FutureChef Resources: Recipes
Phoebe's Crab and Scallop Lasagne

Introduction

This recipe has been created to support and enrich culinary lessons, designed for teachers and young people. The recipe can be used on an individual basis at home or within school to support and compliment a cooking lesson as part of the FutureChef programme.

If there are any resources you think would be useful,

please get in touch with us at info@futurechef.uk.net

Phoebe's Crab and Scallop Lasagne

INGREDIENTS

- 400g fresh scallops
- 400g Double Cream
- 400g Picked Crab
- 2 Lemons Zest
- Handful of Chives
- Hand of dill
- Salt and Pepper
- Pasta flour
- Egg yolks
- Oil
- 4 eggs
- Caviar to Garnish

> Scallops are rich in vitamin B12, zinc and omega 3 fatty acids

METHOD

1. Grab a kitchen aid and attach the paddle to it.

2. In the bowl add your flour and start the mixer slowly, in a separate container weigh out 4eggs and top the measurement up to 250g with oil (4eggs cracked and top up with oil should be 10g but up to 250g with the oil) then add 100g of egg yolk.

3. Finally, gradually add your mixture to the flour until all combined and knead for 2mins and vacuum bag it. Store in fridge until use.

4. Grab a thermal mixer and place the bowl in your freezer, as you are waiting roughly chop the dill and chives and zest the two lemons.

5. Take your bowl out of the freezer and add your scallops to form a smooth scallop moose, add your double cream to the mixer. When everything is combined add your herbs to the moose and mix.

6. Finally add your crab the final mixture and put into the fridge until use.

7. Roll out your pasta in a pasta machine until level 2, and then place on a floured surface and cut out as many circle discs as you want to ensemble your lasagne. Use the same discs to ensemble your lasagne (pasta-moose-pasta-moose) and then put in the steamer for 12mins at 100c.

8. And garnish with some caviar and I used a shellfish bisque too!