

Scotch

SURF & TURF



Seafood
from Scotland

In Scotland's cold, clear seas grows some of the world's finest seafood.

Scotland's seas and lochs have been home to a rich and diverse range of seafood for generations.

From succulent whitefish and glistening shoals of mackerel to sweet-flavoured shellfish and the world's largest supply of langoustine, Scottish seafood is sustainable, diverse and delicious.

Immersed in tradition and heritage, families have fished Scotland's 12,000 kilometre coastline with passion and pride for generations. Knowledge and skills passed down from father to son ensures the fish that is landed into Scotland is of the highest quality, day in, day out.

Scottish fishermen consider themselves to be custodians of the sea and are proud to invest in sustainable and responsible fishing practices to ensure the sea continues to provide a living for future generations. More than 2,000 boats employ 5,000 fishermen who land over 60 different species into Scotland each year. This makes us one of the largest seafood producers in Europe.

Founded in tradition, whilst focused on the future, continued investments are made in skills, technology and equipment to ensure high quality seafood is produced from sea to plate, fully traceable, and safe to eat.

Seafood Scotland works throughout the supply chain to promote, market and develop Scottish seafood, and to ensure that wholesalers, retailers and consumers receive a top quality product.

For more information about the Scottish seafood industry or help in sourcing Scottish seafood, please contact us: enquiries@seafoodscotland.org

Scotland is a country renowned for tradition and excellence in producing high-quality food and drink.

Scotch Beef PGI and Scotch Lamb PGI are examples of the highest-quality red meat products produced from animals born, reared and slaughtered in Scotland.

They are part of one of the world's strictest assurance schemes covering the whole of the animal's lives including farms, feed, auction markets, livestock transport and processors.

Scotch Beef PGI and Scotch Lamb PGI are perfect products for chefs and retailers seeking a point of difference. The reputation of Scotland coupled with the professionalism of its red meat industry helps make the brands unique.

Livestock reared in Scotland are free from growth promotion hormones and the majority are reared on a grass-based diet. Antibiotic use is strictly regulated and only permitted for health reasons when necessary. Livestock spend most of their lives outdoors on pasture and are only brought indoors when the weather is poor.

The quality assurance schemes run by QMS cover more than 90% of Scottish livestock. They offer consumers throughout the world the legal guarantee that the meat they buy has come from animals that have spent their whole lives being raised to some of the world's strictest welfare standards.

For any further information check our website: www.qmscotland.co.uk or contact Laurent Vernet directly: Vernet@qmscotland.co.uk

Beef and Lamb from Scotland, a long tradition of excellence



Seafood
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Cod with Crab Crust, Hot and Sour Scotch Beef PGI Short Rib and Greens

Serves 4



Cod

4 x 140g cod supremes, skin removed
100g white crab meat
1 shallot, finely diced
1 clove garlic, finely chopped
1 tbsp parsley, chopped
60g breadcrumbs
40 ml rape seed oil
1 lemon, finely grated zest
4 tbsp passata

Method

In half the oil sweat the shallots, garlic to soften, add the remaining oil and breadcrumbs. Cook until breadcrumbs absorb the oil, remove from heat, mix through the crab meat, parsley and lemon zest.

Hot and sour Scotch Beef PGI short rib

1 x 800g Jacobs Ladder Scotch Beef PGI short ribs, bone in, cut in four pieces
2 stems lemongrass, chopped
4 red chillies, seeds removed, chopped
4 cloves garlic, peeled and chopped
3 cm piece root ginger, chopped
5 shallots, peeled and chopped
1 tbsp each ground cumin and coriander
2 tsp turmeric
4 dried lime leaves
2 tbsp each palm sugar, tamarind paste and tomato purée

Method

1. Place all the ingredients except the beef in a food processor and blitz to a paste, add water as needed. Spread the paste all over the beef and leave to marinate for 2 hours.
2. Braise the beef and marinade at 160c for 2 hours until tender.
3. Dice the beef into 2 cm pieces, discard the bones and any fat. Add beef to sauce.

Greens

Blanched greens (samphire, kale, asparagus, broccoli).
Potatoes boiled in saffron water can accompany the dish.

To complete the dish

1. Dust cod very lightly in flour and cook on both sides in a hot pan, spread with passata then crab crumb and place under a hot grill to create a crispy topping.
2. Spoon some of the hot and sour short rib on to the plates, place a piece of the cod on top and arrange the greens and potatoes to the side.



Scotch Beef PGI Carpaccio and Langoustine Canapé

Serves 16



Scotch Beef PGI carpaccio

160g Scotch Beef PGI fillet cut from the tail end
Salt and pepper
½ tbsp oil

Method

Season the fillet and sear on all sides turning so that the meat is seared and sealed. Remove fillet, roll tightly in cling film refrigerate to firm up. Slice thinly as required.

Langoustine

8 langoustine in their shell
(your fishmonger will shell them for you if necessary)
½ orange, zest and juice
Squeeze lemon juice
2 tbsp rapeseed oil

Method

1. Remove the langoustine meat from the shell along with the intestinal tract.
2. Cook the langoustine in oil in a hot pan for 1-2 minutes, add remaining ingredients and season.

Celeriac remoulade

50g celeriac cut in julienne [thin strips]
25g mayonnaise
10g each gherkin strips and baby capers
Squeeze lemon juice

Method

Combine all the ingredients and season.

Garnish

Toasted walnuts and orange fillets

To complete the canapés

Lay a langoustine half in a canapé presentation spoon, then celeriac, top with slice of carpaccio and garnish with walnut and orange.

Scotch Lamb PGI and Mackerel Puttanesca with Aubergine and Aioli

Serves 4

Lamb

1 x 4 rib rack of Scotch Lamb PGI	1 tbsp tomato purée
2 shoulder fillets of Scotch Lamb PGI	8 black olives, quartered
2 banana shallots, thinly sliced	2 tbsp sherry vinegar
1 clove garlic, chopped	1 tbsp honey
1 red chilli, finely sliced	400 ml lamb stock
2 tsp smoked paprika	

Method

1. Brown the shoulders and vegetables in a pan. Heat a little oil in a pan, add tomato purée, smoked paprika and olives, cook for 2 minutes. Add the vinegar and honey, reduce and add lamb stock and re-boil. Cover, place in a preheated oven at 160c and cook for 1 ½ - 2 hours until the lamb is tender.
2. Remove the lamb, dice and skim any fat from the sauce then reduce to the required consistency.

Mackerel

4 x small mackerel fillets pin bones removed

Method

Score the skin side of the mackerel, cut in half on the diagonal and pan fry.

Aioli and puttanesca sauce

Make an aioli and a puttanesca sauce to accompany the lamb and mackerel. For full recipe details email cetherson@qmscotland.co.uk

Aubergine

8 thick slices aubergine

Method

Add a little oil to a hot frying pan and add the sliced aubergine, cook on both sides until golden brown.

To complete the dish

Roast the rack of lamb at 200c for 12 minutes allow to rest then carve into 4 cutlets. While the meat is resting, fry 8 thick slices of aubergine until golden brown.

Plating up

Start with 2 slices of aubergine, then spoon on a little of the lamb shoulder ragout, carve the rack into 4 and add a cutlet to each plate followed by 2 pieces of mackerel fillet, finish by spooning the puttanesca over.



Fillet of Scotch Lamb PGI with Crab Mezzaluna, Sweetcorn and Spinach

Serves 4

Lamb

500g Scotch Lamb PGI loin stripped of fat and sinew

(Your butcher will do this for you)

½ tsp ground cumin,
1 tbsp rapeseed oil

Method

Rub the lamb with cumin and oil, cover with cling film and place in the fridge for 1 hour.

Crab mezzaluna

12 Gyoza wrappers (*available from Asian supermarkets or online*)

160g white crab meat from a brown crab
1 tbsp each coriander, shredded and chives, chopped
1 tsp soya sauce
¼ tsp each chilli sauce and black onion seeds
½ red pepper, finely diced
½ tsp ginger, finely grated
1 clove garlic, finely grated
½ lemon zest, finely grated and juice

Method

Combine the crab with all ingredients, season and use to fill the gyoza wrappers, folding into a half moon shape, seal with water.



Sweetcorn sauce

1 x 198g tin sweetcorn
1 banana shallot, finely diced
Pinch saffron
½ red pepper, finely diced
100 ml chicken stock
200 ml cream

Method

Sweat the vegetables with the saffron, cook without colouring until the vegetables soften. Add sweetcorn juice and stock, boil to reduce, add cream, simmer to thicken slightly.

Spinach

160g bag of spinach
Knob of butter

Method

Wilt spinach in butter season and drain.

Herb oil

Bunch coriander
Bunch chives
Few leaves spinach
Rapeseed oil to cover

Method

Blitz all ingredients, allow to stand then strain before using.

To complete the dish

Sear, the lamb on all sides then place in the preheated oven for 10 minutes, remove and rest before slicing. Cook the mezzalunas in boiling salted water, until they float, drain and toss in a little butter

Plating up

Scatter spinach on the plate, top with lamb and mezzaluna, spoon over the sauce and drizzling over herb oil.



Scotch SURF & TURF

From the rural lowlands and the unspoilt uplands, to the extensive coastline which surrounds the Scottish countryside.

Scotland's natural environment produces outstanding quality produce from land and sea.

Seafood
from Scotland

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