



Demonstration Kitchen  
3<sup>rd</sup> & 4<sup>th</sup> October 2020

**2pm: Mike Hughes**

*Ingredients list:*

***Sea Bass with Spiced Crab Linguine***

*Ingredients for 2 servings*

2 x Sea Bass Fillets

2 Portions of Linguine

1 Tin of White Crabmeat (100g)

25g x Fine Diced Onion

1 x Pinch Chilli Powder

1 x Dash of Brandy

100ml x Double Cream

100ml x Fish Stock

10g Tomato Puree

***Tomato Salad with Tomato Consommé***

1kg Ripe Tomatoes

4 Shakes of Angostura Bitters

TSP Sea Salt

Assorted Heritage Tomatoes

***Orange Posset:***

200ml Orange Juice

Splash of Lemon Juice

200ml Double Cream

50g Caster Sugar