

Potted shrimp with beetroot soda bread

A lovely, light lunch. Serve with blanched, buttered samphire when in season.

By [The Herbert Family](#) From [The Big Family Cooking Showdown](#)

Ingredients

For the potted shrimp

- 1 anchovy
- 250g/9oz unsalted [butter](#)
- 1–2 blades [mace](#)
- 1 [bay leaf](#)
- ½ [lemon](#), pared rind and juice
- 200g/7oz [brown shrimps](#)
- pinch grated [nutmeg](#)
- salt and [white pepper](#)
- [cayenne pepper](#), to garnish

For the beetroot soda bread

- 300g/10½oz pre-cooked [beetroot](#)
- 100ml/3½fl oz [buttermilk](#)
- 1 tsp [fennel seeds](#)
- 500g/1lb 2oz wholemeal [spelt flour](#)
- 1 tsp salt
- 2 tsp [baking powder](#)
- 1 tsp [cream of tartar](#)

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. To make the potted shrimp, melt the anchovy in a large pan over a low heat and add the butter, mace, bay leaf and lemon rind. Once the butter separates, remove the scum from the top and leave to stand for a few minutes to infuse.
3. Tip the infused butter into a bowl, leaving behind any milk solids from the bottom of the pan, and mix with the shrimps, lemon juice, nutmeg and season with salt and pepper. Divide into 4 ramekins and leave to set in the fridge.
4. Meanwhile, place the beetroot in a food processor with the buttermilk and blend. Pour into a large bowl and set aside.
5. Dry-fry the fennel seeds over a low heat then mix with the beetroot, along with the flour, baking powder and cream of tartar, until combined.
6. Knead briefly and shape into a boule. Place on a floured baking sheet and make a large cross in the top with a sharp knife.
7. Bake in the centre of the oven for 25–30 minutes.
8. Cool on a wire rack and serve with the potted shrimp.