

SO MUCH TO SEA...

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Fillet Of Monkfish or Shetland Tusk “Cantonese Style”

Recipe by Bill Bryce

Ingredients:

2 Fillets of Tusk or Monkfish. Skinned and membrane removed.

Rapeseed Oil

1Tsp Grated Ginger

2 Tsp sliced Spring Onions

1 Tsp Sesame Oil

1 Tsp Light Soy Sauce

1 Head of Pak Choy or Bok Choy

Method:

Fry the fish in a little of the rapeseed oil. You can also use vegetable or sunflower oil.

When the fish is just cooked and coloured, sprinkle over the ginger and soy sauce. Heat a little of the sesame oil to just smoking and carefully pour over the ingredients. The aroma is fantastic!!

In a hot wok or frying pan, add a little rapeseed oil, chop off the base of the pak choy and toss in the oil until just wilted. Transfer to a plate, put the fillets on top and pour the dressing over. ENJOY!!

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