

Cray Vox

4th April North



4th April Isle to the South.



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小老鼠蒜味龍蝦大餐

材料——五十隻大型小龍蝦、帶殼帶尾、
六十克牛油、一瓣蒜頭切碎、六十克天使細
麵、五克燈籠椒、黑胡椒。

作法——五十隻小龍蝦，於滾水中汆燙三分鐘，
撈起瀝乾後過冰水，天便細麵煮到軟後，
瀝乾，分成兩盤，中型炒鍋加熱，融化牛油，
爆香蒜頭，加龍蝦肉，翻炒均勻，加入胡椒
和燈籠椒後快炒，將炒好的料倒在天使
細麵上呈盤即可。

Little Rat Garlic Crayfish feast

Ingredients

50 large crayfish, tails and claws
60g butter
Clove of Garlic chopped
60g angel hair pasta
5g paprika
Black pepper

Method

Boil 50 crayfish in lightly salted water for three minutes. Drain and pat briefly in cold water.
Remove tails from shells and devein. Crack claws and scoop out meat.

Boil angel hair pasta until soft. Divide into two portions and spread out on plates.

Prepare crayfish topping for pasta. Melt the butter in a medium frying pan or wok. Stir in the garlic.
Now add the crayfish meat, and stir until all pieces are covered. Quickly shake pepper and paprika over
the pieces. Immediately pour crayfish over pasta and serve.



Little Rat Island

龍蝦羅馬麵包

材料——四片麵包去邊、八十克軟化牛油、一百七十五克去殼熟龍蝦、十克辣椒粉、二克燈籠椒、二克小茴香。

作法——麵包對切、於兩面均勻塗抹四十五克牛油、置於烤盤上、放入預熱攝氏一百七十五度的烤箱、裡烤十五至十五分鐘、直到表面呈金黃色後取出、保溫備用。

取小鍋加熱、融化剩餘的牛油、加入龍蝦香料、調味料、並拌炒均勻、煮熟後舀出加在烤好的麵包上、最後在上面撒些塩、胡椒、並用西洋水芹點綴。

Crayfish Roma

Ingredients

4 slices Bread, crusts removed
90g Softened butter
175g Cooked and peeled crayfish
10g Chili powder
2g Paprika
2g Coriander

Method

Cut the bread slices in half and spread with 45g butter. Butter both sides sparingly.
Place the bread on a baking sheet and cook in a preheated 175°C oven for 10-15 min. until golden brown.
Keep warm.

Melt the remaining butter in a small pan and add the crayfish, spices and seasoning and stir well.
Heat through completely and spoon on the top of the bread slices. Salt and pepper.
Watercress to garnish, serve hot.



Roma Island

中島龍蝦煎餅

材料：七十五克洋葱切碎，二瓣蒜頭切碎，三十克升植物油，二百二十五克切碎的嫩豆腐，一百二十五克青辣椒，三克鹽，一小撮胡椒粉，三顆大雞蛋，分蛋，三十五克麵粉，一百二十五克切碎的龍蝦，油炸油。

作法：青辣椒清洗後去籽，切碎備用，湯鍋內倒進植物油，熱鍋後加入洋葱，蒜末，炒到洋葱變軟，再拌入含湯汁的嫩豆腐，辣椒，兩克的鹽，胡椒粉，全部煮滾後轉小火，加蓋煮二十分鐘，移至一旁保溫。

蛋白打發，另外在蛋黃內加入剩下的二克鹽，打五分鐘或打到蛋黃濃稠後變檸檬色，接著用切拌方式將發泡蛋白拌入蛋黃拌勻中，並在上面撒些麵粉，切拌一下，然後再繼續拌入龍蝦。

在深底的平底鍋，或湯鍋倒入三十毫米高的植物油，加熱至攝氏二百八十度，麵糊可視所需大小用三十克量杯或五十克量杯舀取，接著放入熱油中，雙面油炸約二分鐘，或炸至金黃色，取出後放在紙巾上吸油，煎餅趁熱上桌並可搭配茶醬食用。

Middle Island Crayfish Fritters

Ingredients

75g chopped onion
1 minced clove of garlic
30ml vegetable oil
225g chopped stewed tomatoes
115g green chili pepper

3g salt
1 dash pepper
3 large eggs, separated
30g Flour
115g chopped crayfish
frying oil

Method

Green Chili Peppers should be rinsed, seeded, and chopped. In a saucepan, cook onion and garlic in the vegetable oil until the onion is tender. Stir in the undrained tomatoes, chili peppers, and 2g salt, and pepper. Bring to boiling and then reduce the heat. Cover and simmer 20 minutes and set aside keeping it warm. Meanwhile, beat the egg whites until stiff peaks form and set aside. Beat the egg yolks and remaining 1g of salt for about 5 minutes or until thick and lemon-colored. Fold the reserved whites into the yolks and sprinkle the flour on top of the mixture. Fold in and then fold in the crayfish. In a deep skillet or sautépan heat 30mm of vegetable oil to 180C. Spoon the crayfish mixture into the hot oil using 30g for small fritters or 50g cups for large fritters. Fry for about 2 minutes on each side or until golden brown. Drain on paper towelings. Serve hot with the tomato relish.



Middle Island

薩維爾肯特百味蒜味龍蝦麵

材料：五十克牛油、三十克麵粉、五克鹽、二百五十毫升牛乳、黑胡椒適量、二

材料：四十克牛油、十五克紅蔥頭切碎、二瓣蒜頭切碎、四百五十克龍蝦尾、九十毫升白酒、二克乾奧勒岡、三克蝦夷蔥切碎、三百克菠菜麵（三

作法：一、奶油溶化，五十克牛油，放入小鍋裡加熱，拌入三十克麵粉，邊煮邊攪拌二分鐘，加入鹽、二百五十毫升牛乳、黑胡椒，煮至沸騰，汁液濃稠，並變濃稠後關火，加蓋靜置備用；二、蒜味龍蝦麵：熱鍋放三湯匙牛油，紅蔥頭、蒜末、用熱牛油煎炒幾秒，接著加入龍蝦，煎炒三至五分鐘直到龍蝦呈粉紅色，撈起後備用。

平底鍋倒酒，加八克奧勒岡、蝦夷蔥、鹽和胡椒，煮至酒剩三分之一時，加入奶油醬拌勻，接著加入炒好的蒜味龍蝦和醬汁一起加熱，菠菜麵煮熟後攪拌多餘水份，呈於盤中，上面淋上醬汁與蒜味龍蝦即可。

Saville-Kent Crayfish Scampi & Noodles

Ingredients

50g Butter
30g Flour
5g Salt
250ml Milk
Black pepper to taste

45g Butter
15g Shallots, finely chopped
2 Garlic cloves, finely chopped
450g Crayfish tails
90ml Dry white wine
1g Dried oregano
3g Chopped chives
200g Spinach noodles

Method

Cream Sauce

Heat 50g butter in a small saucepan. Stir in 30g flour; cook and stir for 2 minutes. Add salt, 250ml milk and black pepper. Cook until mixture comes to a boil and is thickened. Cover and set aside.

Crayfish Scampi

Heat 3 tablespoons butter, shallots and garlic for a few seconds in the hot pan. Add crayfish and sauté until they turn pink, 3-5 minutes. Remove crayfish and set aside. Add wine and oregano, chives, salt and pepper to skillet. Cook until wine is reduced to 1/3 of its original volume. Then add cream sauce and blend well. Return crayfish to sauce and heat.

Cook spinach noodles according to package directions. Drain. Place noodles on plates and top with Crayfish Scampi.



Saville-Kent Island

瀛湖島蒜味炭烤龍蝦

材料：四百五十瓦新鮮大龍蝦尾，去殼去泥
 腸，五瓦牛油，二瓣蒜頭剁碎，十五瓦新鮮巴西利
 剪碎，二顆紅椒切丁，五十毫升紅酒。

作法：湯鍋放入牛油加熱融化後加入蒜頭、巴西
 利、紅椒拌煮約一分鐘，接著倒入白酒，攪拌加
 熱後完成醬汁備用。用四瓦長型金屬烤串將
 龍蝦肉串好，中溫炭烤並不斷翻面塗抹醬汁，將
 汁、燒烤十到十二分鐘或是龍蝦肉變成粉紅
 色為止。

Lagoon Island Garlic Crayfish

Ingredients

450g Fresh peeled and deveined large crayfish tails
 5g Butter
 1 Clove garlic, minced
 15g Snipped fresh parsley
 1 Diced Red pepper
 50ml Dry white wine

Method

Sauce: in a saucepan melt butter. Stir in garlic, parsley, and red pepper; cook for about 1 minute.
 Stir in wine; heat through. Set aside.

Thread crayfish onto 4 long metal skewers. Grill, uncovered, over medium-hot wood charcoal for 10-12 minutes or until pink, turning and brushing frequently with sauce.



Lagoon Island

東瓦勒比島龍蝦沾醬

材料：四百五十克龍蝦肉、二百二十五克奶油
乳酪、一顆洋蔥切碎、三十克辣椒醬、十五毫
升牛乳、三十毫升烏斯特惠醋、鹽和胡椒、
杏仁片。

作法：除了杏仁片以外的材料全部用叉子進行
混合，接著放入無蓋的砂鍋，於攝氏一百八十度
下烤二十至三十分鐘，材料進去烤之前可以在
表面先撒杏仁片。

欣賞落日時，可以享用原味墨西哥玉米脆片
搭配龍蝦沾醬。

East Wallabi Crayfish Dip

Ingredients

450g Crayfish meat
225g Cream Cheese
1 Onion, finely diced
30g Horseradish
15ml Milk
30ml Worcestershire Sauce
Salt and Pepper
Almonds, sliced

Method

Mix all ingredients except Almonds with fork. Place in uncovered casserole dish and bake at 180°C for 20 to 30 minutes. (Sliced Almonds may be sprinkled on top before baking.)

Dip out with unseasoned tortilla chips watching the sunset.



East Wallabi Island

西瓦勒比島甜醬龍蝦

材料——二百二十五毫升的萊姆汁、十五毫升蜂蜜、十五克紅糖、十五毫升醋、三十毫升辣椒醬、五片卡宴辣椒、三片百里香、五片黑胡椒、五片乾紅蔥頭、四百五十克龍蝦、去殼去泥腸。

作法——湯鍋內放入除了龍蝦以外的材料，混合均勻後加熱煮熟。龍蝦另外用滾水煮五分鐘，或煮到變成粉紅色。熟龍蝦上塗抹甜醬，最後再搭配白飯和檸檬汁一起呈盤。

Sweet West Wallabi Crayfish

Ingredients

225ml Ketchup
15ml Honey
15g Brown sugar
15ml Vinegar
30ml Chilli sauce
5g Cayenne pepper
5g Thyme
5g Black pepper
5g Dried shallots
450g Crayfish, peeled and deveined

Method

Combine all ingredients except crayfish in a sauce pan. Heat thoroughly. Cook crayfish in boiling water for 5 minutes or until crayfish turns pink. Brush sauce over crayfish. Serve over rice with sauce.



West Wallabi Island

辣味小鵲與惡魔龍蝦

材料：五十毫升醬油、三十毫升辣椒醬、十五毫升醋、十五克玉米澱粉、五克小蘇打粉、三十毫升白酒、二顆蛋、蛋液略為打勻、四百五十克中粒生龍蝦尾、三十毫升植物油、一百克青蔥切碎、二十克生薑切碎、二瓣蒜頭切碎、十五克紅辣椒碎、四百克煮過的印度香米。

作法：先拌勻辣椒醬、醬油、醋，放於一旁備用。龍蝦肉加上玉米澱粉、小蘇打粉、白酒、蛋液，全部攪拌混合均勻，靜置三十分鐘。起油鍋，放入龍蝦翻炒三分鐘後，撈起放於一旁。鍋內另外加入蔥、薑、紅椒、蒜頭爆香兩分鐘後，將之前備用的醬汁倒入，攪拌加熱後，再將龍蝦回鍋快速炒勻。

Spicy Little Pigeon and Alcatraz Crayfish

Ingredients

50ml Soy sauce
50ml Chili sauce
15ml Vinegar
15g Cornstarch
5g Baking soda
30ml Dry white wine
1 Egg slightly beaten

450g Medium crayfish tails
30ml Vegetable oil
100g Minced green onions
20g Minced ginger root
2 Cloves garlic minced
15g Crushed red pepper
400g Cooked basmati rice

Method

Mix chili sauce, soy sauce and vinegar and set aside. Stir corn starch, soda, wine and egg into crayfish tails in separate pan. Chill for 30 minutes.

Heat oil in large wok. Add crayfish mixture and stir fry for 3 minutes. Set aside. Stir fry green onions, ginger, red pepper, and garlic for 2 minutes, then add your reserved sauce mixture.

Stir until very warm, then mix in chilled crayfish and serve immediately.



Little Pigeon and Alcatraz Islands

紐博爾德龍蝦佐黑豆醬

材料——三百毫升黑豆湯、十五毫升萊姆汁、十五毫升第戎芥末、二片碎萊姆皮、三十毫升油、十五片墨西哥辣椒、一瓣蒜頭剁碎、四百五十片熟龍蝦尾、六十片芫荽葉、六十片燕麥餅。

作法——將前七項材料均勻混合直到表面滑順，加蓋放入冰箱冷藏至少二小時。煮熟的龍蝦對切去泥腸後再切薄片，取十五片左右的黑豆泥沾醬面抹於燕麥餅，並擺上龍蝦肉，最後於頂部裝飾一片芫荽葉即完成。

Newbold Crayfish & Black Bean Spread

Ingredients

300ml Black bean soup
15ml Lime juice
15ml Mustard, dijon
2g Lime peel, grated
30ml Oil

15g Jalapeño, chopped
1 Garlic clove, minced
450g Crayfish cooked tails
60 Cilantro leaves
60 Oatmeal crackers

Method

Combine first 7 ingredients until smooth. Cover and refrigerate at least 2 hours. Cut cooked crayfish in half lengthwise and remove vein slice thinly. Spread 15g of spread mixture on each cracker. Top with crayfish and garnish with cilantro.



Newbold Island

鴿子島照燒龍蝦

材料——十毫升醬油、三十瓦紅糖、十五毫升植物油、八瓦玉米澱粉、一瓣蒜頭壓碎、二十瓦新鮮生薑剁碎、三十毫升水、九百瓦龍蝦尾、去殼去泥腸。

作法——小鍋內調和醬油、糖、油、玉米澱粉、蒜頭、薑和水，不斷攪拌煮約一分鐘，待醬汁濃稠後關火放涼，龍蝦沾滿醬汁後放入烤盤，兩面燒烤三至四分鐘，或是直到龍蝦變不透明後，立即叉上木籤呈盤。

Pigeon Island Crayfish Teriyaki

Ingredients

- 10ml Soy sauce
- 30g Brown sugar
- 15ml Vegetable oil
- 8g Cornstarch
- 1 Clove garlic, crushed
- 20g Minced fresh ginger root
- 30ml Water
- 900g Crayfish tails, peeled and deveined

Method

Blend soy sauce, sugar, oil, cornstarch, garlic, ginger and water in small saucepan. Simmer (while stirring constantly) about 1 minute until thickened, then cool. Coat crayfish with sauce and drain off excess. Place on broiler pan. Broil 3 to 4 minutes on each side, or until crayfish are opaque and cooked. Serve immediately with wooden picks.



Pigeon Island

艾克斯壯龍蝦焗飯

材料——一百七十五克白米、三十克牛油、一顆洋蔥、一個青椒、五粒蒜、核後切碎、四百五十克罐裝番茄、切碎並保留番茄汁、十五克卡羅調味粉、五克黑胡椒、三克紅糖、五毫升烏斯特黑醋、一片月桂葉、二克丁香粉、四百五十克龍蝦肉、六十克碎帕馬森乾酪。

作法——白米煮熟直到水份收乾為止。牛油放入中型煎鍋，以中火加熱融化，接著加入洋蔥和青椒，煮二至三分鐘直到洋蔥變透明。番茄汁放入鍋內，再加入卡羅粉、胡椒粉、烏斯特黑醋、月桂葉和丁香粉，混合均勻之後，轉小火熬煮收汁，不加蓋煮十分鐘並不斷攪拌，然後移除月桂葉，再加進煮過的米和龍蝦肉，煮一下味道然後做最後調味，將所有食材換到砂鍋裡，並撒上乾酪，不加蓋，以攝氏一百八十度焗烤至表面呈金黃色。

Akerstrom Crayfish and Rice

Ingredients

175g Rice
30g Butter
1 Onion
1 Green pepper, cored and seeded and chopped
450g Canned tomatoes, chopped, juice included
15g Cajun seasoning
5g Black pepper

3g Brown sugar
5ml Worcestershire sauce
1 Bay leaf
2g Ground cloves
450g Crayfish meat
60g Grated parmesan

Method

Cook rice until just tender and water is absorbed. Melt butter in medium skillet over moderate heat. Add onion and green pepper and cook until onions are transparent, 2-3 minutes. Add tomatoes with juice, cajun seasoning, pepper, sugar, worcestershire bay leaf and cloves. Bring mixture to simmer and reduce heat to low. Cook uncovered 10 minutes, stirring frequently. Remove bay leaf. Stir in rice and crayfish meat. Taste and adjust seasonings. Transfer mixture to a casserole and sprinkle with cheese. Bake uncovered, at 190C until browned.



Akerstrom Island

芬蘭島蒜味蝦

材料——一百二十支牛油、九百支生龍蝦、去殼去泥腸、帶尾、五支乾迷迭香、五支乾奧勒岡、六瓣蒜頭、十毫升苦艾酒、三十支碎檸檬皮、五十支新鮮巴西利利碎、一小撮鹽、胡椒適量。

作法——大煎鍋內放入牛油加熱融化，同時龍蝦撒上述迷迭香和奧勒岡進行調味，蒜頭放進牛油裡煎至金黃後，加入調味好的龍蝦，翻炒直到龍蝦呈粉紅色，加苦艾酒、碎檸檬皮和檸檬汁，讓湯汁更復蓋龍蝦，中火煮至少五分鐘，並持續攪拌，最後呈盤前再加鹽胡椒調味。

Suomi Scampi

Ingredients

120g Butter
900g Uncooked crayfish, shelled and deveined, tails left on
5g Dried rosemary
5g Dried oregano
6 Cloves Garlic
10ml Dry vermouth

50g Grated lemon peel
30ml Lemon juice
50g Chopped fresh parsley
Pinch of salt
Pepper to taste

Method

Melt butter in a large skillet. While butter is melting, prepare crayfish by sprinkling with rosemary and oregano, sauté garlic chunks in butter until golden. Add crayfish and cook, stirring, until crayfish turns pink.

Sprinkle vermouth, lemon peel and juice over crayfish. Stir and turn crayfish over medium-high heat 5 minutes longer. Season with salt and pepper before serving.



Suomi Island

紐曼島龍蝦湯

材料——四百五十克煮熟的新鮮龍蝦肉、小撮芹菜鹽、雞精塊、滾水、二小撮胡椒、二十克洋蔥丁、一千二百五十毫升牛乳、二百克牛油、剉碎的巴西利、六十克麵粉。

作法——雞精塊先溶於水，洋蔥用牛油炒軟後混入麵粉和調味料，接著慢慢加入牛乳與雞精，持續攪拌到煮到濃稠為止，接著加熱並放入龍蝦肉，最後再撒些巴西利點綴即可。

Newman Island Crayfish Soup

Ingredients

450g Crayfish meat freshly cooked
Pinch of celery salt
Chicken bouillon cube
Boiling water
Dash of pepper
20g Chopped onion
1250ml Milk
100g Butter
Chopped parsley
60g Flour

Method

Dissolve bouillon cube in water. Cook onion in butter until tender, blend in flour and seasonings. Add milk and bouillon gradually; cook until thick, stirring constantly. Add crayfish meat, heat. Garnish with parsley.



Newman Island

佩爾塞特雪豆龍蝦飯

材料——三十毫升橄欖油、四百五十克新鮮龍蝦肉切碎、二瓣蒜頭壓碎、九百克新鮮雪豆、三百克荸薺、六十毫升白酒、二十毫升醬油、十五克薑根、水適量、四百克白飯。

作法——起油鍋，加入龍蝦翻炒二分鐘，接著放入蒜頭、雪豆、荸薺後繼續煮五分鐘，另外將白酒、醬油、薑根和水混合攪拌，直到薑根完全化開即可倒入鍋內，和龍蝦肉再燉煮二分鐘後馬上呈盤並淋在白飯上。

Pelsaert Crayfish with Snow Peas

Ingredients

30ml Olive oil
450g Fresh crayfish meat, diced
2 Cloves garlic, crushed
900g Fresh snow peas
300g water chestnuts

60ml White wine
20ml Soy sauce
15g Arrowroot
Dash of Water
400g Cooked rice

Method

Heat oil. Add crayfish and simmer, stirring, 2 minutes. Add garlic, snow peas and water chestnuts; simmer 5 minutes. Stir together wine, soy sauce, arrowroot and water until arrowroot is dissolved. Pour into cooking crayfish mixture and simmer another 2 minutes. Serve immediately over hot rice.



Pelsaert Island

木頭島龍蝦鑲蘑菇

材料：四百五十克龍蝦肉、二十支麵包屑、二顆洋蔥切碎、四十支帕森林乾酪磨碎、五支鹽、四十支巴西利利碎、十二支蘑菇蒂切碎、十二支蘑菇帽、一顆蛋打均、調味用路易斯安那辣醬。

作法：一、碗中放入龍蝦肉、麵包屑、洋蔥、乾酪、鹽、巴西利以及碎蘑菇蒂拌勻，加入蛋液和辣醬調勻，即完成肉餡。將肉餡填入蘑菇帽內，以攝氏一百五十度烤至軟嫩後即可趁熱上桌。

Wooded Island Crayfish with Mushrooms

Ingredients

450g Crayfish meat
20g Bread crumbs
1 Onions minced
40g Parmesan cheese, grated
5g Salt

40g Parsley, minced
12 Mushroom stems, chopped fine
12 Mushroom caps
1 Egg, beaten
Louisiana hot sauce, to taste

Method

In a bowl, mix crayfish meat, bread crumbs, onion s, cheese, salt, parsley, and chopped mushroom stems. Add beaten egg and hot sauce, to taste. Stuff mixture into mushroom caps. Bake at 150 C until tender, 15 to 30 minutes. Serve hot.



Wooded Island

槍島辣龍蝦

材料—九百克瘦牛絞肉、九百隻龍蝦尾、三十克蒜頭切碎、一小撮鹽、三十毫升特選油、五克卡宴胡椒粉、五克乾薄荷、五克乾巴西利、十五克辣椒粉、二百五十毫升番茄醬、一百二十五毫升白酒、水、二十毫升檸檬汁或萊姆汁、五十克洋蔥切碎、培根油。

作法—絞肉放在培根油裏接著加入所有材料和龍蝦肉，煮滾後轉小火，燉煮一小時即可。

Gun Island Chilli Crayfish

Ingredients

900g Lean ground beef
900g Crayfish tails
30g Garlic, chopped fine
Pinch of Salt
30ml Soy sauce
5g Cayenne pepper
5g Dried mint
5g Dried parsley

15g Chilli powder
250ml tomato sauce
125ml Dry white wine
Water
20ml Lemon or lime juice
50g Chopped onion
Bacon dripping

Method

Brown meat in bacon drippings. Combine all other ingredients with meat and bring to a boil. Simmer for a few hours.



Gun Island

亞力山卓島風味式蘆筍龍蝦沙拉

材料：十壹升橄欖油、十五壹升新鮮檸檬汁、五天新鮮龍蝦刺碎、二十天紅魚頭刺碎、小蝦、九百天新鮮龍蝦肉、魚熟後手撕、三顆比利時苦蘆、小心剝開葉片、沖洗後放涼備用、二十根蘆筍、蒸過放涼對切。

作法：將油、檸檬汁、龍蝦、紅魚頭、鹽、矢混合均勻、接著放入龍蝦、加蘆筍放入冷藏數小時、讓龍蝦入味、呈盤時、將半數蘆筍筍殼在苦蘆葉上、接著淋上芥末醬、最後上面在放些龍蝦肉即可。

烹調所需材料

二顆蘆筍、二十壹升白米醋、十五壹升新鮮檸檬汁、三十壹升芥末、芥末醬、五天天、一小瓶蘆筍、蘆筍、二十壹升橄欖油、二十天新鮮龍蝦。

烹調方法：將蘆筍、芥末、檸檬汁、芥末醬、鹽、橄欖油全部放入食物攪拌機中、攪拌數分鐘、接著加入芥末、攪拌到所有材料都混合好為止、取出後倒入大碗中、接著加入法式新鮮油、用打蛋器攪拌均勻、加蘆筍後即可食用。

Alexander Island Asparagus Dijonnaise Crayfish

Ingredients

10ml Olive oil
15ml Fresh lemon juice
5g Fresh minced tarragon
20g Minced shallots

Pinch of Salt
900g Fresh crayfish meat, cooked and shredded
3 Belgian Endive, carefully separated, rinsed and chilled
20 Asparagus spears, steamed, chilled and split lengthwise

Method

Combine the oil, lemon juice, tarragon, shallots and salt. Toss with the crayfish. Place in a covered container and refrigerate for several hours to let flavors blend. To serve, place an asparagus spear-half on each leaf of endive. Top with Dijon Sauce and sprinkle with crayfish.

Ingredients for Dijon Sauce

2 egg yolks
20ml Rice wine vinegar
15ml Fresh lemon juice
30ml Dijon mustard
5g Honey

Pinch of Salt
Dash of Pepper
100ml Olive oil
200g Creme Fraiche

Method for Dijon Sauce

Place the egg yolks, vinegar, lemon juice, mustard, sugar, salt and pepper in a blender. Blend for a few seconds. With the motor still running, add the oil in a slow steady stream until well incorporated. Remove the sauce to a bowl and whisk in the Creme Fraiche. Cover and refrigerate until ready to serve.



Alexander Island

里歐島龍蝦南方料理

材料——四百五十克大龍蝦尾五殼、二十毫升新鮮萊姆汁、兩瓣蒜頭、二顆洋蔥切碎、新鮮百里香、少許鹽、二根紅辣椒、黑胡椒、萊姆每。

作法——龍蝦和萊姆汁放入碗中沾勻，另取小碗加入蒜頭、洋蔥、百里香、鹽、辣椒、黑胡椒拌勻，將拌好的撒在龍蝦上並翻面讓料均勻附著，起油鍋，放入龍蝦煎煮三分鐘，或是等蝦肉變成粉紅色後呈盤，接著加蓋靜置放涼至少約一小時，最後放萊姆每作裝飾。

Leo Island Crayfish Southern Style

Ingredients

450g Large crayfish tails, peeled
20ml Fresh lime juice
2 Cloves garlic
1 Onion chopped
Sprig of Thyme

Pinch of Salt
1 Red pepper
Black pepper
Lime wedges

Method

Tom the crayfish with the lime juice in a bowl. Mix the garlic, onion, thyme, salt, red pepper and black pepper in a small bowl. Sprinkle over the crayfish and toss to coat well.

Heat wok until hot. Add the crayfish and cook for 3 minutes, or until the crayfish are pink, stirring constantly. Spoon into a serving dish. Chill, covered, for 1 hour or longer. Garnish with lime wedges.



Leo Island

長島腰豆小龍蝦

材料—九百克煮熟腰豆、五十隻小龍蝦尾、塔巴斯科辣醬、黑胡椒、切達起司

作法—將腰豆水和一半的腰豆放進攪拌機打成糊狀，如果沒有攪拌機也可以直接用叉子搗碎成糊，然後再加一至二滴塔巴斯科辣醬、五十隻小龍蝦尾置於烤架上烤，表面輕撒一層黑胡椒、撒鹽調味，烤至龍蝦肉變得半透明即可。

腰豆糊、腰豆、龍蝦尾，倒八鍋中一起加熱，至盤時可搭配白飯、麵包，最後再撒些切達起司。

Long Island Kidney Bean Crayfish

Ingredients

900g Cooked kidney beans
50 Crayfish tails
Tabasco sauce
Salt and Pepper
Cheddar cheese

Method

Put the juice and half the beans into a blender. Puree until smooth. (If you're without electricity just mash the beans well with a fork and mix.) Add one or two drops of Tabasco sauce.

Grill 50 crayfish tails on a BBQ, adding a light coating of black pepper. Salt to taste. Grill just until the meat begins to turn opaque.

Pour the bean sauce, the whole kidney beans, and the crayfish tails into a sauce pan. Heat the mixture, removing it immediately when it begins to simmer.

Serve over a base of white rice or bread. Sprinkle shredded cheddar cheese on top.



Long Island

巴斯列島龍蝦佐粉紅醬

材料——五十毫升橄欖油、十五克芥末粉、二瓣蒜頭切碎、九百克殼龍蝦、鹽、胡椒。

醬汁——六十毫升蕃茄糊、二百五十毫升椰油、十克薑碎、二克卡宴辣椒、二十毫升檸檬汁、五克小茴香粉、五克鹽、一些胡椒、二克糖。

作法——所有醬汁材料混合均勻後加薑、放入冰格冷藏備用。取大型煎鍋，中火起油鍋，油熱放入芥末粉、等芥末粉受熱於鍋中彈跳時，放入蒜末狀炒，接著加入龍蝦，翻炒直到龍蝦肉變不透明時，加八種和胡椒調味，取醬汁，倒入鍋中一起攪拌，待醬汁開始沸騰即可。至盤時可搭配白飯。

Basilie Island Crayfish in a Pink Sauce

Ingredients

50ml Olive oil
15g Yellow mustard seeds
2 Cloves garlic, finely chopped
900g Crayfish peeled
Salt & pepper

Sauce

60ml Tomato puree
250ml Single cream
10g Grated ginger
2g Cayenne
20ml Lemon juice
3g Ground cumin
3g Salt
A little pepper
2g Sugar

Method

Mix all the ingredients for the sauce. Cover and refrigerate until needed.

Heat oil in a large frying pan over a medium high heat. When hot put in the mustard seeds. As soon as they begin to pop put in the garlic. Stir once and put in the crayfish - stir and fry until they turn opaque, sprinkling with salt and pepper.

Pour in the sauce and stir. As soon as the sauce is bubbling the dish is ready to be served with rice.



Basilie Island

鮮雞島恒拉發龍蝦

材料——三十毫升橄欖油、一顆洋蔥切碎、一份罐裝茄茄切碎、五十克花生粉、五百毫升水、新鮮的百里香、辣椒和鹽、四百五十克菠菜、二塊燻魚、四百五十克新鮮龍蝦。

作法——厚底鍋內放油，油熱後加入洋蔥和茄茄，攪拌均勻並以大火煮五分鐘，轉中火後加入花生粉，並加入半鍋水調和將醬汁攪拌均勻後讓醬汁小火滾八到十分鐘然後再攪拌。

加入剩下的水、百里香、辣椒和鹽、新鮮菠菜洗淨後切碎，加入醬汁並攪拌，中火收汁約二十分鐘，最後加入燻魚和處理過的龍蝦這煮透攪拌至少十分鐘後，和自飲一起呈盤。

Iris Refuge Island Crayfish Palava

Ingredients

30ml Olive oil
1 Onion, finely chopped
1 Can tomatoes, chopped
50g Ground peanuts
500ml Water

Sprig of thyme
Chilli pepper and salt
450g Spinach
1 Small piece smoked fish
450g Fresh crayfish

Method

Put oil in a heavy bottomed saucepan. When hot add the onions and tomatoes. Cook on a high heat stirring for 5 mins. Reduce heat to moderate and add peanut butter, creaming well into the sauce with half of the water. Stir well and allow to cook, bubbling gently, for 5 - 10 mins, stirring.

Add remaining water, thyme, pepper and salt. Wash and finely chop the fresh spinach, stir into sauce and allow to cook on a moderate heat until sauce is thick, (20 mins).

Add the smoked fish and drained crayfish. Stir and cook for 10 mins more. Serve with rice.



Iris Refuge Island

老鼠島焗龍蝦

材料——二百克蒜殼生龍蝦二顆紅洋蔥剝皮切丁兩瓣蒜頭剝皮壓碎二根紅辣椒去子後切碎三十毫升橄欖油四百毫升鮮奶油二百克另提娜乾酪磨碎二顆萊姆榨汁一點塔巴斯科辣醬鹽和胡椒二到四個塗抹過奶油的焗盤。

作法——龍蝦去殼去泥腸放入碗裡加萊姆汁和塔巴斯科辣醬兩瓣下讓調味均勻附著然後放入焗盤十五分鐘。

起油鍋洋蔥略炒三分鐘加入蒜末和辣椒再炒二至三分鐘炒過的料等份放入四個焗盤裡取出醃漬過的龍蝦瀝乾水份後也分四等份放入焗盤撒些鹽和胡椒調味倒八鮮奶油上面撒滿碎芝士提娜乾酪。

預熱烤架至高溫將焗盤放在烤架下的大烤盤上烤約五至六分鐘直到龍蝦變成粉紅色而且乾酪融化起泡呈現金黃色。

Rat Island Crayfish Gratin

Ingredients

200g Raw crayfish (with shell on)
2 Red onions, peeled & finely sliced
2 Cloves garlic, peeled & crushed
2 Red chillies, deseeded & finely chopped
30ml Olive oil
400ml Double cream

100g Fontina, grated
Juice 1 lime
Dash of tabasco
Salt & pepper
2-4 grain dishes, buttered

Method

Peel & de vein the crayfish.
Place in a bowl and sprinkle with lime juice & tabasco.
Toast then leave to marinate for about 15 mins.

Meanwhile heat the oil in a frying pan and lightly cook the onion for about 3 mins. Add the garlic and chillies and cook for 2-3 mins more. Divide between the four dishes.

Drain the crayfish and divide between the dishes.
Season with salt and pepper.
Pour over the cream and scatter the cheese over the top.

Preheat grill to very hot. Put the dishes on a baking tray under the grill for about 5-6 mins until the crayfish turn pink and the cheese is golden and bubbly.



Rat Island

白島炸龍蝦

材料——四百五十克生龍蝦、十五克升糖油、二十毫
升米酒或雪利酒、五克五香粉、五克現磨黑胡
椒粉、四百五十毫升花生油、一百五十克玉米粉、二
顆蛋、打成蛋液、一百五十克麵包屑。

作法——龍蝦去殼，左右對半切開，用餐巾紙拍
乾水份，接著用鴨油、米酒、五克粉、及胡椒粉
一下龍蝦肉，起油鍋，等油熱的同時，將龍蝦裹
適量玉米粉，再沾蛋液，接著沾裹麵包屑，
當油溫升高且開始冒煙時，輕輕地將裹粉後
的龍蝦放入熱油中，將龍蝦炸至表面呈金黃
色後瀝油撈起，然後放在紙巾上吸除多餘的
油即可。

White Island Crispy Crayfish

Ingredients

450g Raw crayfish
15ml Soy
20ml Chinese rice wine or dry sherry
5g Five spice powder
5g Freshly ground black pepper
450ml Peanut oil
150g Cornflour
2 Eggs, beaten
150g Breadcrumbs

Method

Peel crayfish, discarding shells. Using a small sharp knife partially split the crayfish lengthways.
Pat the crayfish dry with kitchen paper. Mix the crayfish with the soy sauce, rice wine, five spice powder and pepper.

Heat wok and add oil. While the oil is heating dip the crayfish in the cornflour, shaking gently to remove any excess. Dip into the beaten egg and coat thoroughly with breadcrumbs.

When the oil begins to smoke lightly deep fry the coated crayfish until golden.
Drain well on kitchen paper



White Island

紅燒加冕島龍蝦

材料——四百五十克生龍蝦

醬汁——二百五十毫升雞高湯、二十毫升米酒或雪利酒、五克鹽、十五克糖、十五毫升深色醬油、三十毫升米醋、六十克蔥花、十五克薑末、四瓣蒜頭切碎、五克玉米粉和三十毫升水一起調和、十毫升麻油、十毫升醬油。

作法——龍蝦去殼，清洗並拍乾，炒鍋中放入所有醬汁的材料以小火煮滾，製成作紅燒醬汁，將醬汁完成後接著放入龍蝦，煮後再以小火紅燒五分鐘即可。

Braised Coronation Island Crayfish

Ingredients

450g Raw crayfish

Sauce

750 ml Chicken stock
20ml Rice wine or dry sherry
5g Salt
15g Sugar
15 ml Dark soy sauce
30ml Rice vinegar

60g Finely chopped spring onions
15g Finely chopped ginger
4 Cloves finely chopped garlic
5g Cornflour blended with 30ml water
10ml Sesame oil
10ml Soy sauce

Method

Peel the crayfish, then wash and pat dry.

Combine the sauce ingredients in a wok and bring to a simmer.

Add the crayfish and braise slowly over a low heat for 5 minutes.



Coronation Island

吉蘭丹特島灼烤龍蝦

材料：九百瓦龍蝦一百五十毫什白酒、六十毫什初榨橄欖油、兩顆洋蔥切片、三瓣蒜頭切碎、四百五十毫茄皮切碎、一百瓦巴西利切碎、鹽與胡椒三百瓦牛奶乾酪磨碎。

作法：將龍蝦及白酒放入大煎鍋內，大火煎煮五分鐘，用濾勺將龍蝦取出，放涼後去皮殼，在剩餘的龍蝦內加入橄欖油、洋蔥與蒜頭，中火煮並一邊攪拌直到大部份的湯汁都蒸發掉，接著再放入茄皮、巴西利，轉小火，加蓋悶煮十分鐘後移開鍋蓋，然後再煮二十到三十分鐘直到湯汁收乾變得濃稠。

加入少許鹽、一些胡椒和五穀的龍蝦，攪拌均勻之後，分成四份，放入小盤或烤杯裡，接著取些羊乳乾酪，放入後熱烘烘的二百四十度的烤箱相內，烤約十五分鐘，乳酪融化且表面呈棕色。

Gilbert Island Feta Crayfish

Ingredients

900g Crayfish
150ml Dry white wine
60ml Virgin olive oil
2 Onions, finely sliced
3 Cloves garlic, finely chopped

450g Tomatoes, peeled & chopped
100g Parsley, finely chopped
Salt and pepper
200g Feta, crumbled

Method

Put crayfish and wine in a large sauté pan over a high heat and cook covered for about 5 minutes. Remove crayfish with a slotted spoon. When they have cooled a little remove shells.

Add olive oil, onions and garlic to the crayfish cooking liquid. Cook, stirring over a medium heat until most of the liquid has evaporated. Add the tomatoes and parsley. Simmer, covered, for 10 minutes then uncovered for 20 - 30 minutes until you have a not too liquid sauce.

Add a little salt, plenty of pepper and the shelled crayfish. Mix well and put the mixture in 4 small dishes or ramekins. Sprinkle with the feta.

Bake in a preheated 240 C oven for about 15 minutes, until the cheese has melted and begun to brown on top.



Gilbert Island

明燈島龍蝦咖哩

材料：十五克紅辣椒粉、十五克香菜粉、十五克蒜末、十五克南薑、五克鹽、五克碎葉烟皮、五克黑胡椒、二顆小洋蔥粗切、一根檸檬草、六十毫升橄欖油、二百五十毫升椰奶、五克龍蝦醬或鰻魚醬、四百五十克殼龍蝦一條黃瓜對剖去籽後切成二公分半月型黃瓜片、碎香菜裝飾用

作法：將前面提到的香料都放進食物攪拌器內，一起攪拌成滑順的糊狀，如果需要，可視情況加一點水進去。

將椰奶倒八炒鍋中，煮至沸騰，加入香料糊後，轉小火，攪拌約十分鐘，直到表面浮出油脂並散發出香味，放入龍蝦醬或鰻魚醬，龍蝦和黃瓜、熟龍蝦只需慢煮三到四分鐘，如果是生龍蝦則須煮十分鐘，攪拌均勻，撒些香菜末即可上盤並搭配白飯及沙拉食用。

Beacon Island Crayfish Curry

Ingredients

15g Ground red chilli
15g Ground coriander
15g Finely chopped garlic
15g Galangal
5g Salt
5g Grated lime peel
5g Black pepper
1 Small onion, coarsely chopped

1 Stalk lemon grass
60ml Olive oil
250ml Coconut cream
5g crayfish or anchovy paste
450g Shelled crayfish
1 cucumber, split lengthwise with seeds removed, cut into 1 cm crescents
Chopped coriander to garnish

Method

Put first list of ingredients into a blender and puree until a smooth paste, adding a little water if needed.

Put the dissolved coconut cream in a wok and bring to the boil. Add the spice mixture and cook over a low heat, stirring, for about 10 minutes, until a film of oil appears round the edge of the dish and the spices give off their aroma.

Add the crayfish or anchovy paste, the crayfish and the cucumber. Cook gently for 3-4 minutes if the crayfish are cooked and 10 minutes if raw. Stir well. Sprinkle with chopped coriander leaves and serve with rice and salad.



Beacon Island

捕蝦者烏龍蝦黃瓜咖哩

材料：四百克生龍蝦，去殼去泥腸，四百克黃瓜，一百二十克紅蔥頭或洋葱，六瓣蒜頭，三十克香茅粉，十五克茴香粉，五克白胡椒粉，五克小茴香粉，五克薑黃粉，三至四條乾辣椒，四克鹽，五克黃糖，四百毫升椰奶，六十毫升橄欖油，十五克整顆的茴香子。

作法：龍蝦洗淨拍乾，黃瓜去核切成半吋厚圓片，紅蔥頭削皮分別切三片圓片碎末以及一片圓薄片，蒜頭削皮，四瓣切碎，四瓣切薄片，將與切片的蒜頭放在一起備用。

在中生鍋中放入紅蔥頭末、蒜末、香茅粉、茴香粉、胡椒粉、小茴香粉、薑黃粉以及十五液體盎司的水，辣椒碎加入攪拌煮至沸騰，再以大火滾煮五分鐘，加入黃瓜片，加入薑末煮五分鐘，加入龍蝦，鹽，糖，二匙慢火二分鐘並攪拌，椰奶先攪拌一下後再放入鍋中，煮滾後轉小火再煮一分鐘，倒油於小煎鍋內，中火熱油錫，放入紅蔥頭片與蒜片，翻炒至金黃色，倒入整顆茴香子，炒一下，接著倒進之前定好的咖哩內，咖哩需馬上加入，避免香氣流失。

Oyster Catcher Crayfish & Cucumber Curry

Ingredients

400g Raw crayfish, peeled & deveined
400g Cucumber
120g Shallots or onions
6 Cloves garlic
30g Ground coriander
1/2g Ground fennel
1/2g Ground white pepper

1/2g Ground turmeric
1/2g Ground turmeric
3-4 Dried red chilies
4g Salt
1/2g Raw sugar
400ml Thick coconut milk
60ml Olive oil
1/2g Whole fennel seeds

Method

Wash crayfish and pat dry. Peel cucumbers and cut crosswise into half inch thick rounds. Peel and finely chop 3 or shallots. Peel and finely slice remaining 1 or shallots. Peel garlic cloves. Chop 4 of them very finely and cut the remaining 2 into fine slivers. Combine the sliced shallots and sliced garlic and set aside.

In a medium sized pan combine chopped shallots, chopped garlic, ground coriander, ground fennel, pepper, ground turmeric, and 15 fl oz water. Crumble in the red chilies. Stir and bring to boil and boil on a highish heat for 5 minutes.

Add cucumber rounds and bring to a simmer. Cover and simmer gently for 5 mins. Add crayfish, salt and sugar. Simmer gently for one minute, stirring the crayfish around the sauce. Stir the coconut milk and add to pan. Bring to boil, reduce heat and simmer for 1 minute.

Put the oil in a small frying pan over a medium high heat. When hot put in the sliced shallots and garlic. Stir and fry until golden. Add whole fennel seeds, stir once and pour contents of pan into curry.

Cover curry pan immediately to trap aromas.



Oyster Catcher Island

郵局島龍蝦麻辣麵

材料：四百五十克龍蝦、三粒去皮腸、二百二十五毫升水、
酒、五十克粗粒花生油、十五毫升醬油、十五毫升蜂蜜、
十五克磨碎蝦蛋、三克的紅辣椒碎、四百克長條寬心
麵、三十毫升麻油、三十毫升橄欖油、一根紅蘿蔔切絲、
二百五十克青蔥切蔥花、五十克香菜切碎。

作法：龍蝦放入中沸水內燙一百二十五毫升水、醋混合
接著加薑放進冰藏一小時。

小碗中放入花生油、醬油、蜂蜜、薑、紅辣椒碎和刺
激的香醋攪拌後靜置備用。

麵條煮好後瀝乾備用。

起油鍋，放蘿蔔翻炒一分鐘，取出龍蝦、瀝乾後放入
鍋中與青蔥及紅蘿蔔一起翻炒三分鐘。

呈盤放入大碗，加入麵條、碎腸、龍蝦及其它材料，撒
些香菜碎後即可。

Post Office Island Crayfish & Sesame Noodles

Ingredients

450g Crayfish, shelled & deveined
225ml Vinaigrette
50g Chunky peanut butter
15ml Soy sauce
15ml Honey
15g Grated fresh ginger
5g Crushed red pepper

400g Capellini pasta
50ml Sesame oil
50ml Olive oil
1 Carrot, shredded
150g Chopped spring onions
50g Chopped coriander

Method

In a medium bowl mix the crayfish with 115ml of vinaigrette. Cover and refrigerate for 1 hour.
In a small bowl whisk the peanut butter, soy sauce, honey, ginger, crushed red pepper and the remaining vinaigrette then set aside.

Prepare pasta and drain.

In a large saucepan over a high gas heat the oil until very hot. Cook the carrot for 1 min.
Drain off the salad oil from the crayfish and add the crayfish and spring onions to the carrot and cook, stirring constantly, for about 3 mins. In a large bowl toss the pasta with the peanut butter mixture, crayfish mixture and chopped coriander and serve.



Post Office Island

小北島咖哩龍蝦

材料：一點五公斤龍蝦尾、一百一十五天椰奶、三十公登薑末、兩顆大洋葱切碎、二瓣蒜頭切碎、鹽、二十五天糖、十五毫升檸檬或萊姆汁、二十五天咖哩粉或十五天薑末、十五天香茅、十五天小茴香、五天辣椒粉、五天肉桂、五天黑胡椒、一小撮丁香與豆蔻。

作法：龍蝦煮十分鐘後冰鎮，去殼、取肉、切塊，湯汁留下備用。

鍋中倒八杯奶與一杯龍蝦高湯煮到兩者融合，放香料、中火煮到表面出現並且鍋內有一圈油脂，加洋葱、蒜頭與一杯水，煮十五分鐘，放入龍蝦肉，加鹽調味，小火加熱五分鐘，取後加白糖和檸檬汁或萊姆汁，呈盤時可搭配印度米飯。

Little North Island Crayfish Curry

Ingredients

1.5kg Crayfish tails
115g Coconut cream
30ml Ginger, finely chopped
2 Large onions, chopped
1 Clove garlic, finely chopped
Salt
25g Brown sugar
15ml Lemon or lime juice

25g Mild Curry Powder Or
10g Turmeric
10g Coriander
10g Cumin
5g Chili
5g Cinnamon
5g Black pepper
Pinch of cloves and nutmeg

Method

Cook crayfish for about 10 mins. Cool. Remove meat from tail and claws. Cut into cubes. Reserve cooking liquid.

Mix coconut cream with 1 cup of the crayfish cooking liquid in a saucepan until melted. Add spices and cook over a medium heat until a ring of oil appears and the spices smell cooked.

Add onions and garlic to the mixture with another cup of water and cook for 15 mins more. Add crayfish meat. Season with salt and heat for 5 mins over a low heat. Add brown sugar and lemon or lime juice. Serve with yellow pilau rice.



Little North Island

北島秋英端

材料——二百二十克中筋麵粉、五毫升沙拉油、三百克洋蔥切丁、二百五十克青蔥切丁、七十五克西芹切丁、四粒大蒜切碎、二百五十克秋葵切丁、五毫升卡夫調味料、二百五十克馬鈴薯切碎、二百六十毫升水、二百三十克純裝蛤蜊高湯、二片桂葉、二百四十克去皮鮑或貝他白魚肉魚柳、切成長三十毫米魚塊、四十克青蔥切蔥花、三百四十克小龍蝦去殼、一百一十五克中型龍蝦、五殼與泥勝、五毫升蒜香油、五百克煮熟的義大利麵。

作法：將麵粉放入一個五錢約二十五公分的鐵鍋，開中火，用打蛋器不斷翻炒二十分鐘，直到麵粉變成褐色麵糊（如果麵粉受熱太久，急速變色，必須從爐上移開，繼續攪拌待其冷卻），麵糊完成後離火攪至保

大鍋中倒油，中火加熱，五月後，西洋芹與大蒜
、煎炒八分鐘，直到蔬菜變軟，放入秋葵，五分鐘，加薑
、蒜五分鐘，偶爾攪拌一下，加入三百六十毫升水，卡士爾
料，蛤蚧高湯與月桂葉，後煮滾，慢火加入麵糊，攪拌
攪，轉小火，不加蓋持續攪拌，煮五十五分鐘。

加入鯛魚腹魚五分鐘，再加上蔥花及熟蝦魚十分鐘，或是以手所煮海鮮都熟了以後加入辣醬而後拌均勻並將月桂葉挑出來，取後將辣醬湯汁在飯上呈盤。

North Island Gumbo

Ingredients

120g Flour
3ml Vegetable oil
300g Chopped onion
150g Chopped green bell pepper
75g Chopped celery
4 Garlic cloves, minced
150g Sliced okra
150g Chopped tomato
50ml Water

5ml Cajun-Creole Seasoning
230g Bottled clam juice
2 Bay leaves
240g Skinned red snapper or other firm
white fish fillet, cut into 30mm pieces
40g Thinly sliced green onion
340g Crayfish, peeled
115g Medium crayfish, prawns and deionised
5ml Hot sauce
300g Hot cooked long-grain rice

Method

Place flour in a 2-quart cast-iron skillet; cook over medium heat 20 minutes or until browned, stirring constantly with a whisk. If flour browns too fast, remove it from heat, and mix until it cools down. Remove from heat; set aside. Heat oil in a large Dutch oven over medium heat. Add onion, bell pepper, celery, and garlic; sauté 8 minutes or until vegetables are tender. Add okra and tomato; cover and cook 5 minutes, stirring occasionally. Add 300ml water, Cajun-Creole seasoning, clam juice, and bay leaves, and bring to a boil. Gradually add browned flour, stirring with a whisk. Reduce heat; simmer, uncovered, for 45 minutes, stirring occasionally. Add snapper; cook 5 minutes. Add green onions, crayfish, and peas; cook 10 minutes or until seafood is done. Stir in hot sauce; discard bay leaves. Serve gumbo over rice.



North Island

阿布洛霍斯漁業目前已晉升為世界環保永續漁業之首，同時並由漁業部進行密集監測與控制（註一）。然而，這也導致捕魚技術與船隻尺寸兩者的大幅改變以及經濟風險，實際上捕捉的龍蝦幾乎是以獨佔的方式被提供給外銷產業，與當地的食物供給並無關連，整體操作如同資源擷取工業與鐵礦開採無異！

我的任務是運用我寄居於島上期間所累積的圖像與資訊，發展出一個合適的隱喻去支持與傳遞整個概念。我選擇用補蝦船的形式去呈現，這艘船中包括了島嶼以及我後續旅行到東南亞並沿著外銷的足跡追尋海鮮進口商、餐廳與廚師的聲音肖像。船隻的骨架在 *Space(d) Art out of Place Biennale* 雙年展（弗里曼特爾藝術中心西元二零一十二年二月）中形成了一個共振體，投射出阿布洛霍斯群島與島民的能量與複雜性。

（註一）

阿布洛霍斯群島被列入A級自然保護區受到保護。這點有趣的反映出只有百分之四的澳洲水域被列入海岸公園與保護區，而且全球也只有百分之零點三六的海洋（以地球表面百分之七十計算）有受到保護。

這是老赫斯爾路

熊島鱈魚之家

此處哈德森家族只對赫利爾家族說話

而赫利爾家族只對神語

這首詩歌是我多年前在一艘航行於冷冽北海上的拖網漁船艙壁中發現的。如同『鹽在血中』這句俗語，比喻的不只是我個人的家族史，同時還是大家的集體起源；我們的血液中有與海水相同的鹽度，這是進化史對我們的提醒，警示著我們與掌控氣候和大氣的水之母有著互依共存的命運。

『蝦音』這個計畫喚起我早期成長在一個薩塞克斯的小漁村中，村裡漁夫們駕著木舟為龍蝦籠上焦油的兒時記憶。龍蝦當然都提供給較富有的人家，今昔皆然，但是我們會在岩池間撿些小而鮮美的淡菜、海螺、海菜或從鵝卵石岸找些海甘藍幫自己加菜。

在西元二千零一十一年的數月間，霍特曼阿布洛霍斯群島上令人眩目的白色珊瑚礁島與色彩鮮艷的棚屋成為了我的家，那裡猶如另外一個世界，但我卻對其有種莫名的熟悉感。

秉持著開放的心胸與提問的態度，我關心補蝦業的生態與經濟活動，並對這個封閉的社會與其特殊的生活形態感到好奇。在此前提之下，我決定對那些辛勤工作又慷慨的接待家庭們進行觀察與學習，同時並對我們的海洋生態與海洋經濟在未來的可能性與永續發展進行討論與辯論。

This is the old Hesse Road
The home of Bear Island Cod
Where the Husdsons speak only to the Helyers
And the Helyers speak only to God

Many years ago I found this verse, found pinned to a bulkhead of a trawler in Hull on the cold North Sea. The saying Salt is in the Blood speaks not only of my family history but to our collective origins ~ our blood has the same salinity as sea water, a reminder of our evolutionary prehistory and a caution that we share our fate with our aqueous mother, who controls our climate and our atmosphere.

The CrayVox project has allowed me to reconnect with memories from early childhood, growing up in a small Sussex fishing village, the fisherfolk using open wooden boats and tarred wicker Lobster pots. The Lobsters of course were destined (then as now) for the wealthier members of the community, but we fared well by collecting small sweet Mussels, Periwinkles and Sea lettuce in rock pools with Sea kale garnered from the shingle banks.

The dazzling bleached coral islands and brightly coloured shacks of the Houtman Abrolhos Islands, which became my home for several months during 2011, were simultaneously otherworldly but strangely familiar.

I had come with an open mind but also with many questions concerning the ecology and economy of Cray fishing, curious about this isolated community and idiosyncratic lifestyle; my job in this situation I decided was to look and learn ~ but also to discuss and debate the future viability and sustainability of our marine ecologies and marine economies with my hardworking and generous host families.

The Abrolhos fishery is promoted as the worlds first environmentally sustainable fishery and is heavily monitored and controlled by the department of fisheries (1). This however has driven considerable changes in both the fishing techniques, vessel size and economic risk, not to mention the fact that the catch is almost exclusively for export and therefore disconnected from the local food cycle ~ operating as a resource extraction industry not dissimilar to iron ore mining!

My task has been to develop a suitable metaphor to support and communicate the broad raft of concepts; images and information that accumulated during my sojourn on the Islands. The form of the Cray boat was chosen as a vessel to contain an audio-portrait of both the islands and my subsequent travels to SE Asia, following the export trail to seafood importers, restaurants and cooks. The skeletal vessel in the Space(d) Art out of Place Biennale (Fremantle Arts Centre February 2012) itself becoming a resonant object projecting the energy and complexity of the Abrolhos and its people.

Note (1)

The Abrolhos Islands are protected as a A Class Nature Reserve ~ it is interesting to reflect that only 4% of Australian waters are protected as marine parks and reserves and globally only 0.36% of the oceans (which account for 70% of the planets surface area) are afforded protection.

The Island a cemetery exhaled by the sea

The tree of life calcinated to a bleached white
clinker raft

Whilst all around, submerged beneath the
endless sheet of water

Fronds branch and entwine, filament and fan,
knoll and star

Electric pink jostles acid green, fading to
sombre blue where the sharks sleep



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虫段

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立音