

SO MUCH TO SEA...

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Shetland Fish Soup with Stuffed Squid

Recipe by Marian Armitage

Marian Armitage made this for her appearance on BBC Radio Shetland's 'Shetland's Larder' and adapted the recipe for the 'So Much To Sea' community events.

It's a more wintry recipe using seasonal root vegetables: onions, leek, a piece of a neep, a carrot, a potato and celeriac. Once the liquor is cooked all you do is add a selection of cut up pieces of fresh fish and cook for no more than five minutes. Marian used: squid, cod and monk cheeks but the choice is endless.

Ingredients for Fish Soup:

25g Shetland butter (or use oil if you prefer)
1 small onion – chopped
Half a leek – thinly sliced
1 carrot – grated
A piece of a neep (50g) – grated
A piece of celeriac (50g) – grated
1 clove garlic – crushed and finely chopped
1 potato peeled and cut into small pieces
Zest of 1 orange – finely grated
1 tin of chopped tomatoes
Pepper and a little salt
200ml white wine
200ml fish stock
A handful of coarsely chopped parsley
A selection of Shetland fish cut into pieces

Ingredients for stuffed squid:

100g cooked couscous
4cm piece of chorizo – chopped
100g bag of baby spinach – cooked and chopped
25g Shetland butter
1 onion – chopped
1 clove garlic – chopped
1 tablespoon capers
Squid tentacles – chopped
A handful of chopped parsley

Method for Fish Soup:

Soften the oil and garlic in the butter.
Add absolutely everything else and cook for 30 mins.
The raw fish should be added about 10 minutes before serving with a good handful of parsley to garnish.

Method for stuffed squid:

Soften the onion and garlic in the butter
Add the chopped tentacles cook for a few moments
Add all the other ingredients mix thoroughly and heat through
Pack into the squid bodies and close with a skewer
Cook in the soup liquor for no more than 3 – 4 minutes on each side
Slice on to warmed plates and spoon over the liquor

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