

Crab & Prawn Vol-au-vents



Serves 4

Prep 25 mins + chilling

Cooking 40 mins

Easy

Ingredients

2 sheets ready-rolled puff pastry
1 egg, beaten

For the filling

1 banana shallot, finely chopped
1/2 tbsp butter
1/2 tbsp olive oil
1/2 tsp paprika
1/4 tsp soft. dark brown sugar
1 tbsp tomato purée
2 tomatoes (fresh or tinned) finely chopped

contd...

2 tbsp brandy
200ml fish or chicken stock
125l double cream
small bunch parsley, finely chopped
200g North Atlantic prawns
100g half white/ half brown crabmeat
1/4 green apple, peeled & finely diced
1 tbsp olive oil

1. Unroll both pastry sheets and cut four 10 cm circles from each. Lay four circles on a lined baking sheet. Use a 7-8cm cutter to cut smaller circles from the centres of the remaining four. Brush the edges of the whole circles with egg, then carefully place a ring of pastry onto each, making sure the edges match up.
2. "Knock up" the sides of the pastry (to help it rise) by making shallow cuts in the sides of the pastry at an angle. Use the point of a sharp knife to carefully score around the inside of the ring, but don't cut all the way through the base. Brush the top of the cases with egg and chill for 30 mins.
3. To make the filling, fry the shallot gently in the butter and oil until it is very soft - this will take about 5 mins. Add the paprika, sugar, tomato purée, tomatoes and brandy and cook for 2 mins over a low heat. Pour in the stock and simmer for 10-15 mins until the stock has almost evaporated. Push the mixture through a sieve into a clean pan and add the cream. Bring back to a simmer for 10 mins until thicker.
4. Meanwhile, heat the oven to 220C /200C Fan/ Gas 6. Cook the vol-au-vents for 10-12 mins or until they are puffed and a shiny dark gold. Stir a little of the parsley into the filling mix, followed by the prawns and the crabmeat, and heat through.
5. Mix the apple, remaining parsley and olive oil. Divide the crab mixture between the vol-au-vents, spooning carefully into the centre of each one, then top with a small amount of the apple. Serve the vol-au-vents individually.