

# SO MUCH TO SEA...

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## Fillet Of Shetland Halibut, Butternut, Leek And Mussel Stew

Recipe by Bill Bryce

Serves 4

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### Ingredients:

4x 6 oz fillets of Shetland Halibut ( you can also use cod or hake)  
Rapeseed Oil for frying  
4 oz butter  
2kg Shetland Mussels (Seaspray are the best)  
2 onions, finely chopped  
2 large garlic cloves, roughly chopped

¼ pint white wine  
1 large butternut squash ( you can also use pumpkin)  
Half a leek halved and sliced  
1tbs chopped chives  
1 tbs chopped parsley  
1 tbs chopped chervil

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### Method:

Thoroughly clean and de-beard the mussels. Discard any open, damaged or heavy ones.

In a large saucepan, place half the onions, one of the garlic cloves, the wine and 1 pint of water. Bring to the boil and add the mussels and cover with a tight lid. Give the pan a few shakes and after a few minutes all the mussels should be steamed open. Remove the mussels to a colander, reserving all the cooking juices. Strain this through a fine sieve and return it to a simmer to reduce slightly to increase the flavour. When cool, remove the mussels from the shells and reserve.

Quarter the squash and peel, removing the seeds within. Chop into half inch pieces. Heat the oil in a large saucepan, add the onion, leek and crushed clove of garlic and squash and cook until just coloured.

After a few minutes, add the stock and bring to a simmer for around 15 minutes or until the squash is just tender.

Add the mussels and stir in half the butter. Give the stew a generous twist of pepper and check the seasoning very carefully. Cover and keep warm.

In a frying pan, heat a little of the rapeseed oil and lay the halibut fillets in the pan skin side up. Allow to cook until golden brown, turn a give the skin side 2 more minutes until just cooked and soft to the touch. Add the remaining butter, allow to melt and foam and baste the fillets, skin side down

Divide the stew between 4 bowls, sprinkle with the chopped chives, chervil and parsley and place a fillet of fish on top. I recommend warm crusty bread for the sauce—and plenty of it!

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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