

SO MUCH TO SEA...

www.somuchtosea.co.uk

Malaysian Hot and Sour Soup with Shetland scallops and tusk

Recipe by George McIvor

Serves 4

Ingredients:

600g butternut squash peel and dice
25g Shetland butter
10ml Rapeseed oil
80g chopped shallot
10g grated fresh ginger
3g Chinese 5 spice
3g cumin
30g fresh coriander, chopped
10g garlic, peeled & crushed
25g red chilli, deseed & finely slice

10g lemongrass finely chopped
500ml chicken stock
250ml coconut milk
1lime juiced
8 collops of Shetland tusk
4 large Shetland Scallops
1 TBSP rapeseed oil
1TBSP Shetland butter
Shetland squid ink sea salt

Method:

Heat the butter and olive oil in a pan over a medium heat.

Add the shallot, ginger, garlic, chilli and lemongrass – gently cook until starting to soften

Add spices and lime leaves cook for further 3 minutes

Add squash and the chicken stock and bring to the boil, skim, season and simmer until squash is cooked.

Add coconut milk and lime juice, bring back to the simmer, remove lime leaves

Blend well and check seasoning.

Season fish with squid ink Salt

Then fry scallops and tusk basting liberally with butter. Remove from pan onto absorbent paper.

Put your seafood into a tureen and pour soup over and around Fish sprinkle with coriander.

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