



DUCHY OF CORNWALL a CRAB

delicacy!

RICHARD DU PILLE,
HEAD CHEF AT THE DUCHY OF CORNWALL
NURSERY CAFÉ, PUTS A TWIST ON CORNISH CLASSIC

Words by Sarah Harrington, photographs by Mike Searle

Inspired by that most iconic of Cornish dishes and local Trewithen Dairy, Richard du Pille, head chef at the Duchy of Cornwall Nursery Café, has developed a sensational Cornish crab cream tea. A surprise twist on the traditionally sweet recipe, this divine savoury alternative of warm herb scones topped with fresh Cornish white crab is perfect for cosy November days with friends. A real treat for seafood lovers, the dish is made with the freshest Cornish crab from Looe-based Simply Fish and Trewithen Dairy's salted butter and milk.

"I'm really proud of this recipe," says Richard. "It works wonderfully because, although it's simple, all the ingredients display quality and that really shines through. Have a go at making it yourself – it is well worth it!"

Richard wanted to be a chef for as long as he can remember, inspired by his uncle's tales of cooking up a storm in the Royal Navy. Working as a waiter during the summer holidays as a teenager gave him a glimpse into the passion and precision timing of chefs in the kitchens. This, coupled with his love of food and unashamed sweet tooth, drove him to carve out a successful career in the industry.

After mastering his trade in Newquay for eight years, Richard opened the café at the Duchy of Cornwall Nursery nearly six years ago, and is now its head chef. With outstanding views of the beautiful Fowey Valley and Restormel Castle, the café is the perfect peaceful environment to enjoy a bite to eat or a coffee at any time.

"When I opened the café, it was a no-brainer to use Trewithen Dairy," says Richard. "The quality of its products is so consistently high, and the staff go over and beyond what I could ever ask of them. I am very lucky to work in the Cornish food industry, with many of our suppliers having been with us for years. The chance

to share this amazing recipe highlights the great relationship we have with each other. I'm really not sure if you get that network of people that are always happy to help and promote each other anywhere else in the country."

He continues: "The quality and the fact that everything from Trewithen Dairy is so fresh is great. From a technical point of view, it is good to know the products are consistent, whether it be the freshness of the clotted cream or the consistency of the crème fraîche. Always knowing what is coming through the door keeps us on point and able to deliver what we promise."

Francis Clarke, managing director of Trewithen Dairy, says: "It is so inspirational to see what has been created at Duchy Nursery, from the very relaxed atmosphere to the clever recycling of rain water, and even down to details like the plastic chairs made from old Coca-Cola bottles. However, it's the quality of the food that tops it all off, and this Cornish crab cream tea is fantastically innovative. We are very proud to work with Richard and the Duchy, which is just a stone's throw from our dairy."

To Richard, Cornwall means home. Growing up here gave him so many opportunities to get involved in fantastic activities, from sampling the great food on offer to the many activities: surfing, fishing, cycling, walking and birdwatching. The Cornish lifestyle and love of being outside has always helped Richard maintain a healthy work-life balance. The natural beauty of the county makes it easy to de-stress and get motivated.

Richard's passion is being near the sea so as a younger chef, surfing between his split shifts was great fun. He still loves getting to beach after work, but now it's more for a kick around and a paddle with his young family.

Visit www.trewithendairy.co.uk

the ingredients

CORNISH CRAB CREAM TEA

Savoury herb scone topped with Cornish white crab

Makes 8 to 10 scones:

225g plain flour
2 teaspoons baking powder
1 pinch salt
1 pinch black pepper
1 pinch mustard powder
10g chopped rosemary
10g chopped thyme
20g chopped parsley
50g Trewithen Dairy's salted butter, cut into small chunks
140ml Trewithen Dairy's Buttermilk (if not available, any milk will do)
Additional milk to glaze and flour to roll out dough

CRAB MIX

400g white Cornish crab meat
250g crème fraîche
Zest of 2 lemons and the juice of 1
20g chopped chives
Salt and pepper

TIPS

Work quickly. Once the dough has made shape, get the scones into the oven as soon as you can. Do NOT over handle the dough. Simply pat to the correct thickness or gently roll.

the method

- Preheat the oven to 220C
- Line a baking tray with baking parchment
- In a large bowl, mix together the herbs and dry ingredients
- Rub the Trewithen Dairy Salted Butter into the flour, until the mixture resembles fine breadcrumbs
- Add the Trewithen Dairy Milk to form a ball of dough with your hands
- On a lightly floured surface, roll the dough to a thickness of 1.5 to 2cm. Using a 5cm round pastry cutter, stamp out rounds; place them onto the prepared tray. Re-roll the dough and repeat the process until you've used it all up. Brush the dough with the Trewithen Dairy Milk
- Transfer the tray into the middle of the oven for 20 to 25 minutes or until the scones are well risen and evenly browned. You may need to rotate the tray halfway through cooking
- Transfer to a wire rack to cool for 5 to 10 minutes
- Pick through the crab meat removing any traces of shell
- Stir in the crème fraîche and lemon juice and zest and chopped chive then season
- Cut the scones in half with a bread knife
- Top the scones with the crab mix