



SEASONAL MENU: APRIL

**HAAR**  
AT HOME

DEAN|BANKS

# SEASONAL MENU: APRIL



## BOX CONTENTS & ALLERGENS

- Dressed Crab
- Brioche Bun x2
- Pickled Fennel & Red Onion Salad
- Kimchi Mayo
- Samphire
  
- Duck Breast x2
- Steak Seasoning
- Veg Seasoning
- Pickled Oyster Mushrooms
- Miso Jus
- Pak Choi
- Dauphinoise Potato
- Celeriac Purée
  
- Cheesecake x2
- Strawberry & Gin Liqueur Jam
- Shortbread and Almond Crumb
  
- Whole Lobster (Optional)
- Mirin Butter (Optional)



Dressed Crab: Crab (**CRUSTACEANS**)

Brioche Bun: Wheat Flour (**GLUTEN**), Water, Yeast, Sugar, Salt, Butter (**MILK**), **MILK**, **EGGS**

Pickled Fennel and Red Onion: Red Onion, Fennel, White Wine Vinegar (**SULPHITES**), Sugar, Salt

Kimchi Mayo: Chinese Leaves, Spring Onion, Radish, Garlic, Chilli Flakes, Sugar, Salt, Fish Sauce (Anchovy Extract [**FISH**], Salt Sugar), Glutinous Rice Powder, Water, Ultratex (100% Modified Maize Starch E1442, Mayo: Pasteurised Egg Yolks: Egg Yolk Originated from Chicken Eggs (**EGG**), Food Acid (E330), Preservative (E202), Water, Salt, English Mustard: Water, Mustard Flour (**MUSTARD**), Sugar, Salt, Wheat Flour (**GLUTEN**), Turmeric, Citric Acid, Stabiliser (Xanthan Gum), White Wine Vinegar (**SULPHITES**), Rapeseed Oil, Water

Samphire: Samphire

Duck Breast: Duck

Steak Seasoning: Fennel Seeds, Black Peppercorn, Coriander Seeds, Szechuan Pepper, Maldon Sea Salt, Fine Sea Salt

Vegetable Seasoning: Smoked Chilli, Maldon Sea Salt, Fine Sea Salt

Pickled Oyster Mushroom: Oyster Mushroom, White Wine Vinegar (**SULPHITES**), Sugar, Salt

Miso Jus: Miso Paste: Water, Soyabean (**SOYA**), Rice, Salt, Alcohol. Demi Glace: Modified Maize Starch, Wheat Flour (**GLUTEN**), Potato Starch, Yeast Extract, Salt, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotide), Tomato, Flavourings (With Wheat [**GLUTEN**]), Colour (Ammonia Caramel), Sunflower Oil, Paprika, Acid (Citric Acid). May Contain **EGG**, **SOYA**, **MILK**, **CELERY**, **MUSTARD**

Pak Choi: Pak Choi

Dauphinoise Potato: Potato, Double Cream (**MILK**), Unsalted Butter (**MILK**), Salt, Pepper, Thyme, Rosemary, Garlic

Celeriac Purée: Celeriac (**CELERY**), Coconut Milk, Thyme, Salt

Cheesecake: Cream Cheese (**MILK**), Cornflour, Double Cream (**MILK**), Strawberry & Gin Liqueur Jam: Scottish Strawberry, Sugar, Jamberry Gin Liqueur by Dean Banks, Pectin, Potassium Sorbate, Lemon. Contains Alcohol

Strawberry & Gin Liqueur Jam: Scottish Strawberry, Sugar, Jamberry Gin Liqueur by Dean Banks (Contains Alcohol), Pectin, Potassium Sorbate, Lemon

Shortbread and Almond Crumb: Plain Flour (**GLUTEN**), Sugar, Unsalted Butter (**MILK**), Salt, Almonds (**NUTS**)



**Disclaimer:**  
Our food is packed in an environment where all 14 major allergens may be present. Therefore, whilst we have strict separation processes, we cannot guarantee that menu items will be completely free from any particular allergen. If you have any concerns, please contact us before ordering. 2

**PLEASE NOTE THAT THESE INGREDIENTS ARE NOT SUITABLE FOR HOME FREEZING**

On a rare occasion, we need to substitute items. This may be as a result of supplier availability or seasonality.

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## METHOD: STARTER & OPTIONAL COURSE

### Dressed Crab, Kimchi Mayo, Pickled Fennel and Red Onion Salad, Samphire, Toasted Brioche

- Ensure your crab is thoroughly defrosted; scoop into a bowl, being careful of small pieces of shell.
- Fluff the crab meat with a fork and mix through the kimichi mayo. Set aside.
- Split your brioche buns lengthwise and toast in a hot pan with a drizzle of oil, or under the grill/in the toaster.
- Top with your crab mixture and garnish with samphire and pickled fennel & red onion salad.
- Serve & enjoy!



### Dean's Signature St Andrews' Bay Lobster, Mirin Butter (Optional Course)

- Preheat oven to 200c/180c fan/gas 6.
- Remove lobster from bag and place foil tray into oven for 10-12mins. Using a spoon, lift the meat to check that it is piping hot throughout.
- Place a small pan on medium heat with 2tbsp water. Add the mirin butter sauce and whisk until the butter has melted and the sauce bubbles gently.
- Serve the butter sauce drizzled on top of your lobster or in a jug on the side.



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## METHOD: MAIN

### Gressingham Duck Breast, Dauphinoise Potato, Celeriac Puree, Charred Pak Choi, Pickled Oyster Mushroom, Miso Jus

- Preheat oven to 200c/180c fan/gas 6.
- Ensure that the duck is fully thawed and remove all packaging. Pat dry with kitchen roll and season to taste with the steak seasoning provided. Sit at room temp for 20mins to remove the chill from the meat.
- Place a frying pan on high heat and pour in 1 tbsp of neutral oil (veg, sunflower, rapeseed oil) once the pan is hot but not smoking.
- When the oil is hot, add the duck skin side down and sear on one side until the skin is brown & crisp - approx. 4-5mins. Turn the duck breasts and cook for 1min further.
- Transfer the duck onto an oven tray and finish in the oven for 4-6mins (according to your liking). Save the duck pan for the next steps.
- Remove the bag from your potatoes and place the foil tray onto the bottom oven shelf for 10-12mins until piping hot throughout.
- Empty your celeriac purée into a small pan over medium heat until gently bubbling, stirring occasionally.
- Remove the duck from the oven and cover with foil or a dish and allow to rest for 5mins.
- Cut your pak choi in half lengthwise, leaving the end intact. Rinse under cold water and pat dry with kitchen roll.
- Place the duck pan and remaining fat over high heat.
- Sear the pak choi cut side down for 3mins until deep golden in colour, turn and finish cooking for 1min. Season to taste using the veg seasoning provided.
- Pour the miso jus into a small pot and heat until gently simmering.
- Spread the celeriac purée in the centre of your plates and top with the sliced duck and pak choi. Garnish with the pickled oyster mushrooms and serve with miso jus drizzled over.



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## METHOD: DESSERT

### Scottish Strawberry Jam & Gin Liqueur Cheesecake, Shortbread and Almond Crumb

- Decorate your plate using the strawberry & gin liqueur jam to create a streak, dollop or swirl.
- Pour hot water from a recently boiled kettle into a shallow bowl.
- Keeping hold of the top, dip the bottom of the cheesecake containers into the hot water to loosen the cheesecake from the bottom & sides. Ensure that water doesn't get inside the tub or touch the cheesecake.
- Dab excess water from the bottom of the container and quickly flip upside down onto your serving plate and shake a little - the cheesecake should come loose.
- Garnish with the shortbread & almond crumb.

Serve & enjoy!



