time & Tide* by Emily Scott (Hardie Grant, £28).

