

# A Cornish summer

Take a virtual coastal holiday with chef and food writer Emily Scott's beautiful recipes using saffron, seafood and clotted cream – ingredients that conjure up the taste of the county she loves to call home

PHOTOGRAPHS KRISTIN PERERS FOOD STYLING TAMARA VOS  
STYLING TABITHA HAWKINS

Helford blue, spring onion, leek, crème fraîche & thyme tart

“This is my life by the sea, where hawthorn and gorse bloom and tamarisk trees meet the edges of the cliffs, where wild coastal flowers – fennel, teasels and ox daisies – drift down to the edge of the water. I'm excited to bring you to the seaside in beautiful Cornwall, to discover my coastal kitchen, which is at the heart of everything I do.

I keep my larder and – by extension – my fridge in order, with dry goods, seeds, nuts and spices (saffron, always), eggs, butter, Cornish sea salt, parmesan, good olive oil, lemons, crème fraîche and clotted cream always in store, so I can make a cake, biscuits or a focaccia at any time. From my kitchen garden are herbs throughout the year, which lift any recipe.

My kitchen – and increasingly my garden – are the places where I feel happiest. Moments in my kitchen are always captured in colour: in the ingredients that appear each season and fill my larder, in the different times of day and what they feel and smell like... These are the colours that appear in my thoughts and inspire me. I've said this many times, but there really is nothing better than cooking for the ones you love.”

EMILY SCOTT



A bouillabaisse needs a saffron-flecked aioli on the side

“On high days or low days, I find solace in the ebb and flow of the tide, the gentle sea breeze and the waves lapping at my feet. Consistent, fascinating, mesmerising...”



**A BIT ABOUT EMILY**

From her childhood in Provence to the shores of Cornwall, Emily Scott translates experience and memories into simple dishes with rustic appeal at her restaurant, Emily Scott Food, at Watergate Bay Hotel. In 2021 she was chosen to cook a special menu for the G7 at The Eden Project.

Emily's latest cookbook is out on 6 July - to get it FREE when you subscribe to delicious. see our offer on p36.

Cornish bouillabaisse



“A seaside soirée wouldn't be the same without this showstopper, which is also great as a Sunday lunch - a rustic stew that's simple and quick to make, colourful and delicious. Use whatever fish and shellfish you like - I've used Cornish gurnard, mussels and prawns - to dress it up or down. I also make more aioli than is strictly necessary”





### Cornish bouillabaisse

Serves 4

Hands-on time 25 min

Simmering time 35 min

**EMILY'S TIP** Talk to your fishmonger about what's sustainable. Gurnard is firm-fleshed and good in stews and in batter.

**DON'T WASTE IT** This makes more aioli than you need – cover and chill any leftovers and use within 3 days.

- 4 tbsp olive oil, plus extra to drizzle
- 2 leeks, finely sliced
- 1 fennel bulb, finely sliced and fronds reserved
- 4 garlic cloves, crushed
- 1 tbsp tomato purée
- Pinch saffron, steeped in a splash warm water
- Handful basil leaves, plus extra to garnish
- Grated zest and juice 1 orange
- 100ml pastis or dry vermouth
- 500ml fish stock
- 2 x 400g tins chopped tomatoes
- 1kg live mussels, cleaned (discard any that are still open)
- 4 gurnard fillets, skin on, halved
- 250g shell-on prawns
- Sliced sourdough, toasted, to serve

#### For the aioli

- 3 medium free-range egg yolks
- Squeeze lemon juice
- 1 garlic clove
- 1 tsp dijon mustard
- 200ml sunflower oil
- 2 pinches saffron, steeped in 1 tbsp hot water

**1** To make the aioli, whizz the egg yolks in a food processor with the lemon juice, garlic, mustard and a good pinch of sea salt until just combined. With the motor still running, pour the oil in slowly through the funnel in a thin stream until all of it is incorporated and emulsified. Gently stir in the steeped saffron until the mayo is golden (or 'tarky', as I know it). Taste for seasoning, then chill.

**2** Heat the olive oil in a large saucepan (one with a lid) over a medium heat, then add the leeks, fennel and garlic. Fry until softened, then add the tomato purée and stir gently for 2-3 minutes. Add the steeped saffron and water, the basil, orange zest and juice, booze, fish stock and tomatoes, then simmer for 10-15 minutes, stirring occasionally.

**3** Add the mussels to the sauce, cover and cook for 5-6 minutes until they're open. Remove with a slotted spoon.

**4** Transfer the sauce to a food processor or blender and whizz until smooth, then pour the sauce back into a large clean pan and simmer uncovered for 8-10 minutes until reduced.

**5** Meanwhile, remove most of the mussels from their shells, reserving a few in their shells for a garnish (3 per person). Season the sauce with salt and pepper, then put the gurnard fillets, skin-side up, in the sauce along with the prawns and cook gently for 3-4 minutes until cooked through. Finally, add the cooked mussels and the mussels in their shells back to the pan to warm.

**6** Divide the bouillabaisse and in-shell mussels among bowls and finish with extra basil, the reserved fennel fronds and a drizzle of oil. Serve with sourdough toast and the aioli.

**Per serving** 789kcal, 46g fat (6.6g saturated), 66g protein, 19g carbs (9.7g sugars), 3.2g salt, 5.4g fibre **GF** **DF**



### Helford blue, spring onion, leek, crème fraîche & thyme tart

Serves 8

Hands-on time 30 min, plus at least 2 hours chilling

Oven time 45-55 min

Specialist kit 22cm loose-bottomed tart tin

"Helford blue cheese is one of my favourites. Its creamy texture works beautifully with the alliums here."

**MAKE AHEAD** The tart will keep in the fridge, covered, for up to 3 days.

**EMILY'S TIPS** The pastry freezes well raw or blind baked. Swap the leeks for caramelised red onions and the blue cheese for goat's cheese. Always cook alliums slowly, as this brings out their natural sweetness.

- 250g plain flour, plus extra to dust
- 100g unsalted butter, chopped
- 2 medium free-range egg yolks
- 2-3 tbsp whole milk

#### For the filling

- 50g unsalted butter
- 225g leeks, sliced
- 4 spring onions, sliced
- 2 tbsp thyme leaves, plus extra to garnish
- 100g crème fraîche
- 100ml double cream
- 2 medium free-range eggs, plus 1 egg yolk
- 150g helford blue cheese (or similar soft blue cheese)

Continued on p30 →

### Caraway-seeded sausage rolls with apricots and honey

Makes 14

Hands-on time 20 min

Oven time 25-30 min

"Eat them warm or cold, tucked into a tin for the perfect boat-time crib (the Cornish word for a mid-morning snack)."

**MAKE AHEAD** The sausage rolls can be cooked and kept in the fridge for up to 3 days.

You can also make them up to the end of step 3, then freeze. To cook from frozen, add around 10 minutes to the baking time.

**EMILY'S TIP** Switch the filling with apples, sage and fennel seeds or spice it up.

- 500g sausagemeat/pork mince
- 100g dried apricots, roughly chopped
- 50g fresh breadcrumbs
- 2 tbsp whole milk
- 1½ tbsp wholegrain mustard
- 5 thyme sprigs, leaves picked
- 1 large free-range egg, beaten
- 500g block puff pastry, halved
- Plain flour to dust
- 2 tsp caraway seeds
- 3 tbsp clear honey

**1** Line a large baking sheet with baking paper. In a large bowl, mix the sausagemeat/mince, apricots, breadcrumbs, milk, mustard, thyme and half the egg until very well combined.

**2** Roll out each pastry half on a lightly floured surface to around 5mm thick, forming two 35cm x 20cm rectangles. Divide the

filling mix in half and arrange each portion along the long edge of each rectangle, shaping each into a sausage.

**3** Brush the exposed long edge with beaten egg, then tightly roll up the pastry to enclose the filling. Press lightly to seal, then trim and crimp. Brush the tops with the remaining egg, scatter with the seeds, then cut into 5cm rolls, put on the sheet and chill while you wait for the oven to heat to 200°C fan/gas 7.

**4** Bake for 25-30 minutes until golden. Warm the honey in a small pan, then brush the rolls' tops with it. Leave to rest for at least 10 minutes before eating.

**Per roll** 280kcal, 16g fat (6.8g saturated), 8.8g protein, 24g carbs (7.4g sugars), 0.7g salt, 2.5g fibre **\*** →



Continued from p28

**1** Put the flour, butter, egg yolks and a pinch of salt in a food processor and pulse until combined. Add milk just until it all comes together as a dough. Shape into a disc, cover or wrap and leave to rest in the fridge for at least 2 hours (see Emily's tips).  
**2** On a lightly floured surface, roll out the pastry to 1cm thick and use it to line the tart tin with plenty of overhang. Chill for 30 minutes. Meanwhile, heat the oven to 180°C/gas 6.  
**3** Prick the base of the tart with a fork, then line with foil or baking paper and fill with baking beans or uncooked rice. Blind bake the pastry for 20-25 minutes, then trim off any excess pastry with a sharp knife.  
**4** For the filling, melt the butter in a large frying pan, then add the leeks, spring onions and thyme. Cook for 8-10 minutes until softened. Meanwhile, whisk the crème fraîche, cream, eggs and egg yolk together in a bowl and season with salt and pepper.  
**5** Arrange the leek mixture in the bottom of the tart, crumble the blue cheese on top, then pour over the cream mixture. Bake for 25-30 minutes until golden and firm in the centre. Leave to rest for 10 minutes before serving with extra thyme leaves on top.  
**Per serving** 479kcal, 37g fat (23g saturated), 10g protein, 25g carbs (1.8g sugars), 0.5g salt, 2g fibre \* v

“An ode to beautiful saffron. Rich, spiced, yeasty, the colour of the sunrise, these buns are sweet with juicy raisins. Ideal for teatime. Swapping out the butter for clotted cream feels more Cornish.”

**Golden saffron buns**

**Makes** 10

**Hands-on time** 25 min, plus proving and infusing

**Oven time** 25 min

- 100g raisins
- 2 tbsp Cornish rum or apple juice
- 250ml whole milk
- ½ tbsp saffron threads
- 113g tub clotted cream
- 500g strong white bread flour, plus extra to dust
- 1 tsp sea salt
- 100g caster sugar
- 7g fast-action dried yeast
- 1½ tsp ground allspice

**1** Put the raisins in a small bowl and pour over the rum or apple juice. Leave to soak for 15-20 minutes, then drain thoroughly. Gently heat the milk in a small pan until it's steaming, then add the saffron and leave to infuse for 20 minutes off the heat.  
**2** Add the clotted cream to the saffron-infused milk and return to a low heat for 2-3 minutes. Gently whisk until melted and combined – the mixture should be just warm to the touch.  
**3** Sift the flour into the bowl of a stand mixer and stir in the salt, half the sugar, the yeast and allspice. Make a well in the middle and pour in the warm milk

mixture. Mix and bring together into a soft dough, then knead with a dough hook on a low speed for 7-10 minutes (or by hand on a lightly floured surface). Add the raisins after 5 minutes. The dough should bounce back when pressed with the finger. Cover the dough and leave to prove for about an hour or until doubled in size.  
**4** Knock back the dough (push your fist into it to get rid of any big air bubbles), turn out onto a floured surface and briefly knead, then divide into 10 equal portions, about 100g each. Line a baking sheet with baking paper and put the pieces of dough onto it. Cover and leave to prove again for 30 minutes. Meanwhile, heat the oven to 200°C fan/gas 7.  
**5** Bake the buns for 25 minutes until golden. To make the glaze, put the remaining sugar and 2 tbsp water in a small pan and bring to the boil, then cook for 1 minute. Brush the hot syrup over the warm buns. Transfer to a wire rack and leave to cool. Serve toasted and spread generously with clotted cream or butter.  
**Per bun** 329kcal, 8.9g fat (5.3g saturated), 6.4g protein, 55g carbs (19g sugars), 0.9g salt, 2.6g fibre \* v →



Golden saffron buns



Lemons are a winter fruit, but bring yellow sunshine to my kitchen year-round. They are an ingredient I wouldn't want to be without. Baking is one of the most loving of all human skills – this bundt is quick and simple, and will brighten up your day

Clotted cream and lemon drizzle bundt cake



Seaside madeleines



## Seaside madeleines

Makes 12

**Hands-on time** 10 min, plus at least 1 hour resting

**Oven time** 8-10 min

**Specialist kit** Madeleine tray or clean scallop shells

“I’ve tried to perfect these beautiful light sponges, for which I’ve had great affection over the years. Hot from the oven and brushed with warm apricot jam, one is never enough. Keep scallop shells to use as madeleine moulds – they work beautifully.”

**EMILY'S TIP** I love madeleines made this way, but dipping the ends in melted chocolate is also extraordinarily good.



Recipes taken from *Time & Tide: Recipes And Stories From My Coastal Kitchen* by Emily Scott (Hardie Grant £28; out on 6 July) and tested by delicious. See our great offer overleaf...

- 100g unsalted butter, plus extra to grease
- 100g plain flour, plus extra to dust
- ¼ tsp baking powder
- 2 large free-range eggs
- Finely grated zest 1 lemon
- 100g golden caster sugar, plus extra to dust
- 3 tbsp apricot jam, warmed
- Icing sugar to dust

**1** Gently melt the butter in a pan, then cool. In a mixing bowl, sift together the flour and baking powder, then add a pinch of salt. Combine the eggs, lemon zest and sugar in a stand mixer, then beat on medium speed until the mixture thickens. Gently mix the dry ingredients into the wet, then pour in the melted

cooled butter and stir together.  
**2** Cover and chill the batter for at least 1 hour, ideally overnight.  
**3** Heat the oven to 180°C/gas 6. Grease and dust the madeleine tin or clean scallop shells with butter and sugar. Ladle the batter into the tin/shells and bake for 8-10 minutes. Remove from the oven and transfer to a wire rack to cool slightly.  
**4** Eat warm, brushed with the warmed apricot jam and dusted with icing sugar.

**Per madeleine** 148kcal, 7.9g fat (4.6g saturated), 2.2g protein, 17g carbs (10g sugars), 0.1g salt, 0.5g fibre **V**



## Clotted cream and lemon drizzle bundt cake

Serves 10-12

**Hands-on time** 20 min, plus cooling

**Oven time** 1 hour

**Specialist kit** 25cm bundt tin

**BE A BETTER COOK** Worried about your bundt cake sticking to the tin? A thorough greasing is vital – ensure every nook and cranny is covered. You could use the double-greasing method, where you coat the tin with melted butter, chill for 10 minutes, then coat and chill again.

**SCALE IT UP** You'll need to use a very large bundt tin to accommodate all this batter – if you have a smaller one or a regular cake tin, you can halve the quantities and reduce the cooking time by around 10 minutes.

- Vegetable oil to grease
- 450g caster sugar
- 4 medium free-range eggs
- Finely grated zest and juice 4 lemons
- 500g clotted cream, plus extra to serve
- 2 tbsp whole milk
- 400g self-raising flour
- Edible flowers, rosemary sprigs and extra sugar to decorate (optional)

**For the lemon drizzle**

- Finely grated zest and juice 4 lemons
- 4 tbsp sugar

**1** Heat the oven to 160°C fan/gas 4 and oil the bundt tin (see *Be A Better Cook*). Beat the caster sugar and eggs together in a large bowl until light, fluffy and doubled in size.

**2** Put the lemon zest and juice in a separate bowl, then add the clotted cream and stir together. Gently beat the lemony clotted cream into the sugar and eggs, then mix in the milk. Sift in the flour, then gently fold it into the mixture until well combined.

**3** Spoon the mixture into the prepared tin and level the top. Bake for 1 hour, or until a skewer pushed into the centre of the cake comes out clean. Cool in the tin for 10 minutes, then turn out onto a wire rack. After 10 minutes more, carefully transfer the cake to a serving plate.

**4** For the drizzle, mix the lemon zest, juice and sugar in a small pan. Heat gently until the sugar dissolves, then cool. While the cake is still warm, make little holes in it with a skewer or cocktail stick, then pour the lemon drizzle evenly over the cake. Sprinkle with more sugar and decorate with flowers and herbs, if you like.

**Per serving (for 12)** 566kcal, 29g fat (17g saturated), 6.5g protein, 68g carbs (44g sugars), 0.4g salt, 1.9g fibre **V** **d**