

## **Seafood Cocktail**

This is a 'retro' style dish which has regained popularity recently. Make up a combination of several seafood's for an easily served entrée or a larger portion for a stand alone lunch.

You can follow your own preferences but here a guide on portion size.

### **For each portion**

1 large or two smaller scallops, (50g)  
50g lightly poached fresh salmon  
50g shrimps or larger prawns  
¼ of an avocado  
A little lettuce, cucumber and a few cherry tomatoes  
A slice of lemon and a sprinkle of chives to garnish

### **Dressing (Mary Rose sauce)**

Juice of two Lemons  
2 dessertspoons water  
3 dessertspoons tomato sauce (ketchup)  
2 dessertspoons Brandy  
1 egg yolk  
½ teaspoon Tabasco or similar pepper sauce

*Mix all of these ingredients and with a hand held blender blend in*

400ml canola or similar light salad oil  
Season with a little salt and pepper to taste

Place the salads and seafood in martini glasses, or small rice bowls or other individual dishes, Spoon over the dressing just as you serve. You could also arrange on a Larger dish to pass around and serve the dressing separately.