

Fish and Shellfish



Ingredients

4 tbsps pinhead oatmeal
1tbsp parsley, chopped
1tbsp chives, chopped
1 tbsp fresh mint,
chopped
salt
pinch of chilli powder
4 filleted herrings
1 tbsp olive oil
juice of half a lemon

Herb and Oat Herrings

Serves 4

Herring were hugely important to the Scottish economy at one time, and Scottish herring were sought after all over Northern Europe. They are a good source of the essential fatty acids, which reduce the risk of heart disease.

Method

Mix together the oatmeal and herbs. Season with salt and chilli powder. Flatten out the fish and place on the grill pan flesh side up. Brush with the olive oil and lemon juice. Sprinkle the oatmeal over the herring and press down. Grill for six or seven minutes until the oatmeal is golden and the fish is cooked through.

Grilled Halibut with Hot Tomato Dressing

Serves 4

Prime fish like halibut or turbot require brief cooking - just enough to "set" the flesh. Make the dressing with fresh, ripe tomatoes - at other times of the year use a good quality tinned tomato.

Method

Make the dressing first - chop the garlic, chillies and tomatoes in a blender. Add the vinegar, sugar, and with the motor running, add the olive oil. Season with salt and pepper.

Place the fish on an oiled baking sheet. Brush the fish with the oil and lemon juice, and season with salt only (black pepper will make the fish look dirty). Grill under a high heat for 4-5 minutes until cooked. Arrange on serving plates, surround with sauce and garnish with the rocket leaves.

1 clove garlic, peeled and chopped
1 green chilli and 1 red chilli, de-seeded and chopped
1lb of fresh tomatoes, or a tin of tomatoes
1 tbsp rice or white wine vinegar
1 tsp light soft brown sugar
5 tbsp olive oil

Tatties an 'Herrin'

"... A pot of new potatoes was boiling on the fire...she then got some half-dozen fresh herrings, caught early that morning - herrings large, beautiful, and as silvery-scaled as a salmon - and drying them nicely with a cloth, she placed them flatwise, side by side, on top of the potatoes in the pot....during quarter of an hour, perhaps, the wife kept an attentive eye on the pot, never once lifting the lid... she took the pot off the fire and set it on a low stool in the middle of the floor.

Continued overleaf: