



LUXURY SEAFOOD  
PLATTER

**HAAR**  
AT HOME

DEAN|BANKS

# LUXURY SEAFOOD PLATTER



## BOX CONTENTS & ALLERGENS

### Items:

- 1x Whole Lobster
  - 2x Dressed Crabs
  - 2x Packs Hand Dived Scallops
  - 1x Lunun Gin & Seaweed Cured Trout
  - 1x Arbroath Smokie
  - 500g Whole Oak Smoked Langoustines
  - Cucumber & Spring Onion Salad
  - Sesame Oil
  - Miso Dressing
  - Lemon Butter
  - Smoked Mayo
  - Mirin Butter
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- 1x Fresh Loaf of Bread (Optional)
  - 20g Baerii Caviar (Optional)



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

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

Dressed Crab: Crab (*CRUSTACEANS*)

Arbroath Smokies: Haddock (*FISH*), Salt, Oak and Birch Wood for Smoking

Lemon Butter: Unsalted Butter (*MILK*), Wakame, Salt, Lemon

Hand Dived Scallops: Scallops (*MOLLUSCS*)

Langoustines: Smoked Langoustines (*CRUSTACEANS*), Hickory Smoke Flavour (Water, Soyabeans [*SOYA*], Salt, Sugar, Spirit Vinegar, Colour: Sulphite Ammonia Caramel [*SULPHITES*], Smoke Flavouring, Onion, Garlic

Cured Trout: Trout (*FISH*), Sea Salt, Sugar, Wakame, Chives, Gin (Alcohol)

Smoked 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*), Smoked Oil, Vegetable Oil, Water

Cucumber & Spring Onion Salad: Spring Onion, Chilli, Ginger, Cucumber

Sesame Oil: Sesame Oil (*SESAME*), Rapeseed Oil

Miso Dressing: Miso Paste: Water, Soyabean (*SOYA*), Rice, Salt, Alcohol, Honey, Soy Sauce (*SOYA*) (Wheat [*GLUTEN*]), Sesame Oil (*SESAME*), Mirin: Glucose Syrup, Water, Spirit Vinegar (*SULPHITES*), Fermented Rice Alcohol (*SULPHITES*), Sugar, Acidity Regulator: Citric Acid, Cane Molasses, Water, Rapeseed Oil, Rice Wine Vinegar (*SULPHITES*)

Caviar (Optional Extra): Sturgeon Roe (*FISH*), Salt, Preservative E285

Coblet Bread Loaf (Optional Extra): Maize Flour, Maize Semolina, Wheat Flour (*GLUTEN*), Sunflower Seeds, Salt, Rapeseed Oil, Palm Oil (RSPO), Spices, Ascorbic Acid



**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

### Hand Dived Scallops with Miso Dressing & Spring Onion Salad

- Preheat oven to 200c/180c fan/gas 6.
- Remove scallops from packaging and give them a rinse under cold water from your tap to help remove any pieces of shell.
- Pat dry with kitchen roll and place onto an oven tray. Drizzle each scallop with 1/4 of your sesame oil.
- Place into oven and bake for 10mins.
- Place spring onion salad into a small bowl and dress with 1/3 of your dressing.
- Remove scallops from the oven, carefully place onto your serving plate.
- Split the remaining dressing over your 4 scallops.
- Garnish each one with 1/4 of your spring onion salad and serve!



### Whole Lobster and Mirin Butter

Your lobster is fully cooked but we recommend following the steps below for optimum flavour & texture

- Preheat oven to 200c/180c fan/gas 6.
- 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.
- 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.
- Remove lobster from oven and cover both sides in the sauce and serve.



