



MELON CREAM WITH THIN CURED HAM SLICES, CRISP POTATO AND ARÈNKHA MSC

Preparation time: 15 minutes

Difficulty: Easy

Ingredients for four servings: two small onions, one melon, 100g finely cut Iberian cured ham, 250 ml single cream, $\frac{3}{4}$ litre chicken stock, three spoons of extra virgin olive oil, one small potato, Arënkha MSC.

Instructions:

Chop the onions into large pieces and sauté over low heat for some fifteen minutes. Add the melon pulp in pieces and set some balls aside to garnish. Stir in the stock. Leave to cook for 20 minutes and beat to a smooth cream. Stir in the single cream. Check for salt and, when it has cooled, leave to stand in the fridge. Cut the potato into fine slices and fry in very hot oil before serving the dish. Serve the cream and arrange some melon balls, the crisp potato, a teaspoonful of Arënkha MSC, the thin slices of cured ham with a few drops of olive oil on top in the centre of the dish.





AVOCADO WITH ARËNKHA MSC AND PRAWNS

Preparation time: 15 minutes

Difficulty: Easy

Ingredients for four servings: 4 avocados, 250g prawns, two spoons of lemon juice, 2 hard boiled eggs, one 145g can of Arënkha MSC, 2 spring onion strips, a teaspoon of Dijon mustard, extra virgin olive oil, salt, pepper, a lemon to garnish.

Instructions:

Cook the prawns for one minute in salted, boiling water. Remove from the heat and leave to stand for 10 minutes. Hollow out the avocados and mash the pulp with a fork. Mix with the finely chopped spring onion and one of the eggs cut into cubes. Make the dressing by mashing the other egg with the salt, the lemon juice and the freshly ground black pepper in a mortar and add the olive oil little by little. Garnish with lemon slices and Arënkha MSC.





SLICED DUBLIN BAY PRAWN SALAD WITH ARËNKHA MSC

Preparation time: 30 minutes

Difficulty: Average

Ingredients for four servings: 1 oakleaf or lollo rosso lettuce, a small curly endive, 1/2 kilo of Dublin Bay prawns, 1 pomegranate, 6 spoons of extra virgin olive oil, 2 spoons of cider vinegar, 2 finely chopped spring onions, 1 hard boiled egg, dill, salt and pepper and a tablespoon of brandy cognac, one 145g tin of Arënkha MSC.

Instructions:

Put the prawns in a saucepan of salted, boiling water and remove from the heat when it comes back to the boil. Leave to stand for 8 minutes and drain. Prepare the dressing the previous day by crushing the chopped spring onion with the egg, the dill, the salt, and a pinch of pepper in a mortar. Add the oil little by little and then the vinegar and the cognac. Marinade the prawn slices (cut the tails into 2cm slices) in the dressing in a cool place for at least 3 hours. Arrange the lettuce and curly endive leaves alternately in a dish with the pomegranate seeds on top. Mix the Arënkha MSC and the prawn slices in the dressing and arrange on top.

