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## samphire sauce recipe

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Marsh samphire (its proper name is glasswort – *Salicornia europaea*), is at its absolute best around July, so if you live around the British coast, near mud flats or salt marshes rather than cliffs, go in search of this. Or try your local fishmonger.

This makes a good accompaniment to any fish, but is particularly good with cold salmon and trout.

Serves 6

- 2-3 big handfuls of young and tender samphire fronds
- 3 tablespoons extra virgin olive oil
- salt and black pepper
- 250ml crème fraîche
- Grated lemon zest and juice to taste

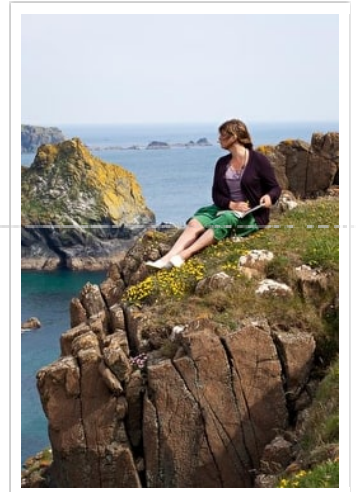
Rinse the samphire thoroughly in a colander under cold running water.

Chop very roughly, put into a food processor and pulse to a purée.

Slowly add the oil and season with salt and black pepper.

Put the samphire purée into a bowl and then fold in the crème fraîche, lemon zest and a little lemon juice to taste.

*This recipe appears on page 141 of [Sarah Raven's Garden Cookbook](#)*



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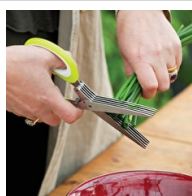


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