

SO MUCH TO SEA...

www.somuchtosea.co.uk

Grilled lobster with chilli, ginger, coriander and lime dressing

Recipe by Helen Fullerton

Serves 2

Ingredients:

1 or 2 small lobsters

Dressing

1 red chilli finely chopped
fresh ginger around 2cm by 2cm size, peeled and finely chopped
handful of finely chopped coriander (keep some to sprinkle over finished dish)

zest and juice from 1 or 2 limes
100 ml vegetable oil
4 knobs Shetland butter
Maldon salt

Lemon and lime mayonnaise

juice and zest of 1 lemon
juice and zest of 1 lime
6 tablespoons mayonnaise

Method:

Whizz the fish, Thai paste and egg in a food processor until well blended.

Place the mix in a bowl and add all other ingredients except the oil and season with salt and freshly ground black pepper.

Using your hands mould the mix into fish cakes approx 6cm in diameter and 2cm thick.

Cook in a frying pan for approx 5-6 minutes turning occasionally.

Drain on kitchen roll and serve with a sweet Thai chilli sauce (readily available in local shops and supermarkets).

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland
Scottish Salmon Producers' Organisation Shetland
Shetland Fish Producers' Organisation
Shetland Shellfish Management Organisation
Shetland Aquaculture Trust