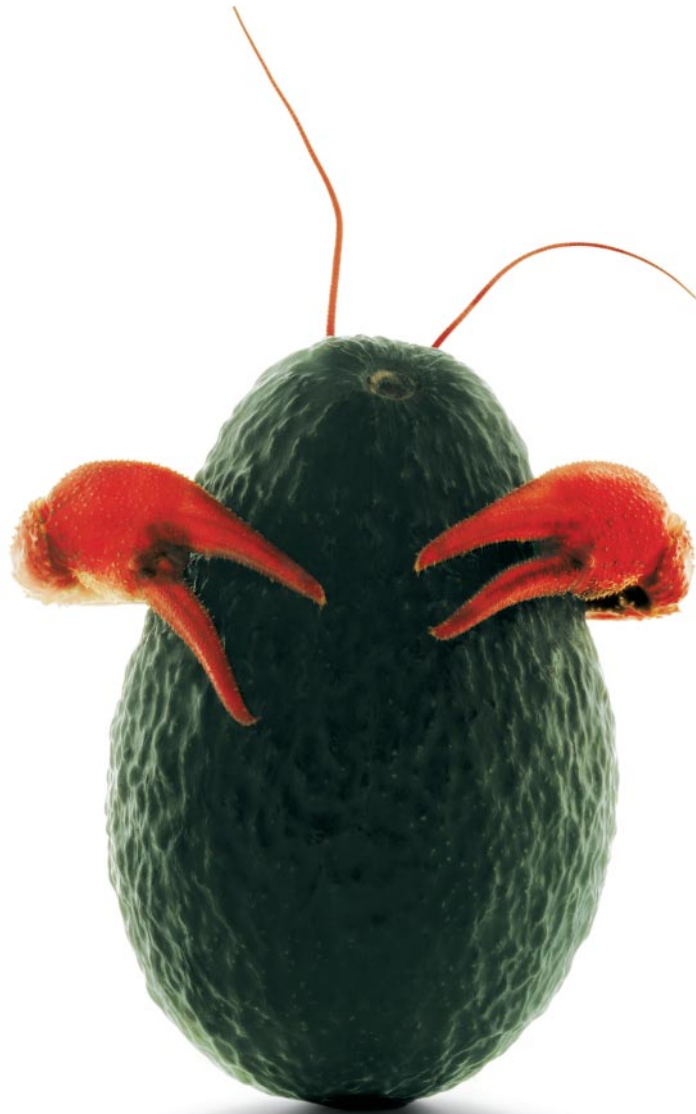


Now you can make your own Crayfish and Avocado Sandwich



CRAYFISH AND AVOCADO

2 slices of good, fresh, unbuttered granary or brown bread

1/2 perfectly ripe avocado

A tablespoon of home-made Marie-Rose sauce (see method below)

Half a cup of peeled crayfish tails

1/4 fresh lemon

A small pinch of paprika

Sea salt and coarse-ground black pepper

Mixed lettuce leaves

(We use iceberg, frisee and lollo rosso. You can also try cos, swiss chard, rocket or baby spinach.)

PREPARING THE FILLING

1. We know it's hard to get hold of good crayfish – we choose ours with great care. Try and find live ones in a quality fish shop. Plunge them into boiling water and cook for four minutes, then let them cool. If you can't get crayfish, use three or four fat Tiger prawns (cooked). Put them in a bowl and squeeze the lemon juice over them (a tea strainer will catch the pips). Then dust with paprika.

2. Avocados are famously bad-tempered. We have a huge ripening room where ours are turned by hand. Find a ripe one, cut it in half lengthways and pop the stone out with a spoon. Peel and slice.

3. To make Marie-Rose sauce, mix a tablespoon of mayonnaise with one of Heinz tomato ketchup. Season with Worcester sauce, sea-salt and black pepper.

MAKING THE SANDWICH

1. Spread a tablespoon of home-made Marie-Rose sauce on the bread.

2. Cover with slices of avocado, arranged edge to edge so that nearly all the bread is hidden.

3. Scatter the crayfish (or the prawns) on top.

4. Season with sea salt and coarse-ground pepper.

5. Cover with plenty of lettuce or rocket.

6. Put the second slice of bread on the top and cut in half diagonally with a sharp knife.



PASSIONATE ABOUT FOOD