

WHITEFISH TACOS WITH PINEAPPLE SALSA

INGREDIENTS (SERVES 4)

FOR THE WHITEFISH

- 500g white fish fillets, such as cod, haddock or whiting, skin removed
- 3 tbsp plain flour
- 1/2 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp garlic granules
- 1/2 tsp dried oregano
- 1/4 tsp cayenne pepper
- 1/2 tsp fine sea salt
- 2 tbsp vegetable oil

FOR THE PINEAPPLE SALSA

- 1 small fresh pineapple (skin and core removed) or 1 tin of pineapple slices (drained)
- 1 fresh red chilli, seeds removed
- 1/2 bunch of fresh mint, leaves removed
- 1/2 small red onion
- 1 lime
- 1/2 tbsp olive oil

TO SERVE

- 8 small corn or wheat tortilla wraps
- 100g soured cream / crème fraîche / greek yoghurt
- Small bunch coriander, chopped (optional)
- Jalapeño chillies to serve (optional)
- Chilli sauce or sriracha mayo (optional)

SEAFOOD
SCOTLAND

METHOD

PREPARE FISH:

1. Pat the fish dry.
2. Combine the flour, spices and salt and coat the fish with the mixture.

MAKE SALSA:

1. Chop pineapple into small cubes and pop in a bowl.
2. Add chilli (remove seeds first), red onion, mint and mix with lime juice.
3. Add a drizzle of olive oil and a good pinch of salt & pepper.
4. Taste and adjust seasoning if needed.

COOK FISH:

1. Heat wide frying pan on medium heat – add vegetable oil.
2. Cook the fish in oil until golden brown (2-3mins each side) and cooked through.

SERVE TACOS:

1. Warm tortillas in oven or microwave.
2. Place everything in the middle of the table and build your own taco!
3. Add soured cream, fish, salsa, optional toppings – roll up and enjoy!

MACKEREL PATE WITH QUICK PICKLED RED ONION

INGREDIENTS (SERVES 4- 6)

- 125g mackerel fillets in oil
- 50g cream cheese
- 1 tbsp crème fraîche or greek yoghurt
- 1 tsp mustard (English or Dijon works well)
- Juice of 1/2 lemon
- 1 red onion, finely sliced
- 1 tbsp white vinegar (white wine or cider is best)
- 1/2 tsp caster sugar
- Salt & pepper to taste
- Toast or oatcakes, to serve

SEAFOOD
SCOTLAND

METHOD

PREPARE PICKLED ONION:

1. Finely slice the onion.
2. Place in bowl and cover with boiled water.
3. Allow to cool then drain.
4. Add vinegar, sugar, salt & pepper.
5. Taste and adjust seasoning if needed.

TIP: this will keep for 24hrs in the fridge, just make sure you let it return to room temp before serving again.

MAKE PATE:

1. Drain oil from can of mackerel and pop in a food processor/ mixer.
2. Blend with cream cheese, creme fraiche, mustard, black pepper and a good squeeze of lemon.
3. Blitz until it's a thick paste consistency.
4. Taste and add more salt, pepper or lemon if needed.

SERVE:

1. Spread pate on toast/oatcakes, with pickled onions scattered on top!