**RESOURCES FROM CJ JACKSON**

SEAFOOD EXPERT CJKENTSEAFOOD@GMAIL.COM

KS2 AND PRIMARY SCHOOL TEACHERS WORKSHOP

Thursday 7th November

**SHELLFISH workshop**

* Consider a number of different types of shellfish.
* Think about how to choose, store, prepare and cook a number of types: crustacean and molluscs.
* Why we can have confidence in purchasing shellfish in the UK
* How to find out more information about shellfish consumption
* How to choose a sustainable product.
* The nutritional and cost of shellfish and why can play an important role in a healthy diet.

**Recipe for class:** SEAFOOD LAKSA

Serves 4

* 1 kg of raw shellfish: prawns, mussels, clams and squid.

For the laksa paste

* 2 spring onions, thinly sliced
* 1 heaped tsp shrimp paste
* 2 red chillies, chopped
* 1 heaped tsp ground cumin
* ½ tsp ground turmeric
* 3 cloves garlic, crushed
* 30g coriander, preferably leaves and roots
* ½ tsp salt
* 1 heaped tbsp dark brown sugar or palm sugar

For the Laksa

* 2 x 400g tins coconut milk
* 2.5cm/1” piece galangal or ginger, peeled and thinly sliced
* 6 kaffir lime leaves
* Salt and freshly ground black pepper
* Juice of ½ lime
* To garnish
* Sprigs of coriander

To serve

* 170g vermicelli rice noodles or rice

**Method:**

1. Prepare the shellfish: Check mussels for life and damage
2. Butterfly the prawns and remove the vein, cover and refrigerate.
3. Prepare the squid to cut into scored strips.
4. Make the paste: put all the ingredients together in a food processor; add ½ a can of coconut milk and whizz together to form a green paste.
5. Heat a large sauté pan or casserole for 1 minute. Add the paste and stir over a low heat to fry the paste and soften the ingredients. Add the remaining coconut milk, galangal, kaffir lime leaves and season with salt and pepper.
6. Bring to the boil and simmer for 12-15 minutes until slightly reduced and the coconut is showing signs of separating (or ‘cracking’)
7. Cook the rice vermicelli according to packet instructions, drain and set aside.
8. Add the prepared mussels, clams and prawns to the simmering laksa. Cook for 2-3 minutes or until nearly cooked, adjust the seasoning and add the lime juice. Add squid at the very end to avoid over cooking.
9. Divide the noodles between 6 soup bowls and ladle the laksa on top.
10. Garnish with sprigs of coriander and serve immediately