

# FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

## **Andy McFadden's Fal Oyster Ceviche (UK)**

Marinated Fal Oyster Ceviche

juice of 1-2 limes  
4 tbsp vegetable stock  
1 tsp sugar  
1 tsp salt  
1tsp lemon vinegar  
1 tsp olive oil  
fresh herbs, finely chopped  
6 tbsp olive oil  
8 Fal Oysters  
2 fennel for confit  
100g Black Quinoa  
50g Pearl Quinoa  
100g Crème Fraiche  
! bunch dill made into oil  
1 lemon, for zesting

Make the ceviche dressing by mixing the lime juice, vegetable stock, sugar, salt, vinegar & olive oil together. Adjust the sweet and sour balance, adding a little extra lime juice or sugar to taste.

Open the oysters as close to serving as possible. Spoon the marinade over & arrange the other elements on top as you like.

It's really important that it is served at room temperature so that you can appreciate the full flavour of the shellfish. Sprinkle with the crispy quinoa & grate the lemon over the dish. This gives a lovely perfume to the dish.

Serve immediately - the dressing 'cooks' the oyster so don't dress more than five minutes before eating as it will turn it to mush.



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