

# Valentine's Menu

Fancy staying in for Valentine's this year?

Here's a menu idea for a Valentine's dinner for two...

To start...

## Crayfish cocktail with horseradish cream

### Ingredients

- 1 tbsp crème fraîche
- ½ tsp creamed horseradish sauce
- juice 1 lime
- 1 chicory head
- 1 avocado
- 140g pack crayfish tails
- cayenne pepper, to serve

### Method

- 1 First, make the horseradish cream by mixing together the crème fraîche, horseradish sauce and half of the lime juice. Keep the sauce covered and chill until needed.
- 2 Take two glass serving dishes and put 1 chicory leaf in each. Finely shred the rest of the chicory and divide it between the dishes. Stone, peel and thinly slice the avocado, toss in the remaining lime juice and put on the shredded chicory. Lay the crayfish tails over the top.
- 3 Add the horseradish cream and a light sprinkling of cayenne pepper to serve



Mains

## Sticky fig lamb cutlets with warm bean & couscous salad

### Ingredients

- 100g couscous
- French trimmed lean 7-rack of lamb (ask your butcher to trim for you)
- 2 tbsp olive oil
- 200g pack green bean, stem ends trimmed
- 4 tbsp fig jam or conserve, mixed with 1-2 tbsp water
- 2 tbsp balsamic vinegar
- ½ small red onion, thinly sliced
- handful cherry tomatoes, halved
- zest and juice ½ lemon
- small handful mint leaves, most torn

### Method

- 1 Heat a frying pan and bring a small saucepan of water to the boil. Put the couscous in a bowl, pour over 100ml boiling water from the kettle, cover with a tea towel and set aside. Cut between the lamb bones so you have 7 trimmed lamb cutlets. Rub a little of the oil and some seasoning onto each cutlet. Cook the green beans in the boiling water for 4 mins, then drain.
- 2 Once the frying pan is hot, cook the lamb for 3 mins each side, brushing with the fig jam as they cook. Add the vinegar in the final 1 min of cooking, transfer the lamb to a plate and leave to rest. Bubble any remaining juices in the pan until sticky.
- 3 Mix the couscous with a fork to fluff it up, add the beans, red onion, tomatoes, lemon zest and juice, the torn mint and the remaining oil. Season and mix well. Divide the salad between 2 plates and top with the lamb cutlets. Drizzle over the remaining sticky juices from the pan and scatter over a few whole mint leaves.



To finish...

## Tia Maria & chocolate creams

### Ingredients

- 50g dark chocolate, 70% cocoa, broken into squares
- 150ml double cream
- 2 tbsp Tia Maria (or use another liqueur such as Cointreau, Grand Marnier or Kahlua)
- cocoa powder, for dusting
- Cantuccini or amaretti biscuits, to serve

### Method

- 1 Put the chocolate into a bowl. Mix the cream with the Tia Maria, reserve 2 tbsp, then tip the rest into a saucepan and bring just to the boil. Remove from the heat and tip straight over the chocolate, stirring until the chocolate melts. Divide between 2 small glasses and allow to cool slightly. Whip the remaining cream until slightly thickened, then spoon over the cooled chocolate mix. Chill for at least 1 hr to set. While you're waiting, cut a heart shape from a piece of thick card.
- 2 When ready to serve, set the card over the glass and sift over a dusting of cocoa powder. Lift off carefully and do the same with the other glass.

