



# SOLWAY SEAFOOD

## OUT OF THE BLUE

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# FISHY DISHES

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A collection of recipes using local catch

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## introduction

The photographs and recipes in this publication have been commissioned as part of Solway Firth Partnership's Out of the Blue project. The project aims to raise awareness and understanding of local sea fisheries and the part they play in the character and economy of many of Dumfries and Galloway's coastal communities. The project also aims to promote our fabulous local seafood and encourage more people to enjoy the world-class catch being landed along the Solway coast. This is superb, wild, natural food harvested from a beautiful environment - enjoy!

David Moses is a commercial and editorial photographer based in Newton Stewart. Bright, colourful and graphic food photography is one of David's particular specialisms and reflects his real passion for the quality, variety and sheer deliciousness of what we have to offer in Dumfries and Galloway.

Maria Salzmann is a chef who runs her own catering business from her home in rural Wigtownshire. Maria's training as a chef in Australia and travels around the world are reflected in the broad range of cuisines which influence her cooking style. She has a passion for locally sourced, fresh ingredients and believes food should be fun, exciting and a great way of allowing people to enjoy time together.

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For more information about Dumfries and Galloway's sea fisheries, where to buy local seafood and more visit:  
[www.solwayseafood.co.uk](http://www.solwayseafood.co.uk)

The Fishermen's Mission is a registered charity working throughout the UK since 1881 to provide emergency, financial and practical support to both active and retired fishermen and their families. This publication is free of charge but if you would like to make a donation to the Fishermen's Mission that would be much appreciated:  
[www.fishermensmission.org.uk](http://www.fishermensmission.org.uk)

*Solway seafood is wild, natural and delicious. Enjoy!*





# Crab san choy bow







## Crab san choy bow

This is a quick and simple way to serve the sweet white claw meat of brown crabs. Sometimes in the shadow of its glamorous relation, the lobster, brown crabs have a delicious, delicate flavour and are incredibly good value. Common along the rocky coastline of Galloway, brown crabs are landed into rural ports from Kirkcudbright westwards including Garlieston, Isle of Whithorn, Port William and Drummole.

Available all year round, although most plentiful during the summer months when better weather enables small creel boats to get to sea more often. Crabs also feed more actively as the waters warm up which makes them easier to catch. Crabs are sold locally cooked, live and 'dressed': served ready prepared in the shell as the perfect summer food to go.

**Serves 2 as a starter or light lunch served with crusty bread**

### ingredients

- 1 spring onion - julienned (cut into short thin strips)
- 1 red pepper - julienned
- 1 carrot - julienned
- 1 tsp ground ginger
- 2 garlic cloves - roughly chopped
- 2 brown crab claws (4 claws) - meat removed
- 1 bunch butter lettuce
- a handful of coriander leaves

### method

- 1 Mix the julienned vegetables together with the garlic and ginger.
- 2 Add crab meat and coriander leaves.
- 3 Wash and peel butter lettuce cups, removing leaves to cup the lettuce as a base for mixture.
- 4 Fill lettuce cups with san choy mixture, roll and serve.



# Lobster and mango salsa







## Lobster and mango salsa

Lobsters definitely enjoy a position in the spotlight of seafood celebrity, often regarded as an expensive luxury to be found on the menu of upmarket restaurants. While their price does reflect the time, care and labour involved in the method of fishing, locally landed lobsters are more affordable than you might think and provide the basis for a very special meal.

Lobsters are widespread along the rocky coastline of Galloway and are caught in creels from small boats which return to port at the end of each day. These feisty crustacean superstars are landed in Dumfries and Galloway all year round though, as with crab, the bulk of landings are during the summer months. Lobsters are sold cooked (bright red) or live (dark blue/black). Opinions vary on the best method of preparing live lobster so look online for the option you prefer or buy ready cooked.

**Serves 2 as a starter or light lunch served with crusty bread**

## Ingredients

3 cooked lobsters

### For the mango salsa

1 very ripe mango - peeled and diced

1 red onion - peeled and finely chopped

2 ripe medium avocado - peeled and diced

1 large red chilli - deseeded and finely chopped

1/2 cucumber - peeled, deseeded and finely chopped

150 ml rape seed oil

2 limes - juice only

4 tbsp freshly chopped coriander

## Method

- 1 For the salsa:** Mix together all the ingredients in a bowl. Season, and then put a piece of cling film tightly over the surface of the salsa, followed by another piece over the bowl so that it doesn't discolour. Place in the fridge up to 1 day in advance.
- 2 For the lobster:** Put the lobster on a chopping board then firmly twist off the head, followed by the tail and then snap off the large claws.
- 3** Use a pair of kitchen scissors to cut down the back which will allow you to remove the meat from the shell in one piece.
- 4** Break the claws with lobster crackers, or a rolling pin or small hammer - taking care not to crush the meat inside.
- 5** Then, use a pointed knife to remove all the meat from the claws, trying to keep as whole as possible.
- 6** Place lobster on a platter and top with mango salsa.



# Steamed langoustines with wild garlic mayo







## Steamed langoustines with wild garlic mayo

Just to confuse you, langoustines are also known as Dublin Bay prawns and, perhaps most commonly, deep fried in breadcrumbs, as scampi. Not content with this, they also go by the scientific name of *nephrops norvegicus* and are sometimes known as Norwegian lobsters. All very confusing, granted, but rest assured, these are all exactly the same thing and they are delicious.

Unlike their relative, the lobster, which likes rocky places, langoustines live in burrows in the sea bed and are found in places where there is a fine sandy substrate. Locally, this means they are to be found around Ross Island just outside Kirkcudbright Bay, and to the west, in Wigtown Bay. Local outlets sell them so fresh they may well be jumping around your bag on the way home.

**Serves 2 as a starter or light lunch**

### ingredients

8 langoustines, 1 small bulb of ginger, 1 stick of lemon grass, lime leaves, 500 ml of water and 2 tbsp sea salt

#### For the wild garlic mayonnaise

10 wild garlic leaves, 3 large egg yolks, 2 tsp English mustard, 200ml sunflower oil, 200ml rapeseed oil and 1 tbsp white wine vinegar

### method

- 1 Fill a steamer bottom with 500ml of water and add 2 tablespoons of sea salt, a bruised lemon grass and roughly chopped ginger.
- 2 Bring the water to the boil and add the langoustines to the top steamer. You can leave them shelled and veined if you want.
- 3 Cover the pan and simmer the langoustines for 3 - 6 minutes depending on size.
- 4 Remove the langoustines from the heat immediately and run them under cold water to stop the cooking process.
- 5 **For the mayonnaise:** Bring a pan of water to the boil and have a bowl of iced water ready. Plunge the garlic leaves into the boiling water for 30 secs, then lift out with a slotted spoon and drop into the iced water - this helps to keep the green colour. Pat dry and put in a mini food processor with the egg yolks and mustard. Pulse until finely chopped, then scrape into a big mixing bowl. Pour the oils into a jug.
- 6 Whisk the yolk mixture with an electric whisk. Slowly add the oil, first a drip at a time, then in a steady, thin drizzle - the mixture should thicken and start to look like mayonnaise. If at any point it starts to look greasy, add 1 tbsp cold water and continue whisking until all the oil has been added and you have a thick mayonnaise. Add the vinegar and season with salt and white pepper. Lay cling film directly onto the surface of the mayonnaise so a skin doesn't form, then chill. Will keep for 3 days in the fridge.
- 7 Serve langoustines with crusty bread and wild garlic mayonnaise.



# Potted shrimp







## Potted Shrimp

A nostalgic retro classic which is surely due for a modern revival. Potted food is an evolution of the pie in which the crust helps preserve food by excluding air, a method referred to by one food historian as 'medieval cling film'. The delicate spiced butter which tops potted shrimps is an elegant affair that adds a creaminess which is the perfect complement to the tiny brown shrimps.

Brown shrimps have been fished in the shallow waters of the inner Solway for well over a century. Nets pulled by horses and sail boats were gradually replaced by coal fired vessels while now a few small trawlers maintain this artisan fishery. In the Solway, shrimps are cooked on the boat immediately after being hauled aboard which ensures maximum flavour and freshness.

**Serves 2 as a starter or light lunch**

## Ingredients

120g unsalted butter  
a pinch of ground mace  
a pinch of cayenne pepper  
1 bay leaf  
200g peeled, cooked brown shrimps  
squeeze of lemon juice  
fine sea salt and freshly ground white pepper

## Method

- 1 Gently melt the butter in a small saucepan. Carefully pour the clear butter into another saucepan, leaving behind the milky solids.
- 2 Pour 2-3 tablespoons of the clarified butter into a warmed, small jug and set aside.
- 3 To the rest of the clarified butter in the pan, add the mace, cayenne and bay leaf. Simmer very gently for 2 minutes. Discard the bay leaf, then add the cooked, peeled shrimps and a squeeze of lemon juice. Stir for a couple of minutes, season with a little salt and white pepper, and remove from the heat.
- 4 Spoon the shrimps and butter into two ramekins or small jars, pour on the reserved clarified butter to cover in a thin layer and put into the fridge to set.
- 5 Remove the potted shrimp from the fridge 20 minutes or so before you want to serve them.
- 6 Spread onto hot brown toast.



**Freshly shucked oysters with coriander, lime and chilli**







## Freshly shucked oysters with coriander, lime and chilli

Oooh err...! Is there any truth in the oyster's reputation as an aphrodisiac? The jury's still out, but whatever your view, you have to agree that the oyster is a true aristocrat of the seafood world with all its connotations of opulence, decadence and gentility. However, it was once widely eaten by people of all classes in Britain, its popularity leading to scarcity of supply and its change of status to a luxury item.

Most oysters available in the UK today are Pacific oysters, also known as rock oysters, which were introduced to UK waters as a farmed species in the early 1900s. Some areas still hold well-managed stocks of native oysters and we are fortunate that Loch Ryan in Dumfries and Galloway is one of these areas. In fact, Loch Ryan boasts the only wild, native oyster fishery in Scotland and is one of just a few in the UK.

Serves 2 as a starter or light lunch

### ingredients

12 fresh oysters  
1 large red chilli - deseeded  
½ cucumber  
1 medium sized red onion  
a handful of fresh coriander  
2 limes - squeezed  
2 tbsp rape seed oil  
salt and freshly ground pepper

### method

- 1 Put the chilli, cucumber, onion, coriander, lime juice and rape seed oil into a blender.
- 2 Blitz for a few seconds so that the ingredients are roughly chopped.
- 3 Put in a bowl and season. Place bowl in the fridge to cool.
- 4 Shuck oysters: holding the oyster firmly in your hand wrapped in a tea towel, use a sharp knife to prise the oyster apart and cut out the meat. Place them on a platter in their half shells.
- 5 Top each oyster with a spoonful of sauce.
- 6 Serve - ideally with champagne (and a friend...!)



# Razor clams with herbs and lemon zest







## Razor clams with herbs and lemon zest

What's in a name? Razor clams go by 'cannolicchi' in Italy, 'longueirao' in Portugal and 'spoots' in Scotland. Their local name comes from their habit of squirting spouts of water out of their burrows in the sand as they pull themselves down to safety when the tide retreats. Along with oysters, scallops and cockles, razor clams are a bivalve (they have two parts to their shell) and feed by filtering food from seawater. Locally abundant, razor clams can be found on sandy shores along the Solway coast near the low water mark. They are deliciously sweet and salty and, with a texture not unlike squid, need little cooking.

**Serves 2 as a starter or light lunch**

### Ingredients

#### For the razor clams

8 razor clams - washed under running water to remove any grit  
2 shallots - peeled, finely chopped  
110ml white wine  
1 fennel bulb - shaved (cut into strips with a vegetable peeler)  
1 lemon - zest and juice  
50g fresh chives, parsley and thyme - finely chopped  
25g unsalted butter  
salt and freshly ground black pepper

#### For the garnish

3 sprigs fresh dill - chopped  
1 bunch fresh chives - chopped  
2 sprigs fresh chervil, leaves only

**For this recipe you will need to use a shallow ovenproof dish that is large enough to hold all the razor clams at once.**

### method

**pre heat oven to 220 degrees**

- 1 Prepare the clams, checking that they are clean and alive. They should close tightly when tapped.
- 2 Sauté shallots in butter until translucent.
- 3 Line your shallow dish with baking paper, add the clams and all other ingredients and place the dish in the oven.
- 4 Continue to cook the clams for 2-4 minutes or until clams are fully open.
- 5 Serve with crusty bread to mop up the juices.



# King and queen scallops with red pepper puree







## King and queen scallops with red pepper puree

Scallops are prized shellfish world-wide and the most important commercial seafood species landed in Dumfries and Galloway. Kirkcudbright is the main landing port and it may come as a surprise to hear that this small harbour in the middle of a picturesque rural town consistently ranks amongst the top ten for value of landings in the whole of the UK.

King scallops lie recessed in gravelly seabeds and are fished locally during the winter months with the season starting on 1st November each year. In summer, the Irish Sea is closed to scallop fishing which allows spawning and spat settlement to take place undisturbed. Queen scallops, also known as 'queenies', are a different species and are free-swimming when disturbed so are often caught in nets with fishing taking place throughout most of the year.

**Serves 4 as a starter or 2 as lunch or dinner**

### ingredients

12 king scallops  
8 queen scallops  
2 to 3 red peppers  
1 to 2 garlic cloves  
rapeseed oil  
butter  
sea salt and freshly ground black pepper  
green salad and lemon wedges to serve

### method

**pre heat oven to 200 degrees**

- 1 Drizzle the peppers with rapeseed oil, place on a baking tray and put them into the oven until charred and softened (about 30 minutes). Set aside to cool, then peel off as much of the skin as possible, leaving some charred bits. Cut open and remove the stems and seeds.
- 2 Sauté the garlic in a splash of rapeseed oil over a low heat until softened.
- 3 Put the garlic and roasted peppers in a blender and blitz to a rough purée. Season with salt and pepper, and add some more rape seed oil if you like.
- 4 Season the scallops with salt and pepper and fry in a lightly oiled pan for 1 to 2 minutes on each side. Take care not to overcook.
- 5 Finish with pepper puree, a squeeze of lemon and serve with green salad.



# Pea minted king scallops







## Pea minted king scallops

Not only do they taste heavenly, but scallops obligingly come with their own specially sculpted serving dish. Their two fan-shaped shells include one which is flat and one which is rounded. In the wild, scallops live flat side up, and move around by opening and closing their shells. The edible parts are the white disc and the creamy orange roe (or coral) and scallops are usually sold already 'shucked'.

**Serves 4 as a starter**

### ingredients

a handful of fresh mint leaves  
1 tbsp olive oil, plus extra for brushing  
1 onion - finely chopped  
600 ml chicken stock, preferably home-made  
1 kg frozen peas  
pinch of sugar  
12 large king scallops - cleaned and trimmed, white sliced in half, coral left whole  
sea salt and black pepper

### method

- 1 Set aside about two-thirds of the mint leaves and chop the rest really finely.
- 2 Heat the oil in a large frying pan over medium-low heat. Add the onion and fry gently for 5-7 minutes until softened and translucent.
- 3 Meanwhile, bring the stock to the boil in a small saucepan.
- 4 Add the whole mint leaves to the onion and cook briefly until just wilted.
- 5 Pour in the hot chicken stock and bring it back to the boil.
- 6 Add the frozen peas, bring back to the boil and simmer for 3 minutes until just cooked.
- 7 Pour the contents of the pan through a sieve set over a bowl. Reserve the liquid.
- 8 Put the peas in a food processor or blender. Whiz to a purée, adding a bit of the reserved stock, but keeping the purée thick.
- 9 Pour the purée into a saucepan and warm gently. Season with a pinch of sugar, and salt and pepper to taste. Sprinkle with the finely chopped mint leaves.
- 10 To cook the scallops, heat a ridged toasting machine, or ridged griddle or frying pan. Brush with a little oil. When the surface is hot, quickly place the white discs of scallop on top. After about a minute, add the coral, then close the lid if using a toasting machine. Turn the whites if using a griddle or frying pan. Cook for about another minute. Take care not to overcook.
- 11 Serve immediately with the pea purée.



# Queenies with mayo and lime







## Queenies with mayo and lime

With their delicate sweet flavour and prettiest of shells, the queen scallop is perhaps at its best with minimal intervention. A different species to the king scallop, and much smaller, queenies need little cooking to taste their best. Both parts of the queenie shell are convex and come in a variable range of attractive light pink to brown, orange or yellow colours often with contrasting bands and spots. Queenies are a fast growing species and can reach harvestable size within a few years.

Some of the best queen scallop fishing grounds in UK waters are in the Irish Sea and queenies are landed into local ports including Kirkcudbright, Garlieston and Isle of Whithorn to be processed in Kirkcudbright. Locally landed queenies are largely overlooked at home and are shipped across the Channel where they are enthusiastically consumed by the French, Spanish and Italians.

**Serves 2 as a starter**

### ingredients

12 queen scallops  
1 tbsp rapeseed oil  
1 tbsp butter  
2 limes  
sea salt

#### **For the mayonnaise**

2 free range eggs  
1 heaped tsp Dijon mustard  
500 ml rapeseed oil  
1-2 tbsp white wine vinegar  
1/2 lemon  
sea salt

### method

- 1 For the mayonnaise:** Whisk the egg yolks in a bowl, then add the mustard and whisk together.
- 2** Gradually add about half the oil, very slowly at first, whisking continuously for around 3 to 5 minutes, or until thickened.
- 3** Once you've added about half the oil, whisk in 1 tablespoon of vinegar - this will loosen the mixture slightly and give it a paler colour.
- 4** Continue to gradually add the remaining oil, whisking continuously.
- 5** Season with a pinch of salt, a squeeze of lemon juice and a little more vinegar, if needed.
- 6 For the queenies:** Preheat a pan over a high heat and add a tablespoon of oil. Pat queenies dry with kitchen paper and season well.
- 7** Add the queenies to the pan flat side down and cook until golden brown - this will take 2-3 minutes. Don't move the scallops around in the pan as this will prevent them from cooking.
- 8** Turn the queenies over and cook for a further 1-2 minutes then add a knob of butter to the pan and baste.
- 9** Remove from the pan and serve immediately with mayo and lime wedges.



# Periwinkles in tomato sauce







## Periwinkles in tomato sauce

With some foods, the process of eating is almost as important as what is consumed. The careful peeling of whole prawns or the simple shelling of pistachios maybe helps to illustrate the idea. The French understand this very well which perhaps goes some way towards explaining their love of picking periwinkles from the shell over a long lunch or a laid-back dinner. The labour required prolongs the experience and that's not a disadvantage, it's the point.

Periwinkles are common along much of the Solway coast where they graze on algae and seaweed in rocky places. A fast growing species, tiny periwinkles quickly recolonise areas that have been harvested by winkle pickers. Periwinkles are graded and packaged in net bags in Kirkcudbright before being transported live to the continent.

Serves 2 as slow food

## ingredients

200g fresh winkles  
2 spring onions  
1 large garlic clove  
½ tsp tomato paste  
1 glass dry white wine  
½ tsp dried herbs  
1 bay leaf  
2 tbsp olive oil  
smoked paprika  
salt

## method

- 1 Pour the winkles into a colander and rinse them very well. Then let them drain for 5 minutes and rinse them again. Repeat this 3 more times.
- 2 Peel the garlic clove and chop it up finely. Add it to a medium non-stick pan together with the olive oil and the bay leaf.
- 3 Place the pan over medium heat and gently cook the garlic in the oil for 3 minutes. Then add the tomato paste and a pinch of smoked paprika.
- 4 Stir and cook for 3 minutes. Then add the rinsed and drained winkles to the warm pan. Sprinkle with dry herbs.
- 5 Turn the heat high now and pour in the white wine. Season with a pinch of salt.
- 6 Stir the winkles a little until the wine sauce starts to boil. Then put a lid on the pan and let the winkles cook vigorously for about 4 to 5 minutes. In the meantime, slice the spring onions up finely. Add them to the cooked winkles at the end.
- 7 Stir well. The tomato sauce should be glossy by now. Check the seasoning and add extra smoked paprika or salt to taste if necessary.
- 8 Let the winkles cook for another minute. Then take the pan off the heat and pour the winkles and the tomato sauce into small bowls or onto deep plates. Serve immediately.



# Salmon with lime roasted tomatoes







## Salmon with lime roasted tomatoes

One of the most amazing natural sights is of salmon leaping up waterfalls to complete their journey back to their home river to spawn. Wild salmon is a rare treat and you are more likely to lay your hands on its farmed cousins. Careful management means that a small number of wild salmon are harvested from the Solway each year using fishing methods that are steeped in history and tradition. From the iconic haaf netters of the inner Solway to stake netting and net and coble fishing, these are truly artisan fisheries and have as much to do with culture and sense of place as they do with catching fish. However you come by your salmon, enjoy this most versatile of fish.

Serves 4 for lunch or dinner

### ingredients

- 1 whole side salmon, scaled, with skin, pin bones removed (2 1/2 to 3 pounds)
- 2 tsp kosher salt (or sea salt)
- 1 tsp freshly ground white pepper
- 2 tbsp lemon juice
- 1/2 small red onion - thinly sliced
- 1/4 cup extra-virgin rape seed oil
- 1 bunch of vine ripened tomatoes
- 2 tbsp lime juice

### method

pre heat oven to 220 degrees

- 1 Rinse salmon fillet under cold running water and pat dry. Cut a piece of foil long and wide enough to encase the salmon when folded over the centre and folded up on the ends. Position the foil on a large baking sheet and place the salmon in the centre of the foil, skin side down.
- 2 Season the salmon with salt and pepper. Pour lemon juice over the fish fillet along with the sliced onion.
- 3 Drizzle the fillet evenly with the rape seed oil and fold the edges of the foil up over the salmon and crimp to seal. Fold the edges together on both ends to create an airtight package.
- 4 Bake the salmon for 15 minutes, or until just cooked through but still moist. Serve immediately using a large metal spatula to portion the fish. Serve some of the accumulated juices spooned over the fish.

### Garnish

**Lime roasted tomatoes:** place tomatoes on a baking tray, pour lime juice and a teaspoon of oil over the top, bake in the oven at 180 degrees for 3 minutes.



# Sea salt baked sea bass







## Sea salt baked sea bass

Numbers of sea bass have been increasing in the Solway over recent years and this handsome silver fish is caught all along the Dumfries and Galloway coast during the summer months. Sea bass has become more popular over recent years with both chefs and home cooks realising the versatility of this highly rated fish. As well as the succulent texture of the flesh, part of the appeal of sea bass is its beautiful skin which cooks well and looks striking on the plate.

Encasing fish in a salt shell is a Spanish cooking technique with ancient and humble roots. The salt works to create a kiln style effect, sealing in moisture and gently steaming the food in its own juices, seasoning it slightly in the meantime. Salt-roasting does not result in food that's salty - just perfectly seasoned.

**Serves 4 for lunch or dinner**

### ingredients

- 1 kg sea salt
- 2 free range eggs
- 1½ tbsp fennel seeds
- 1 lemon
- 600g sea bass - gutted, scales left on, gills out
- a small bunch of fresh basil
- a small bunch of flat-leaved parsley

### method

**pre heat oven to 220 degrees**

- 1 Put the sea salt into a large, wide bowl with 2 tablespoons of water, eggs, fennel seeds and the peeled rind of the lemon.
- 2 Mix everything together until sticky and claggy, then spread two-thirds of the mixture around the base of a roasting tray in a thick layer.
- 3 Stuff the cavity of your fish with the basil and parsley (or any fragrant herbs), then lay the fish on the salt bed, and completely cover it with the rest of the salt so you get a layer about 1.5cm thick.
- 4 Pat it down firmly, then put into the oven for 15 minutes.
- 5 Once cooked, remove from the oven, take a sharp knife and stick it through the salt into the middle of the fish. Carefully touch the knife to your lip and if it's hot, the fish is ready. Leave to one side for 10 minutes.
- 6 Serve with salad and home-made garlic mayonnaise.