

BETTER THAN JUMBO PRAWNS

Kyriakos Kylilis, Executive Chef at Scandic, has developed two recipes replacing jumbo prawn with crayfish.



PASTA WITH CRAYFISH TAILS IN LIME-TOMATO SAUCE

Choose eco labelled ingredients if possible.

Serves four

500 g pasta
400 g crayfish tails
4 coarsely chopped spring onions
Juice of one lime
1 finely chopped shallot onion
1 finely chopped clove of garlic
2 dl crushed tomatoes
1 dl crème fraîche
Basil and thyme (dried or fresh)
Dash of olive oil
Salt and pepper

Boil pasta in salted water until al dente (that it still has a little bite on it). Sauté garlic and shallot in a little olive oil for a couple of minutes. Add limejuice and dried herbs (if you use fresh herbs, they are added later). Blend in the crushed tomatoes and spice with salt, pepper and a little sugar. Let simmer for about 8-10 minutes. Add crème fraîche and stir sauce until the texture is smooth and fine (if you are using fresh herbs, add them now). Taste. You may need more lime juice. Add crayfish tails and boiled pasta into the sauce. Stir with a ladle and let everything warm up for a few minutes. Serve garnished with chopped spring onion.

CRAYFISH PATTIES WITH CHIVES

Choose eco labeled ingredients if possible.

Serves four

500 g crayfish tails
1 bunch of chives (chopped)
2 eggs
3 dl crumbled day-old white bread
Lemon juice
Salt and pepper
Powdered capsicum and a little cayenne pepper
Pat of butter

Put all ingredients in a blender and run until the texture is even but coarse. Do not blend too long as the crayfish should be in discernible bits. Make small patties and fry in butter for 1-2 minutes on both sides. Serve as a starter on a mixed salad with herb dressing or as a warm dish with boiled potatoes, asparagus and a warm herb sauce.