

SO MUCH TO SEA...

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Scallops with local fennel, leek and cream sauce

Recipe by Akshay Borges

Serves 3 (as a starter sized portion)

Ingredients:

9 scallops	juice of half a lemon
2 locally-grown fennel bulbs, sliced	400ml vegetable stock
1 leek, sliced	150ml Shetland cream
1/2 tsp fish sauce	1 tsp oil
1 locally-grown clove garlic, chopped	1 sprig dill, chopped
4 locally-grown tomatoes, chopped	salt and pepper to taste
1 locally-grown white onion, sliced	

Method:

Add oil to medium hot pan and lightly saute fennel, leek, garlic and white onion.

Add stock, cream, fish sauce and dill.

Simmer gently for ten minutes.

Season with salt and pepper.

Take a dry hot pan and add a drizzle of oil.

Season scallops and fry on each side until golden brown.

Put tomatoes in centre of a bowl and season.

Add the scallops and pour sauce on top.

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