



**Saturday 12 August**  
**Cooking Fish with Nick Nairn**

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**Demo 2**

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Spaghetti with crab, chilli, lemon and parsley

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## DEMO 1      Scallops with Oriental Salad and Sweet Chilli Dressing

Serves 4 as a starter

### Ingredients

12            fresh large scallops, cleaned  
2 tbsp        sunflower oil  
               freshly ground sea salt  
1 tbsp        furikake (Japanese seasoning), optional

### For the salad

1            small carrot  
4            spring onions  
1            small ripe mango  
50 g        mange tout, shredded  
50 g        fresh beansprouts  
               a handful of fresh coriander, washed  
200g        mixed small salad leaves, such as mizuna, watercress or lamb's  
               lettuce, washed  
50 g        cashew nuts, crushed  
1            red chilli, halved, seeded and finely shredded

### For the sweet chilli dressing

4 tbsp        rice wine vinegar or white wine vinegar  
2 tbsp        sweet chilli sauce  
4 tbsp        light sesame oil

First make the salad. Fill a bowl with iced water or water with ice cubes in it. Shave long thin strips off the carrot with a potato peeler and put into the water. Cut the spring onions into long shreds and add them to the water too. Leave to firm up and curl in the fridge for 20 minutes, then drain well and pat dry.

Halve the mango past each side of the stone and peel with a potato peeler. Slice each half into long thin slices. Put the drained vegetables into a bowl with the mango.

Add the mange tout, beansprouts, coriander, salad leaves, cashew nuts and chilli and lightly toss together with your hands. Cover and keep in the fridge.

Mix the dressing ingredients and set aside.

Pat the scallops dry with some kitchen paper. Detach the corals and save them for another dish (personally, I don't like them). Heat a ridged griddle until smoking hot. Lightly brush the scallops with the oil. Quickly lay them in the pan and sear for 30 seconds – do not move them. Quickly turn them around on the same side, so that you will brand them with a criss-cross pattern. Cook

for 30 seconds. Flip them over and cook for another 30 seconds. They will now be ready. Season with a little freshly ground sea salt.

Arrange the scallops on warm plates. Toss the salad with 2 tablespoons of dressing and place a mound on each plate. Drizzle round a little more dressing and sprinkle with Japanese seasoning (if using).

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## **DEMO 1     Roast Hake, chorizo, peas and lettuce**

Serves 4

### Ingredients

700 g (1½ lbs) fillet of hake, trimmed  
Maldon salt and freshly ground black pepper  
25 g (1oz) melted butter  
2 x chorizo picante  
1 little gem lettuce  
finely shredded  
100ml vegetable, fish or chicken stock  
100g fresh or frozen peas  
3 tablespoons chopped fresh parsley  
40 g (1 1/2 oz) butter  
100ml double cream  
Freshly squeezed lemon juice

Heat a frying pan to hot, add a little sunflower oil to the pan. Season the fish and fry skin side down for about two minutes. You should see the sides of the fish whitening as the heat rises through the fish. Flip the salmon over, squeeze a little lemon juice over the fillets then lift the fish onto a baking sheet. Wipe out the pan using some kitchen towel and repeat until all of the fish is cooked

While the hake is cooking, heat a frying pan until quite hot and add the lardons. Turn down the heat and cook the lardons for 2-3 minutes, stirring around, until the fat starts to run and they begin to take on a bit of colour.

Throw in the shredded lettuce and stir around for a minute to coat with the fat from the lardons. Pour in the stock, season and bring to the boil, then turn down the heat and simmer, half-covered for 5 minutes.

Next, in go the peas and parsley, give the pan a good shake while it comes to the boil and add the butter. Let this melt into the "stew", finish with a splash of double cream, taste and add a squeeze or two of lemon juice to lift it. Serve with the pan fried hake.

## **DEMO 2     Monkfish tail with Curried Lentils**

Serves 4

### Ingredients

225g puy lentils

2 tbsp sunflower oil, plus extra for frying

1 small carrot, very finely diced

1 celery stick, finely diced

1 small leek, finely diced

1 garlic clove, finely chopped 2cm piece fresh ginger, peeled and finely diced

1 tsp Patak madras spice paste

Freshly ground sea salt and freshly ground black pepper

300ml chicken stock

3 tomatoes, diced and skinned

3 tbsp chopped fresh coriander

4 x 140g salmon fillets

Squeeze of lime juice

4 tbsp crème fraiche

Cook the lentils in plenty of boiling water for 15-20 mins, or until tender. Drain in a sieve and spread on a tray to dry.

Warm the sunflower oil in a saucepan and sweat the carrot, celery, leek, garlic and ginger for about 10 mins, or until soft. Add the curry paste and some seasoning and cook for 2-3 mins. Stir in the lentils, then add the stock and bring to the boil. Add the tomatoes and 2 tbsp of the chopped coriander. Check the seasoning. Simmer for 30 seconds or until you have a loose sauce. Remove from the heat and keep warm.

Put a small drop of sunflower oil in a hot frying pan, add the salmon fillets and fry for 2-3 mins on each side. Season with salt, pepper and lime juice.

Stir the crème fraiche into the lentils and ladle into four warmed serving bowls. Top with the seared salmon and garnish with the remaining coriander

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## **DEMO 2     Salt and Pepper Squid**

Squid needs to be cooked either very fast or very slowly, otherwise it takes on an unpleasant rubbery texture. This recipe calls for a fast method, literally dunking the seasoned squid into hot oil for 30 or 40 seconds to produce a delicious and moreish bite. These make great canapés or can be served a few pieces per person on a bed of salad leaves as a starter.

We're very lucky in Scotland to have excellent local squid, and it's pretty inexpensive, too. Your fishmonger will happily chop up the fish for you, but we thought it is worth showing you how to do it at home. See Critical Points, below. It's one of those cooking jobs that's great to know how to do yourself, and is easier than you think.

For this salt 'n' pepper recipe, the Sichuan pepper adds some slightly lemony aromatic overtones. In fact, Sichuan pepper is not actually a peppercorn, but the outer husk of a seed. However, it affects the mouth in a similar way to pepper creating a light tingly sensation.

Serves 4

### Ingredients

225g cleaned small squid

½ tsp Maldon Salt

1 tsp Sichuan pepper

1 tsp black peppercorns

2 tbsp self-raising flour

sunflower oil for deep-frying (will depend on the size of your pan)

plastic food bag

Thinly slice the squid into rings and separate the tentacles. See Critical Points for directions.

Heat a dry, heavy-based frying pan or wok over a medium heat and add the salt. Dry fry the salt for couple of minutes until it starts to look a bit grey. Add both lots of pepper and dry fry until the pepper darkens slightly and starts to smell aromatic.

Tip the salt and pepper into a pestle and mortar and grind as finely as possible. You could also use a small electric grinder for this.

Place the salt and pepper powder and flour in a plastic food bag and shake up well. Add the sliced squid to the bag and toss well to coat the squid in the seasoned flour. Tip into a dry colander to remove some of the flour.

Pour the sunflower oil into a pan so that it's no more than a third full, and heat to 190C. A wok is good for this.

Using a spider draining spoon to place the squid into the hot oil, fry five or six pieces at a time for 30 to 45 seconds, until crisp and golden. Remove with the spider spoon onto kitchen paper and serve at once.

To prepare your squid, first cut the tentacles off just below the eye. Feel for the almost parrot-like mini beak at the top of the tentacles and pop it out

with your finger and thumb and discard. Cut the tentacles into smaller pieces and place to one side.

Grab the head and gently pull to remove the innards. You should have pulled out the clear inky looking cartilage. If not, feel for it in the tube and pull it out carefully. Don't worry if you burst the ink sack. When you have removed all the innards, including the ink sack, peel off the wings and any other fleshy parts from the outside. Next peel back the purple skin from the tube, so that you're left with only white flesh. Give all the useable flesh a good rinse and pat it dry and rinse down the chopping board.

For this recipe, cut the tube into thin rings, as shown. Another way to cut the tube is to open it out flat, criss-cross it with a sharp knife and cook flat on a grill. This creates the classic curled up squid with a hatchet pattern, which works well on a barbecue with a squeeze of lemon.

### Vietnamese Dipping Sauce

Lime juice – 2 limes  
Thai fish sauce – small bottle  
Caster Sugar – 50g  
Spring onions – bunch  
Green chilli – 2  
Leaf coriander – bunch

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### **DEMO 3      Seared Salmon with Avocado Salsa**

#### Ingredients

2 tablespoons sunflower oil  
4 x 85g (3 oz) thin salmon escalopes, skinned and boned (piece of centre cut salmon ie not head or tail)  
A few drops of lemon juice  
Maldon salt and freshly ground black pepper  
For the sauce:  
120ml Double cream  
1 tablespoon Dijon Mustard  
Lemon Juice x ½ lemon  
Lemon zest x 1  
Salt  
Freshly ground black pepper  
2 tablespoons finely chopped chives  
For the Salsa:

1 large ripe Haas avocado  
1 red chilli, seeded and finely chopped  
1/4 red onion, finely chopped  
3 tablespoons chopped fresh coriander  
1 tablespoon Japanese pickled ginger, finely chopped (optional)  
2 ripe plum tomatoes, peeled, seeded and chopped into 1 cm (1/2 inch) dice  
2 teaspoons Thai fish sauce  
juice and zest of 1 lime

To make the salsa, halve the avocado and remove the stone. Halve again and remove the skin before chopping it into 1 cm (1/2 inch) chunks. Place in a mixing bowl and add the chilli, coriander, pickled ginger if using, tomato, Thai fish sauce, a pinch of Maldon salt and the lime zest and juice. Mix well and leave at room temperature for 30 minutes for the flavours to develop. Heat the oil in a large heavy base, non-stick frying pan until the oil smokes. Carefully place the escalopes into the pan and turn the heat up to full. Cook for 1½ minutes on one side only, until the edges start to turn opaque. If the pan isn't big enough to allow the 4 escalopes to fit comfortably, cook them in two batches and then keep on a warm metal tray, seared side up. To serve, season with lime juice, a little Maldon salt and freshly ground pepper. Then divide the salsa between four serving plates and place an escalope on top. They are delicious served just like this, however a tablespoon or two of butter sauce drizzled around the salsa turns this into something quite special

NB The sauce must never be too hot not too cold, or it will not thicken and emulsify sufficiently. If it ever starts to steam, then pull it off the heat and whisk like fury! Stir in the herbs just before serving  
Add the sunflower oil to the hot frying pan. As soon as it smokes, add two of the escalopes and cook for the approximately two minutes on one side only. Place the escalopes seared side up in a metal tray and keep them warm. Repeat with the two other fillets before seasoning all four with the juice of a half a lime, crushed Maldon salt and fresh ground pepper. Keep the escalopes warm.

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### **DEMO 3                      Spaghetti with Crab, Chilli, Garlic, Parsley and Lemon**

Serves 4

#### Ingredients

8oz white crab meat  
For the spaghetti:

100 ml (3 1/2 fl oz) olive oil  
1 or 2 small red chillies, seeded and very finely chopped  
2 garlic clove, finely chopped  
Juice and grated zest of 1 lemon  
225 g (8 oz) spaghetti or linguine  
3 tablespoons chopped fresh parsley  
Maldon salt  
Freshly ground white pepper

Place the olive oil, chilli, garlic and lemon zest in a large saucepan and warm through until just simmering. Then remove from the heat and leave to stand for 10 minutes (or you can let it cool completely and reheat it when you're ready to serve). Meanwhile, cook the spaghetti in a large pan of boiling salted water until al dente and then drain. Add the lemon juice to the olive oil and chilli mixture and season well, then add the pasta and warm through for 1-2 minutes. Add the crab meat and mix well, then the chopped parsley, mixing again. Divide between 4 warm serving bowls, garnish with shaved parmesan and chopped flat leaf parsley