SEAFOOD HOTPOT WITH SEA URCHIN STOCK, SEA URCHIN, SCALLOPS, CRAB, KINGFISH, PRAWNS AND WAKAME

SERVES 2

INGREDIENTS

- 100g Sea Urchin Harvest Uni Gold
- 150g scallops
- 150g raw king prawns
- 150g kingfish, sliced into small pieces
- 1 blue swimmer crab, cooked
- 600ml seafood stock
- 5 dried shitake mushrooms
- 100g dried wakame seaweed

- 1 knob ginger, julienned
- 1 long red chilli, julienned
- 2 stalks spring onion, sliced
- 1 handful coriander leaves
- 2 cloves garlic, sliced
- 2 egg whites
- vegetable oil
- sea salt

NOTE

For best results make your own seafood stock using fish frames, sea urchin shells and shellfish heads.

METHOD

- 1. To make the broth place some vegetable oil into a pan over a medium head and add half the ginger, the garlic and half the spring onion then sauté for 3 minutes. Add the seafood stock, shitake mushrooms and dried wakame and simmer for 10 minutes.
- 2. Place half the sea urchin into 100ml of water and blitz together. Add to the seafood stock and simmer for a further 5 minutes. Drain the stock into a new pot, and allow to cool for 10 minutes.
- 3. To clarify the broth lightly whisk 2 egg whites together until fluffy. Place the cooled broth onto a low heat and whisk in the egg whites for 30 seconds. Allow the broth to come up to a simmer and remove from the heat. Slowly pass the clarified broth through a chuck cloth and sieve being careful not mix the egg white together with the now clear broth.
- 4. Meanwhile place some vegetable oil into a heavy based frypan over a high heat. Add the scallops and brown on each side for one minute until lightly coloured then transfer onto a plate. Do the same with the prawns.
- 5. To serve arrange some sea urchin, scallops, kingfish, prawns, crab and wakame into each bowl. Gently pour over the stock and finish with more ginger, chilli, spring onion and coriander leaves.