



Marie Rose Sauce (Seafood Cocktail Sauce)

I wish I could tell you the origin of Marie Rose sauce, but I haven't found a convincing answer. It was popularised as a seafood cocktail sauce by British TV cook Fanny Cradock in the 1960s, though similar sauces existed before then. The 'Marie Rose' name is often linked to the crew catering for the divers working on the restoration of the British Tudor warship, Mary Rose, in the 1980s, though this is unsubstantiated. Throw into the mix the similar Thousand Island dressing, named for the Thousand Islands region of the St. Lawrence River between the USA and Canada, and it all gets just too confusing! Suffice to say it's easy, delicious and a great way to dress up any seafood! I use tomato paste rather than tomato sauce in my Marie Rose sauce as it's thicker with a purer flavour.

Makes about ¼ cup

INGREDIENTS

- 2½ tablespoons whole-egg mayonnaise
- 1 teaspoon tomato paste
- ½ teaspoon strained lemon juice, or more to taste
- 4 drops Tabasco sauce
- Salt flakes and freshly ground white pepper, to taste



METHOD

1. Place all ingredients in a mixing bowl and stir to combine well.
2. Taste and add a dash more lemon juice, salt or tomato paste if you like.
3. Cover and refrigerate for up to 5 days.