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Coastal Blue Recipes





Inspired by the hues of the coast, Le Creuset's Coastal Blue is a fabulous on-trend shade with a modern, fresh look. This exquisite soft, graded pastel shade of blue evokes all that is magical about the coast and will prove to be a winner when it comes to injecting colour and style into the kitchen and table.

The Coastal Blue Collection offers everything you need to prepare, cook and serve delicious recipes with a range of cast iron cookware, stoneware oven-to-tableware, stylish stovetop kettle, professional kitchen textiles and professional silicone tools. Whatever you are creating there is a piece to suit every recipe that you are sure to use time and time again. To get you started here are six coastal inspired dishes to treat your taste buds!





Potted Shrimp Au Gratin

Serves 4

Shrimps or prawns in a mild spicy cream sauce topped with a bubbly cheesy crumb topping and served dusted with freshly chopped parsley. The stoneware ramekin dish is perfect for baking and serving individual hot appetizers.

Le Creuset Stoneware 0.2L Ramekins x 4

Preparation time: 15 minutes

Cooking time: 25-30 minutes

Ingredients

300g (10 ½ oz) cooked peeled shrimps or small prawns (fresh or defrosted weight)
2 tablespoons butter
100g (3 ½ oz) small shallots, peeled and chopped finely
1 clove garlic, peeled and chopped finely
1 tablespoon plain flour
300ml (1 ¼ cups) single cream
Pinch dried chilli flakes
½ teaspoon black pepper
1 teaspoon fish sauce / Nam pla
1 teaspoon lemon juice
75g (½ cup) grated medium cheddar cheese – divided
50g (1 cup) fresh white breadcrumbs
½ teaspoon paprika
1 tablespoon freshly chopped parsley
Lemon wedges to serve

Method

Oven: 200°C / 400°F / Gas mark 6

Fan oven: 180°C

1. Divide the peeled cooked shrimps/prawns between the ramekin dishes.
2. Melt the butter in a saucepan and sauté the chopped shallots and garlic for 2-3 minutes until softened but not coloured. Stir in the flour and cook for 1 minute. Remove the pan away from the heat.
3. Whisk in the cream a little at a time and return to the heat. Stir continuously until thickened.
4. Add the chilli flakes, black pepper, fish sauce, lemon juice and half the cheese. Continue to stir until the cheese has melted into the sauce. Adjust the seasoning to taste.
5. Pour the sauce over the shrimp/prawns.
6. Mix the remaining cheese with the breadcrumbs and paprika. Sprinkle the mixture over the top of the sauce and pat down gently.
7. Place the ramekins onto a baking tray and bake in the oven for 15-20 minutes until bubbling and golden brown. Serve with a dusting of fresh parsley and a lemon wedge.

Cook's notes

Fish sauce or Nam Pla is a sauce made from anchovies and can be found in most supermarkets in the international foods section.



Cornish Crab Soup with Parsley Croutons

Serves 4

A rich and intensely flavoured soup with the taste of the seaside. Made from brown and white crab meat, fish stock, shallots, brandy and cream, accompanied with delicious homemade crunchy parsley croutons. Served in individual petite casseroles make this a perfect recipe for informal dinner parties.

Le Creuset Stoneware 0.25L Petite Casserole x 4

Preparation time: 15 minutes

Cooking time: 25-30 minutes + 45-50 minutes for the stock

Ingredients

Croutons

4 small slices of rustic white bread cut in 1 ½ cm (½ inch) dice
1 tablespoon butter
1 tablespoon olive oil
¼ teaspoon Cornish sea salt
1 tablespoon chopped fresh parsley

Stock (to make 500ml)

750ml water
1 empty crab shell and claws
1 bay leaf
1 small onion peeled and cut in half
1 celery stalk roughly diced
1 small carrot cut into chunks
½ teaspoon black peppercorns
A few parsley stalks, a sprig of thyme and a bay leaf

Soup

2 tablespoons butter
2 shallots finely chopped
2 tablespoons plain flour
2 teaspoons tomato puree
1 tablespoon Worcestershire sauce
1 tablespoon brandy
Pinch dried chilli flakes
½ teaspoon black pepper
¼ teaspoon sea salt
Brown and white meat from 1 medium prepared crab (about 170-180g)
100ml (1/3cup) double cream

Method

To make the croutons

Heat the butter and oil in a large frying pan, add the diced bread and stir fry over a low heat until toasted and golden. Sprinkle over the sea salt and chopped parsley and transfer to a serving dish.

To prepare the stock

Place the stock ingredients into a saucepan and bring to the boil, reduce the heat to low and simmer for 45-50 minutes. Strain the stock, if necessary top up with a little water to make 500ml and reserve.

To make the soup

1. Melt the butter in a saucepan and sauté the chopped shallots for 2-3 minutes until softened but not coloured. Stir in the flour and cook for 1 minute. Remove the pan away from the heat.
2. Stir in the tomato puree, Worcestershire sauce, brandy, chilli flakes, sea salt and black pepper. Add the prepared stock and return to the heat. Stir continuously until thickened.
3. Add the cooked crab meat to the soup and stir in the cream. Heat thoroughly until piping hot and adjust the seasoning to taste.
4. Pour the soup into the petite casseroles and decorate with a few parsley croutons on top. Serve the remaining croutons in the serving bowl to be added at the table.

Cook's notes

Fresh crab is seasonally available in fresh fish shops and markets between late March and early October. Ask the fishmonger to prepare it for you. Ready prepared crab in its shell can be found at the fish counter in the supermarkets. Claws will be sold separately. Out of season you can use frozen brown and white crab meat which is generally available all year round. The crab shell and claws required for the stock can be substituted for small shrimps or prawns in their shells (approximately 250g) available from frozen.

Alternatively 500ml of readymade fish or shell fish stock can be used.



Le Creuset Cast Iron 32cm Rectangular Grill

Preparation time: 20-25 minutes

Cooking time: 25-30 minutes

Ingredients

Seafood brochettes

- 300g (10oz) monkfish cut into 12 cubes
- 12 (150g /5 ½ oz) raw large tiger prawns
- 12 (200g/7oz) small sea scallops without roe
- 4 bay leaves
- 4 x 28cm (11inch) skewers

Marinade

- 2 tablespoons light olive oil
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ½ teaspoon black pepper

A little vegetable oil to grease the grill

White wine hollandaise

- 125ml (½ cup) dry white wine
- 1 bay leaf
- 1 teaspoon peppercorns
- 3 egg yolks
- 175g (1 ½ sticks) butter
- 100ml (½ cup) fish stock reduced to 50ml (¼ cup)
- Or 50ml (¼ cup) double strength fish stock from a cube
- Freshly squeezed lemon juice
- Salt and pepper

Seafood Brochettes with White Wine Hollandaise

Serves 4

Simply grilled seafood with an extravagant buttery sauce is a perfect combination. Hollandaise may be a little more challenging for the novice cook but well worth the effort.

Method

To make the brochettes

1. Thread the seafood onto the skewers in equal proportions adding one bay leaf per brochette.
2. Mix together the olive oil, lemon juice and seasoning in a small bowl and brush onto the brochettes. Cover and leave to marinate in a cool place for 1 hour.

Hollandaise preparation

1. Place the white wine, bay leaf and peppercorns into a small pan and reduce to about 2 tablespoons. Strain the liquid into a small bowl and reserve. Clean the pan.
2. Fill a medium saucepan to about a ¼ full with water, set on the hob over a medium heat and bring to a gentle simmer. Place on a lid until required.
3. Heat the butter in the clean small pan until just melted. Set to one side.

To cook the brochettes

1. Place the empty grill over a medium heat on the hob and allow it to heat for several minutes. Do not add oil to the cold pan before heating. Test the grill temperature by dropping a few drops of cold water over the hot surface. If it sizzles and the water evaporates almost immediately, it is hot and ready for use. If the water produces steam and has no sizzle, heat the pan for a little longer and repeat the test again. Use an oven mitt or cloth for gripping the cast iron handles at all times.
2. When the grill is ready, lightly brush with vegetable oil.

Pat away any excess moisture from the brochettes using some kitchen paper and cook on the grill for 3-4 minutes without turning, once sealed and nicely bar marked, turn and cook the other side.

3. Place the cooked brochettes in a dish, cover and keep warm whilst making the hollandaise.

To make the hollandaise sauce

1. Whisk together the egg yolks and the reserved reduced white wine mixture in a large bowl.
2. Place the bowl over the just simmering water and whisk continuously and vigorously until thickened and the foam will make a trail.
3. Remove the bowl from the heated water and whisk in 2-3 tablespoons of the melted butter, return the bowl to the pan of hot water and whisk for 1 minute. Repeat this until all the butter has been incorporated. To prevent the outer edges cooking too quickly scrape the sides of the bowl as you whisk, this will keep all the sauce at the same temperature and prevent lumps. The end consistency should be like thick mayonnaise.
4. Add the reduced fish stock a little at a time whilst continually whisking over the water. Season to taste with a squeeze of lemon juice, salt and pepper.
5. Pour into a warmed well insulated sauce jug or warmed individual small dishes and serve immediately with the cooked brochettes.

Cook's notes

Brochettes

Other types of firm thick cut fish such as halibut, salmon or tuna can also be used. If using wooden skewers soak in water for 1 hour before use. Metal skewers are fine but choose the ones with flat blades as they will prevent the food from spinning around. Take care as they will get hot. Leaving the brochettes to sear on the grill before turning will not only allow the bar marks to form but also prevent sticking.

Hollandaise

When making the hollandaise be careful not to overheat the sauce or the eggs may scramble and the sauce will split. Continuously removing the bowl away from the heat will help prevent this. The finished sauce will continue to thicken as it stands. If using stock from a cube always taste before adding more seasoning.

Normandy Pork Casserole with Apple Brandy

Serves 6

Succulent slow cooked pork in a rich full flavoured cream sauce with herbs, apples and apple brandy. Delicious served with creamy mashed potatoes, steamed greens and some crusty bread.

Le Creuset Cast Iron 24cm Casserole

Preparation time: 10-15 minutes

Cooking time: 3 hours

Ingredients

1 tablespoon olive oil
175g (6oz) smoked bacon cut into small pieces
1 tablespoon butter
250g (9oz) small shallots peeled
1 ¼ kg (2lb 12oz) pork shoulder (trimmed of skin) 3cm (1 ¼ inch) diced
60ml (¼ cup) calvados (apple brandy)
2 sticks of celery diced
2 crisp, sharp eating apples peeled and diced (granny smith or similar variety)
2 teaspoons coarse grain mustard
1 teaspoon coarse black pepper
1 tablespoon fresh sage, chopped or
1 teaspoon dried sage
1 tablespoon fresh thyme, chopped or
1 teaspoon dried thyme
1 bay leaf
750ml (3 cups) pork or vegetable stock
100ml crème fraîche
2 tablespoons of cornflour mixed with 100ml (½ cup) water

To finish

1 small knob butter
8 fresh sage leaves

Method

Oven: 170°C / 325°F / Gas mark 3, pre-heated

Fan oven: 150°C

1. Heat the oil in the casserole on the hob over a medium heat, add the bacon and cook until crisp. Drain the cooked bacon into a dish retaining the oil in the casserole.
2. Add the butter to the oil and cook the shallots until nicely browned. Add the pork a little at a time, allowing each batch to colour slightly before adding the next.
3. Once all the meat has been added and coloured pull the pan away from the heat. Pour over the calvados and carefully ignite, standing well back until the flames subside. (See cook's notes 1)
4. Place the pan back over the heat, add the celery, chopped apple, mustard, pepper, herbs and stock, stir well to release any caramelized pieces from the base. Bring to a gentle simmer, place on the lid and transfer to the oven to cook for 2 hours.
5. Skim away the excess fat from the top of the casserole and discard. Stir in the cream fraîche along with the cornflour and water mixture. Return the casserole with the lid on to the oven for 15-20 minutes to thicken.
6. Heat the butter in a small frying pan and gently fry the sage leaves until crisp.
7. Remove the casserole from the oven, stir the contents and adjust the seasoning to taste with some pepper and salt if needed. (See cook's note 2)
8. Serve the casserole decorated with the crisp sage leaves on top. Accompany with simply prepared potatoes, boiled or mashed, green vegetables and some crusty bread.

Cook's notes

1. Igniting the alcohol is termed to flambé; it should be done carefully using a long match or barbecue lighter. Have the means of ignition ready before you start or the brandy will soak into the meat and juices and may not ignite. Always light at the edge of the dish.
2. If using a stock cube extra seasoning will probably not be required.





Cranberry, Rosemary and Cornish Sea Salt Bread

Serves 6 - 8

A moist fruity loaf with a Cornish sea salt encrusted top. Excellent with cheeses, cold cuts, soups and casseroles. Baking in the round casserole gives this bread a unique shape, also the heat retention properties of the cast iron aids the speed and evenness of the baking.

Le Creuset Cast Iron 20cm Casserole

Preparation time: 15-20 minutes + 40 minutes - 1 hour rising time

Cooking time: 35-40 minutes

Ingredients

2 tablespoons olive oil + extra to grease the casserole

750g (1lb 10oz) strong white flour + extra to dust the casserole and for kneading

2 teaspoons Cornish sea salt - crushed

1 teaspoon freshly ground black pepper

1 sachet (7g) instant fast acting dried yeast

375ml (1 ½ cups) very hot water

125ml (½ cup) milk

2 tablespoons olive oil

70g (2 ½ oz) semi dried cranberries

3 tablespoons freshly chopped rosemary

2 teaspoons Cornish sea salt for the topping

Method

Oven: 190°C / 375°F / Gas mark 5, pre-heated

Fan oven: 170°C

1. Grease the casserole with a little oil and dust lightly with some of the extra flour. (NB: the lid is not required for this recipe)
2. Sieve the flour into a large warm bowl and stir in the yeast, black pepper and the 2 teaspoons of crushed sea salt.
3. Put 375ml (1 ½ cups) very hot water into a jug and add the cold milk and the olive oil to it. (This will give you the correct temperature for mixing)
4. Stir the cranberries and rosemary into the dry ingredients then gradually stir in the liquid. The dough should be slightly wet, but not sticky – if it seems a little dry add a little more milk.
5. Turn the dough out onto a well floured surface, knead gently for 1-2 minutes until smooth and roll into a ball.
6. Transfer the dough ball to the casserole with any seams or folds tucked underneath. Brush the top with a little olive oil. Cover loosely with oiled cling film wrap and leave in a warm place to rise. The dough should be well risen and just over the rim when it is ready to bake. This will take between 40 minutes to 1 hour.
7. Remove the cling film and sprinkle the sea salt over the top of the dough before baking in the centre of the oven for 35-40 minutes until risen and golden brown. Cool in the dish for 5 minutes before turning out.

Cook's notes

Cornish sea salt is brilliant white with a flaky appearance. The salt is famed for its purity and delivering more flavour than most other salts.

If substituting dried rosemary for fresh reduce the quantity to 1 tablespoon. Dried herbs can lose some of their flavour when old, so adjust the quantity accordingly.



Saffron Cake

Serves 8

Saffron cake is a well known Cornish treat traditionally baked for a special occasion; it is a dense textured fruited cake with a rich yellow colour. Excellent served for afternoon tea with some clotted cream.

Le Creuset Stoneware 26cm Rectangular Dish

Preparation time: 20 minutes + overnight to steep the saffron + 2 hours resting time

Cooking time: 40-50 minutes

Ingredients

Generous pinch saffron fronds + 100ml (1/3 cup) hot water
125ml (½ cup) warm milk
1 sachet of dried yeast (7g)
500g (1lb2 oz) plain flour + extra for dusting
Pinch of salt
1 teaspoon mixed spice
175g (6 oz) softened butter
175g (6 oz) soft brown sugar
375g (13oz) mixed dried fruit
55g (2oz) chopped candied peel
2 tablespoons milk
2 tablespoons Demerara sugar

Clotted cream to serve

Method

1. Place the saffron in a small measuring jug and pour over 100ml of hot water. Cover and leave to steep over night.
2. Line the base and sides of the dish with baking parchment.
3. Stir one teaspoon of the sugar into the warm milk, add the yeast and leave for 3-4 minutes to begin to work.
4. Sift the flour, salt and spice into a large warm bowl and rub in the butter. Stir in the sugar followed by the fruit and peel.
5. Make a well in the centre of the ingredients and pour in the yeast mixture, cover with a thin layer of flour and leave for 3-4 minutes until bubbles start to come through. Add the steeped saffron with the liquid and combine together in the bowl to form a soft dough.
6. Turn the mixture out onto a well floured board and knead for 3-4 minutes. Place the mixture into the parchment lined dish and press to fit with your hand.
7. Cover with oiled cling film and set to rest in a warm place until it has risen, this will take around 2 hours. (See cook's notes). Fifteen minutes before the end of resting, pre-heat the oven to 180°C / 350°F / Gas Mark 4 / Fan Oven 160°C.
8. Remove the cling film before placing into the hot oven and baking for 40-50 minutes until golden on top and well risen. If the top is becoming too brown reduce the oven temperature a little in the last 5-10 minutes of cooking.
9. Remove from the oven, brush the top with the milk and sprinkle over the Demerara sugar. Allow to cool slightly before turning out of the dish and removing the parchment paper. Serve warm or cold with lashings of clotted cream.

Cook's notes

Saffron is so light it is a difficult medium to give a weight. A standard supermarket pack usually contains just under 1g which is a good pinch.

The saffron cake mixture is ready to bake when the top is soft to touch and risen. Because of the dense nature of the mixture it will rise less and more slowly than a bread dough.

Saffron cake is moist and dense and will likely sink a little in the centre on cooling.