

METHOD

- 1 Mix 1 tbsp (15ml) of the vinegar with 1 tbsp (15ml) of the oil and most of the finely chopped onions and chives. Drain the can of crab and mix in the dressing. Season with salt and pepper to taste.
- 2 Halve the eggs lengthways. Remove yolks. Mash with a fork. Skin and bone the buckling and chop finely. Mix with the egg yolks. Add the remaining oil and vinegar, a few drops of Worcestershire sauce and salt and mix well. Pipe or pile mixture into the halved eggs. Garnish each egg with chopped parsley and a caper.
- 3 Wash lettuce and use to line base of serving plate. Arrange the eggs in a circle round the edge. Core and slice the apple and arrange in the middle in a sunray shape. Sprinkle the slices with lemon juice so they don't go brown.
- 4 Halve the orange and scoop out the flesh. Mix into the crab salad, then pile it back into orange shell.* Place in the centre of the apple and garnish with a few shelled prawns and a little finely chopped fennel.

*This is optional. If you prefer, you can place the crab salad in a small bowl.



Above: Buckling and potato salad – an attractive and tasty mixture

Buckling with scrambled eggs

A dish with a difference for brunch or supper – and it's easy to prepare

BRUNCH OR LIGHT SUPPER Serves 4

Overall timing 20 minutes

Equipment Bowl, broad-based pan

Freezing Not recommended

INGREDIENTS

2	Buckling	2
4	Eggs	4
4 tbsp	Single cream	4×15ml
¼ teaspt	Salt	1.25ml
	White pepper	
1 tbsp	Chopped chives	15ml
2oz	Butter	50g

METHOD

- 1 Slice buckling along back-bone. Remove skin and bones and cut into pieces.
- 2 Whisk eggs and cream together. Season lightly, sprinkle with chives.
- 3 Heat butter in a pan. Add the pieces of fish and cook lightly. Add the egg mixture and cook gently, stirring, for about 5 minutes. Serve with toast.

Buckling and potato salad

There's more to this dish than meets the eye! The strong flavour of the buckling combines well with the bland potato, and crunch and colour comes from dessert apples, eggs and tomatoes. It's a dish that looks attractive with little effort

STARTER OR LIGHT LUNCH Serves 4–6

Overall timing 30 minutes

Equipment 2 bowls

Freezing Not recommended

INGREDIENTS

3	Buckling	3
8oz	Cooked potatoes	225g
8oz	Red apples	225g
	Dressing	
4 tbsp	Olive oil	4×15ml
3 tbsp	Lemon juice	3×15ml
	Salt and pepper	
	Garnish	
2	Tomatoes	2
2	Hard-boiled eggs	2
	Sprig of dill or fennel	

METHOD

- 1 Slice buckling along back-bone. Skin and fillet, then blanch in boiling water for 3 minutes. Break fish into large pieces and place in serving bowl. Cut the potatoes into cubes and add to bowl.
- 2 Wash and core apples and chop into fine chunks. Add to fish and potatoes.
- 3 Mix the olive oil, lemon juice, salt and pepper together to make a dressing. Pour over the salad. Toss salad carefully and leave for 15 minutes for the flavours to develop.
- 4 Wash tomatoes and cut into eighths. Slice eggs and arrange with the tomatoes and herbs around the salad. Serve with hot, crusty bread.