

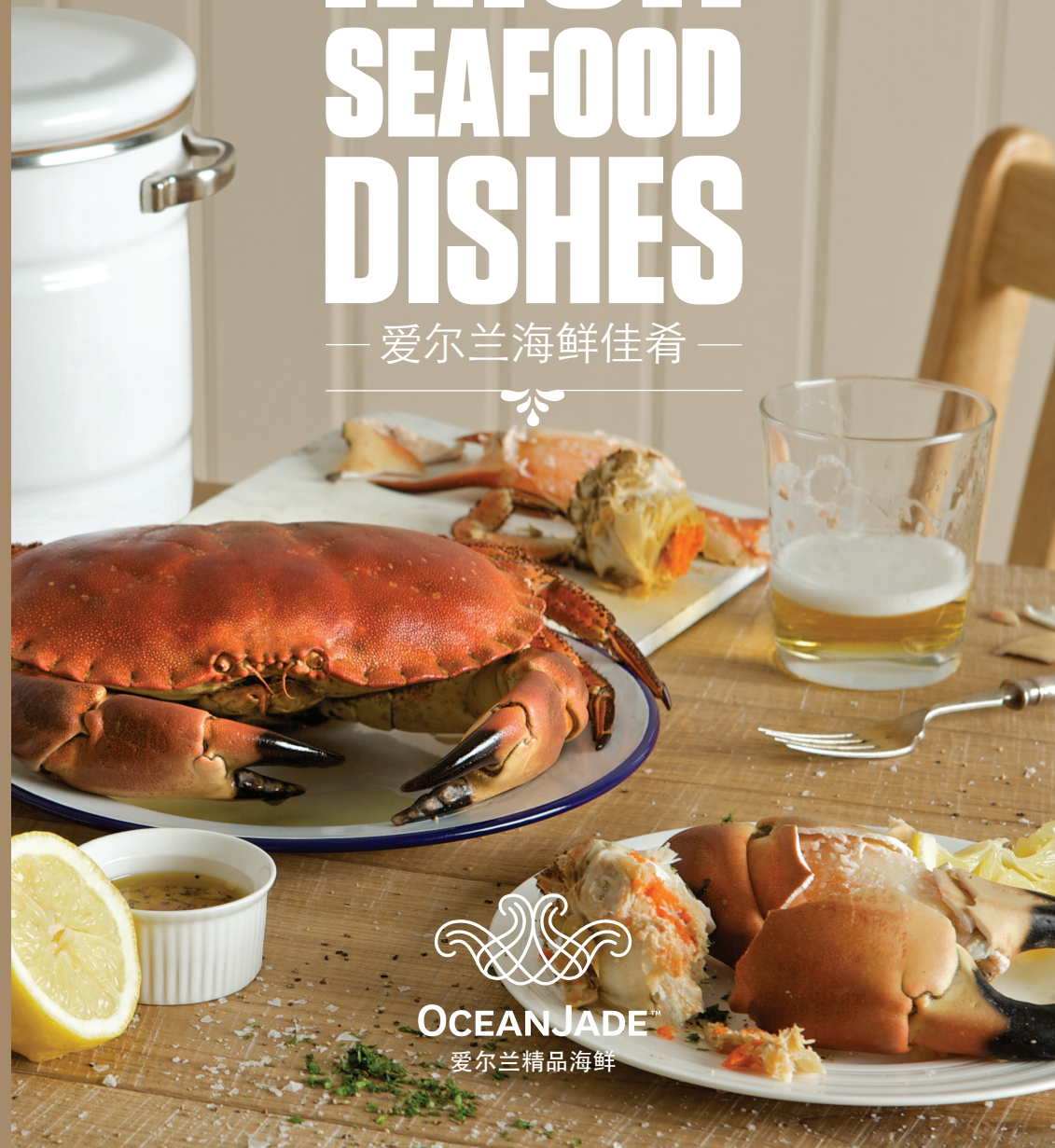


[www.OceanJadeSeafood.com](http://www.OceanJadeSeafood.com)



# IRISH SEAFOOD DISHES

— 爱尔兰海鲜佳肴 —



OCEANJADE™

爱尔兰精品海鲜



## OUR BEST KEPT SECRET

### 我们的“珍藏秘密”

OceanJade is an award winning Irish seafood brand. We are proud to bring to China an unrivalled range of live and processed Irish crab, lobster, mussels, prawns, scallops and whitefish.

We're located around the unspoilt coast of Ireland, have access to an abundance of well-managed, sustainable stocks. These pristine, cold, unpolluted, deep waters of the Atlantic Ocean, produce the finest seafood.

Our fleet of modern boats bring seafood straight from the sea, to be processed swiftly, ensuring full traceability, an extraordinary freshness and a daily supply, of year round fresh seafood.

If you enjoy fine, fresh, tasty seafood, we know you are going to love Ireland's best kept secret, OceanJade.

For more information and instruction on how to prepare our crab please visit [www.oceanjadeseafood.com](http://www.oceanjadeseafood.com)

OceanJade 海洋玉 是一个屡获殊荣的爱尔兰海鲜品牌。我们自豪地为中国消费者带来大量鲜活和经过加工的爱尔兰螃蟹、龙虾、贻贝、都柏林湾螯虾、扇贝以及各种鱼类产品。

坐落于爱尔兰岛的四周，翡翠爱尔兰海产品有限公司拥有着丰富的海资源，通过对其精心管理，力求其可持续性发展。这片原始的，纯净的大西洋水域孕育着丰富的海洋生物。

我们的现代船队将从海中捕捞的海鲜直接运到我们的工厂进行迅速加工，这样确保了海洋玉产品的全程可追溯、超凡新鲜度以及全年的供应。

如果您喜欢优质、新鲜、美味的海鲜，您将会爱上爱尔兰的“珍藏秘密”——OceanJade 海洋玉。

若要了解更多关于如何烹制我们产品的信息和方法，请访问 [www.oceanjadeseafood.com](http://www.oceanjadeseafood.com)





*Pan fried delicious  
crab cakes.*

*Enjoy by themselves  
or with chilli jam.*



40 minutes  
40 分钟

## CRABCAKES

### 蟹饼



Serves 4  
4 人份

*A delicious meal that is easy  
to prepare.*

这是一道方便美味的菜肴。

#### Ingredients

450g white crab meat  
110g chopped spring onions  
100ml mayonnaise  
150g breadcrumbs  
1 egg  
1 tablespoon chopped parsley  
A little salt & pepper  
Olive oil

#### 材料

450g 白蟹肉  
110g 葱花  
100ml 蛋黄酱  
150 面包屑  
1个鸡蛋  
1 匙切碎的欧芹  
一点盐和黑胡椒  
橄榄油

#### Chilli Jam

1 red pepper, chopped  
2 red onions, chopped  
3 red chillies, de-seeded & chopped  
2 tomatoes, skinned & chopped  
2 level teaspoons sugar  
Olive oil

#### 辣椒酱

1 个红甜椒，切碎  
2 个红皮洋葱，切碎  
3 个红辣椒，去籽、切碎  
2 个西红柿，去皮、切碎  
2 平匙糖  
橄榄油

#### Method

Mix all the ingredients in a bowl and divide the mixture into 8 crab cakes. If cakes are very moist, dip them into more dry breadcrumbs. Heat oil in a frying pan and fry over a medium heat for 4 minutes on each side, until brown.

#### 做法

将所有食材在碗中搅拌均匀，并等分为8份，做成饼状。如果蟹饼水分很多，将其放在干面包屑中蘸一下。平底锅中放油加热，放入蟹饼，用中火煎，每面煎4分钟，直至蟹饼变成金黄色。

To make the chilli jam, heat a little olive oil and add red pepper, onion and chillies. Cook for 30 minutes over a low heat. Add sugar and tomatoes and cook for a further 10 minutes. Add to a blender and liquidize.

辣椒酱做法：锅中放入少量橄榄油加热，然后放入备好的红甜椒、洋葱和辣椒。小火加热30分钟。放入糖和西红柿，再继续加热10分钟。将所有食材放入搅拌机，打成酱汁。

#### 上餐提示

上桌时配上辣椒酱、土豆泥或厚薯条。

#### Serving Tip

Serve with chilli jam, mashed potatoes or thick potato chips.





3-4 minutes  
3-4分钟

## DUBLIN BAY PRAWNS & SWEET CHILLI DIP

### 都柏林湾螯虾蘸甜椒酱



Serves 4  
人份 4

*A quick and easy dish which allows the true flavour of the prawns to be enjoyed.*

#### Ingredients

2 lemons  
16 Dublin Bay prawns  
4 garlic cloves, crushed  
Splash olive oil  
2 cloves garlic, crushed  
50g butter  
Sweet chilli sauce

#### Method

Heat olive oil and butter in a frying pan until it begins to bubble. Add garlic and fry for 30 seconds over a medium heat.

Add prawns and fry for 1 or 1 ½ minutes each side (depending on size). Squeeze half a lemon into the pan and mix into the cooking juices.

Remove from pan and drizzle with cooking juices.

#### Serving Tip

Serve with salad leaves, lemon wedges and sweet chilli sauce for dipping.

You could try mixing a little sweet chilli sauce with a few tablespoons of mayonnaise to create a delicious dipping sauce.

这是一道快速、简单的美味菜肴，让您享受到真正的都柏林湾螯虾的风味。

#### 材料

2 个柠檬  
16 只都柏林湾螯虾  
4 个蒜瓣，捣碎  
橄榄油  
2 瓣大蒜，捣碎  
50g 黄油  
甜辣酱

#### 做法

将橄榄油和黄油放入平底锅加热，直至冒泡。放入蒜，用中火煎 30 秒。

放入都柏林湾螯虾，每面煎 1 分钟或 1 分半钟（根据虾的大小而定）。将半个柠檬的柠檬汁挤到平底锅里，与汤汁混合。

将螯虾从平底锅取出放入盘中，然后淋上汤汁。

#### 上餐提示

上桌时配上沙拉、柠檬片和甜椒酱。

您可以取一点甜椒酱与几汤匙蛋黄酱混合以创造一种味道鲜美的蘸酱。

这是一道经典美味的菜肴。



*A classic, tasty dish.*





*Tender & sweet, razor clams are a delicious and simple treat.*



10 minutes  
10 分钟

## RAZOR CLAMS WITH PARSLEY & GARLIC

### 烤竹蛭-配蒜蓉欧芹



Serves 4  
4 人份

*Succulently sweet and tender, this meaty dish is a winner.*

这道甜嫩多汁的海鲜菜肴能捕获所有人的胃口。

#### Ingredients

16 razor clams  
50g unsalted butter  
4 garlic cloves, crushed  
25g flaked almonds, very finely chopped  
10g fresh basil leaves, finely chopped  
15g fresh flat-leaf parsley sprigs, stripped & finely chopped  
A little salt & freshly ground black pepper

#### 材料

16只竹蛭  
50无盐黄油  
4个蒜瓣，捣碎  
25g杏仁片，切成碎末  
10g新鲜罗勒叶，切成碎片  
15g新鲜平叶欧芹茎，去叶、切成碎片  
一点盐和现磨黑胡椒

#### Method

To take the clams from their shells, gently warm the shellfish in water until the shells begin to open. Remove from the water and take all the white asparagus-shaped meat out. Clean the shells and place the spears back on the shells. Arrange four shells on each heat-proof serving plate.

#### 做法

将竹蛭从壳中取出的方法：将竹蛭放入水中慢慢加热直至它们的壳张开。将竹蛭从水中捞出来，并将白色芦笋状的竹蛭肉从壳中取出。洗净竹蛭壳，然后将竹蛭肉放回壳中。将竹蛭放入耐热菜盘，每个盘中放四个。

Preheat the grill. Melt the butter in a pan. Add the garlic, almonds, basil and parsley and sweat for 2 minutes, then drizzle over the prepared clams. Arrange the clams under the grill for a very short time until the butter mixture cooks again. This is the critical point.

预先加热烤架。将黄油放入平底锅，加热融化。放入大蒜、杏仁、罗勒叶和欧芹，加热 2 分钟，然后淋在准备好的竹蛭上。将竹蛭在烤架下面放一小会儿，等黄油混合物再次沸腾时即刻取出。这点很关键。

If cooked too much the fish will be tough and rubbery. The reward for getting it just right is sensational.

如果烤的时间太长，竹蛭肉会变硬。“竹蛭肉烤得恰如其分”是这道菜的关键。

#### Serving Tip

Serve at once with some fresh, warm, crusty, bread to mop up the juices if liked.

#### 上餐提示

趁热上桌，如果喜欢，还可以用新鲜的、热的脆皮面包蘸汤汁吃。



25 mins  
25 分钟

## SMOKED SALMON, SPINACH & POACHED EGGS

### 烟熏三文鱼-配菠菜和荷包蛋



Serves 2-4  
2-4 人份

*A light but tasty meal, perfect for a light supper or weekend brunch.*

清淡而鲜美的一道菜，最适合清淡的晚餐或周末的早午餐。

#### Ingredients

300ml (9½ fl oz) crème fraîche  
2 tablespoon cornflour  
3 egg yolks  
1 tablespoon white wine vinegar  
Juice ½ lemon  
50g (1¾ oz) butter, diced  
4 eggs  
200g (6½ oz) spinach, steamed  
4 slices smoked salmon  
Freshly baked bread

#### To Serve (optional)

1 tablespoon salmon roe per portion

#### 材料

300ml (9½ fl oz) 法式酸奶油  
2 匙玉米淀粉  
3 个蛋黄  
1 匙白葡萄酒醋  
半个柠檬的柠檬汁  
50g (1¾ oz) 黄油，切成小方块  
4 个鸡蛋  
200g (6½ oz) 菠菜，蒸熟  
4 片烟熏三文鱼  
新烤的面包

#### 配食 (可选)

每份 1 汤匙三文鱼籽酱

#### Method

To make the sauce, whisk the crème fraîche, cornflour, egg yolks, white wine vinegar and lemon juice over a medium heat until simmering. Remove from heat and whisk in the butter. Season to taste. Add extra lemon juice, if needed. Keep warm, whisking occasionally.

Poach the eggs for 3 minutes in simmering water. Toast and butter the bread for each portion. Divide the steamed spinach between the pieces of bread. Top with a slice of smoked salmon and an egg. Season with salt and pepper and pour over the sauce.

#### Serving Tip

Try drizzling a tablespoon of salmon roe over each portion for a jewel like finish.

#### 做法

调味汁做法：将法式酸奶油、玉米淀粉、蛋黄、白葡萄酒醋和柠檬汁放入锅中，用中火加热，直至沸腾。熄火并放入黄油继续搅拌，适量加盐。可根据个人喜好适量加一些柠檬汁。保持调味汁温热，偶尔搅拌。

将鸡蛋打入滚水，煮 3 分钟。每人提供一片新烤的面包，涂上黄油。将蒸熟的菠菜夹在面包片之间。最上面放上一片烟熏三文鱼和一个鸡蛋。佐以盐和黑胡椒，最后淋上调味汁。

#### 上餐提示

可以在每份三文鱼上淋一匙三文鱼籽酱，这会使这道菜看起来像珠宝一样。



*A classic light meal that can be enjoyed at any time.*