

# SO MUCH TO SEA...

[www.somuchtosea.co.uk](http://www.somuchtosea.co.uk)

---

## Pan fried king scallops on smoked haddock carbonara

Recipe by Raymond Smith

This is an easy recipe for cooking at home, and makes one very generous portion.

---

### Ingredients:

5 fresh plump king scallops  
100 g spaghetti  
80g smoked haddock cut into cubes  
100ml single cream  
5g garlic finely chopped  
30g frozen peas

fresh chives  
5ml lemon juice  
30g butter  
sunflower oil (to coat base of pan)  
30g freshly grated parmesan cheese  
sea salt and milled pepper

---

### Method:

Cook spaghetti al dente (as instructed on pack).  
Remove muscle from the side of scallops, place on dry kitchen towel and refrigerate.

Place a pan on a medium heat, add butter, smoked haddock and garlic. Cook together for 2 mins.

Add cream, bring to boil, add peas and lemon juice, cook for a further 3 mins to reduce sauce and cook peas.

Place a frying pan on high heat, add sunflower oil carefully, then place the 'seasoned' scallops flat side down in pan. Cook for 2-3 mins to seal and caramelize to a rich brown colour.

Warm your plate.

Turn scallops over carefully and cook for a further 3 mins.

Add the drained pasta to the smoked haddock cream mixture and return to heat reducing sauce and making the mixture a little dry (not runny). Taste for seasoning.

Using a roasting fork place into the pasta mix turning clockwise to twist on the pasta. Place in the centre of plate and lift off leaving a neat carbonara, place around the scallops.

Sprinkle on the pasta the parmesan cheese & fresh chopped chives.

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