



FOOD & DRINK
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Take 2 inns

With Jane Pruden

Recipes from two recently refurbished inns: one by a river near Ludlow and the other by the sea in north Norfolk.

The Ship, Main Road, Brancaster, Norfolk, PE31 8AP

Brancaster has caught up with its neighbours along this stretch of the north Norfolk coast and can now boast a village pub, with rooms, to compete with the best of them. Completely renovated last year, there are nine impressively designed bedrooms with generous sized beds and plenty of OKA furnishings, spacious bathrooms and power showers. The bar, with cosy fire in the winter, and restaurant areas are fun and relaxed, there are no duff tables where you feel out of it. A large private garden for the summer ticks another box. It's big on atmosphere, big on food and big on comfort. New Zealand born chef and presenter of ITV's *Coastal Kitchen*, Chris Coubrough, cooks local ingredients; fish, shellfish and game in the winter. An excellent breakfast before the beach, sailing, birdwatching, shopping in nearby Burnham Market, visits to stately homes or a seal-trip: the activities are endless.

For reservations and enquiries and for shoot lunches in the season, call 01485 210333 or visit www.shiphotelnorfolk.co.uk

Venison and quail egg tartlet



Serves 4

INGREDIENTS

- Shortcrust pastry for four individual tart cases
- 2 egg yolks
- 1 egg
- 3/4 of a pint of mixed 1/2 cream & 1/2 milk
- 100g smoked venison (or duck), diced
- 4 quail eggs
- salt and pepper

Line 4 individual tart cases with shortcrust pastry and bake blind for 15 minutes at 150°C. Leave to cool. Mix the eggs with the cream and milk. Season and add the diced venison. Pour into a pastry case then carefully crack the quail eggs and gently pour into the tart. Bake for 30-40 minutes at 150°C.



Fillet of sea bass on crab mash with shallot dressing



Serves 4

INGREDIENTS

- 4 Sea bass fillets, with skin

For the crab mash

- 1 crab, both white and brown meat

- 8g fresh coriander

- 1 tsp lemon zest

- 1 dsp lemon juice

- salt and pepper

- 600g boiled potatoes, drained for mashing

For the shallot dressing

- 4 shallots

- 2 large, ripe plum tomatoes

- 1 tsp lemon zest

- 1 dsp lemon juice

- 4tbs extra virgin olive oil

For the garnish

- 4 baby fennel

- 8 spears asparagus

For the mash: cook the potatoes and pass through a potato ricer or roughly smash with a masher. Mix the remaining ingredients in a bowl and fold into the hot mash.

For the dressing: peel and cut the shallots in half and slice finely. Drop the tomatoes into boiling water for 15 seconds to slip off the skins. Cool in cold water, finely dice the tomatoes and mix with the other dressing ingredients.

For the garnish: cook the fennel and asparagus in boiling, salted water for three minutes until tender.

For the bass: pan-fry the bass in oil and butter skin side down, until the skin crisps. Turn over, remove from the heat and rest for two minutes while it continues to cook through.