



BEST OF LAND & SEA

**HAAR**  
AT HOME

DEAN | BANKS

# BEST OF LAND & SEA

## BOX CONTENTS & ALLERGENS



### Items:

- 1x Whole Dressed Lobster
- 1x Dressed Crab
- 1x Steak (approx. 500g)
- Asian Salad
- Asian Dressing
- Seaweed Potatoes
- Seasonal Greens
- Mirin Butter
- XO Sauce
- Smoked Mayo
- Vegetable Seasoning
- Steak Seasoning
- Butter



Dressed Lobster: Lobster (**CRUSTACEANS**), Unsalted Butter (**MILK**)

Dressed Crab: Crab (**CRUSTACEANS**)

Asian Salad: Carrot, Daikon, Celeriac (**CELERY**), Pak Choi, Mango, Spring Onion, Mixed Chillies, Root Ginger, Coriander, Lime

Asian Dressing: Fermented Chilli: Soya Bean Oil (**SOYA**), Onion, Fermented Black Beans, Sichuan Pepper, Sugar, Honey - Gochujang: Wheat Flour (**GLUTEN**), Corn Syrup, Mixed Seasoning (Red Chilli Pepper Powder, Water, Salt, Garlic, Onion), Ethyl Alcohol (**SULPHITES**), Hydrolysed Vegetable Protein (**WHEAT**), **MILK**, **MUSTARD**, Sesame Oil (**SESAME**), Soy Sauce (**SOYA**) (**WHEAT**), Fish Sauce (**FISH**)

Seaweed Potatoes: Baby New Potatoes, Unsalted Butter (**MILK**), Wakame, Rapeseed Oil

Seasonal Greens: Broccoli or Asparagus

Mirin Butter: Unsalted Butter (**MILK**), Chives, Dill, Tarragon, Rice Wine Vinegar (**SULPHITES**), Dry Wakame, Sea Salt, Mirin: Glucose Syrup, Water, Spirit Vinegar (**SULPHITES**), Fermented Rice Alcohol (**SULPHITES**), Sugar, Acidity Regulator: Citric Acid, Cane Molasses

Smoked Mayo: Pasteurised Egg Yolks: **EGG** Yolk Originated from Chicken Eggs, 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**), Smoked Oil, Vegetable Oil, Water

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

Sirloin/Ribeye Steak: Scottish Grass Fed Beef

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

XO Sauce: Ginger, Shallots, Garlic, Mushroom, Chilli, Soy Sauce (**SOYA**) (**WHEAT**), Fish Sauce (**FISH**), Sesame Oil (**SESAME**), Rice Wine Vinegar (**SULPHITES**), 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** and **MUSTARD**  
Butter Portion: Unsalted Butter (**MILK**)



### 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.

### 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



- Remove steak from the fridge; remove all packaging and pat dry. Leave to sit at room temp for 15-20mins.
- Preheat oven to 200c/180c fan/gas 6.
- Remove potatoes from bag, place onto a tray and roast in the oven for 30mins.
- Place a frying pan on high heat, pour in 3tbsp neutral oil (e.g. sunflower, veg, rapeseed oil). Season steak to taste using the seasoning provided.
- When the pan is smoking hot, add your steak and push down slightly so that the meat makes full contact with the pan. Sear until golden on one side, turn over, then add the butter.
- Once the butter begins to foam, use a spoon to baste the steak with the butter for 1min. Move the steak to an oven tray and finish in the oven:

6mins rare  
8-10mins medium rare  
12-14mins medium  
16-18mins medium well  
26mins well done

• Remove steak from oven & cover with tin foil or a bowl - allow to rest for 10mins. Slice thinly & serve.

• Remove lobster from plastic bag and heat in oven for 10-12mins. Use a spoon to lift meat to feel if lobster is piping hot.



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## METHOD

- Rinse your seasonal greens under cold running water. Cut the bottom 1/4 of the stems off and discard. Dry off excess water with a clean towel or kitchen roll.
- Place a frying pan on high heat and drizzle with a little oil; sear your seasonal greens on one side for 3mins. Remove from the heat and allow greens to cool slightly in the pan; sprinkle with the vegetable seasoning to taste. Serve with the smoked mayo.
- If you have ordered bread, warm through in the oven for 5mins.
- Place a small pan on a medium heat with 2tbsp of water. When water starts to simmer, add in butter sauce and whisk until fully melted. Serve warm on the side or over your lobster.
- Pour your XO sauce into a small pan over medium heat; stir until piping hot.
- Remove the dressed crab from its packaging\*. Fluff the meat with a fork to create a lighter texture.
- Dress your Asian salad with the dressing provided to taste and squeeze over the fresh lime, serve with the crab.
- Plate your Best of Land & Sea meal; serve & enjoy!



*\*Although every care has been taken, please be aware of small pieces of shell*

