

BEST SCOTTISH SEAFOOD RECIPE

Seafood and savour it

JEREMY NIXON

1 LANGOUSTINES WITH GARLIC BUTTER (Serves 2)

Ingredients:

800g Isle of Skye Smokehouse Langoustines
Handful of leafy herbs (parsley, basil, coriander)

2-3 cloves of crushed and chopped garlic

½ block of salted butter (125g)

For the butter, blend garlic, herbs and butter. If you don't have a blender then finely chop the herbs and mix in butter (at room temperature).

For langoustines, bring a deep pan of boiling water to the boil. Add the langoustines and cover with a lid.

These should take between two and four minutes, depending on their size.

Serve immediately with butter melting over the top.

If using salted butter, no salt is needed. Try to get hold of live langoustines. These are just as good cold – for best results plunge into iced water immediately after cooked.

Serve with bread and a mixed salad and a bib!

2 PRAWN KEBABS (serves 4)

Ingredients:

16 Isle of Skye Smokehouse Prawns

8 button mushrooms

2 red or green peppers, cut into chunks

1 courgette, cut into chunks

Marinade:

3 tablespoons of brown sugar

4 tablespoons of pineapple juice

2 tablespoons of soy sauce

Half a teaspoon of Worcester sauce

2 tablespoons of tomato ketchup

2 tablespoons of cornflour

Turn the barbecue on/light the charcoal. Thread 4 skewers alternately with prawns, mushrooms, peppers and courgettes; lay the kebabs in a shallow dish. Mix all the marinade ingredients together, except the cornflour and pour the marinade over the kebabs. Cover and leave for around 2 hours in the cool. Grill the kebabs on a medium heat for 8-10 minutes, turning frequently. In a saucepan, mix the cornflour to a paste with a little of the cold marinade. Bring to the boil stirring all the time, until the sauce has thickened.

Enjoy the delicious sauce with the kebabs and a mixed salad.

3 MUSSELS TOSSED WITH PANCETTA AND CHILLI (Serves 2)

Ingredients:

600g of Isle of Skye Smokehouse Mussels (cleaned and de-byssed)

3 strips of pancetta (diced)

3 tablespoons of olive oil

Splash of white wine

½ small red chilli finely chopped

3 sprigs of curly parsley finely chopped

Heat the olive oil in a saucepan for a minute then add the diced pancetta and keep stirring until slightly crispy.

Add the chopped chilli, then the mussels.

Add a splash of white wine – watch out it creates a lot of steam.

Keep covered, tossing regularly.

After 3-4 minutes remove and add parsley.

Discard any mussels which have not opened. Try and get pancetta slightly crispy to release the smoky flavour into the oil. Enjoy with some crusty bread.

4 CULLEN SKINK (smoked haddock and potato soup - serves 4-6)

Ingredients:

680g potatoes

454g Isle of Skye Smokehouse smoked haddock

1 onion

Bay leaf

1 small leek

1 stick of celery

500 ml milk

20g butter

50g double cream

salt and pepper

Peel and boil the potatoes. Finely chop the onion, leek and celery. Place chopped vegetables in a pan with the milk, bay leaf and the smoked haddock, skin side down. Warm to a gentle simmer. Remove the haddock from the milk, remove the skin and any bones that may be present. Flake the haddock back into the milk. Mash the boiled potatoes with the butter and cream. Fold the mashed potato into the simmering soup. Season as required.

Serve with warmed, crusty bread.

5 SWEET AND SOUR OYSTERS (Serves 2)

Ingredients:

8 fresh Isle of Skye Smokehouse oysters, shucked

1 x 15ml spoon (1 tbsp) vegetable oil

1 clove garlic, crushed



2.5cm (1in) stalk lemon grass
 2.5cm (1in) piece root ginger, chopped
 1 x 5ml spoon (1 tsp) finely chopped fresh red chilli
 1 x 15ml spoon (1 tbsp) finely chopped fresh mint
 2 x 15ml spoon (2 tbsp) fresh lemon juice
 1 x 15ml spoon soft brown sugar chopped parsley, to garnish
 Drain oyster juices into a measuring jug and make up to 150ml (5 fl oz) with water. Place

liquid and oysters in a bowl, reserving the lower half of the shells. Heat the oil in a pan and add the garlic, lemon grass, ginger and chilli and cook for 2 minutes until soft. Remove from the heat and stir in the mint and lemon juice. Microwave the oysters for one minute on high power. Place each oyster back into a shell. Place a little of the mixture from the pan on top of each oyster and sprinkle with brown sugar.



Sweet and sour oysters bring a taste of the orient to a seafood favourite - and it's a simple and delicious way to serve oysters

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