

# Fish and Shellfish

## A Fishionado's Guide



The Tobermory Fish Company

This little manual will help you discover the delight of eating fish and shellfish straight from the pure clean water of the Hebrides. Find the secrets of flavours that make you realise that eating is for enjoyment from foods that keep your mind and body healthy.

## TESTIMONIALS

“Tobermory Fish Company’s smoked trout recipe has been fine-tuned over three generations in the same family. It was probably the first cold smoked trout to be produced in Scotland or even the UK. This delicacy is now enjoyed by millions the world over. The original recipe was created by my late Uncle Hugh Goldie.  
Laurie Mill, Taste Marine, Bespoke Catering Services

“I have been using The Tobermory Fish Company products since their new refurbishment and for freshness and quality I have not found a supplier that can match their excellent seafood and smoked products”.  
Ramy DePlacido, Head Chef , Macgochans Bar and Bistro

“Having the benefit of locally sourced salmon, cold smoked by The Tobermory Fish Company gives extra meaning to this dish, not only by using a fantastic product but also the knowledge that you’re working with the freshest of locally produced goods prepared by a company with the best of reputations.”  
Mishdish

Over the years the company has had many testimonials and kind words of support. Bringing our customers the finest in fish and shellfish is the heart of our business.

# Fish and Shellfish



The Tobermory Fish Company

T & B

Tobermory, Isle of Mull

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# The Tobermory Fish Company

## ABOUT THIS BOOK

In the 1780's the British Society for Encouraging Fisheries decided to build a port upon a wonderful natural harbour among seas of abundant fish. The name of that port was Tobermory. In 1971 Hugh and Marjorie Goldie founded the Tobermory Fish Company. Today the Company is managed by Rosie and Sally, daughter and grand-daughter of the founders.

The Tobermory Fish Company Smokehouse is situated just above Tobermory Bay at Baliscate and for over forty years has been producing foods of the highest quality, using Hebridean fish and shellfish from the very best local suppliers.

Over the years the Company has supplied these delicious foods to many customers at many destinations. Some are well-known faces with discerning palates while others just have discerning palates. It may have been fish for a very special occasion or even a first taste of shellfish. Whatever the reason we have always been here to help with your food selections.

In today's world of ready meals and snacking, the value of healthy eating has never been more apparent. Not only are fish and shellfish delicious they are also two of the healthiest things you can put on your plate. Fish is great for your heart, can improve circulation, keep your joints mobile, your eyes healthy, and contains essential minerals. There's even evidence that you could get a boost in brain power. We should all aim to eat at least two portions of seafood every week, of which one should be oil-rich.

This little guide is to help with a few of those tricky questions you may have. Whether it's the way to cook mussels or what a spooter is?

If you would like to be included in our Christmas mailing or would like the taste of Tobermory wherever you are, please get in touch at [www.tobermoryfish.co.uk](http://www.tobermoryfish.co.uk)

You can also keep up with all our local news on the Tobermory Fish Facebook page.

# Fish



## WHAT TO LOOK FOR IN FISH

When buying fish look for bright, clear eyes, red or rosy gills (not dull) and a shiny skin. The flesh should be moist, firm, shiny and plump. It should smell fresh and slightly of the sea and never overly fishy or of ammonia. All fish must be stored chilled at below 4°C. Fresh fish should be eaten as soon as possible. It can be stored for a day or overnight in the fridge. Rinse in cold water, pat dry and place, covered, at the bottom of the fridge.

Most of the fish landed in Britain is preserved at sea in ice, for anything up to ten days. This is known as wet fish. On the West Coast of Scotland the time at sea is rarely more than a day; however landings are infrequent and depend on season and availability.

If fresh fish is not being landed, Tobermory Fish Company has commercial blast-freezers to freeze fish rapidly and to a very low temperature. This preserves the delicate texture and locks in the flavour by maintaining the integrity of the flesh. By blast-freezing, we ensure pristine stocks of fish are available, even when landings are not taking place. Blast-frozen fish can be kept in your freezer at -18°C or below. Frozen fish is best defrosted slowly in the refrigerator before cooking. This is important as quick thawing can result in loss of taste. Never refreeze fish once it has been thawed. Freezing does not kill bacteria, it only stops them working. This is why Tobermory Fish Company fish is "Fresh Frozen" on arrival.

Here's a couple of things that are useful to know as you explore the world of preparing fish. Whole fish must be gutted as soon as possible after capture. If left ungutted the flesh will spoil quickly. Gutting means the internal organs of the fish have been removed and the fish cleaned. If a fish is cooked whole it is always gutted and cleaned beforehand.

A fillet is the cut away side of the fish from which bones are removed. Run your fingers down the inside of the fillet and pull out any bones you find with tweezers. The flesh of raw fish has a translucent appearance which becomes opaque when cooked. Over time, various techniques such as hot and cold smoking have been perfected to impart wonderful flavours to fish.

# Fish



## WHAT WE PRODUCE

The Tobermory Fish Company uses a variety of smoking techniques to produce delicious tasting products. Smoking today is used to give flavour to a fish or shellfish. It is not used, as our forefathers did, to preserve fish.



The Tobermory Fish Company uses two main methods of smoking fish.

Cold smoking is the traditional Scottish method of preserving fish. It was originally known as kippering. Herring kippers have merely borrowed the word. Our own precise recipes and a careful curing process infuses the exact mixture of salt, herbs and spices. A light smoke then imparts a unique, delicate flavour to the fish. Tobermory Smoked Trout and Classic Smoked Salmon are prepared in this way. Although not cooked in the traditional sense, cold smoked trout and salmon is a finished product and needs no further cooking.

A hot smoke or “smoke roast”, smokes and cooks the fish to give a flaky texture. The Tobermory Fish Company uses a carefully controlled smokey heat to give delicious tastes. Original, Cajun and Italian Crust are all examples of using this process. Tobermory Smoke Roast Salmon is a ready to eat, cooked product.

Even though packaged, smoked fish must be stored chilled. Quality smoked fish looks glossy with a fresh, smokey aroma. Once opened use within two days. With all fish and shellfish packaging dates are “use by dates” (not best before) and have to be followed.

## COLD SMOKED TROUT

Tobermory Smoked Trout, known virtually everywhere simply as “Tobermory Trout” is an exquisite cold smoked food. It is widely known and has a distinctive flavour. It is a family tradition to relax at lunch on Sunday with sip of sherry and a platter of Tobermory Trout on small slices of buttered brown bread sprinkled with the juice of a quarter lemon.

To Eat: For a great taste experience eat Tobermory Trout in wafer thin slices placed on brown bread and butter and a sprinkling of lemon juice and black pepper.

# Fish



## COLD SMOKED SALMON

Cold smoking salmon is a Scottish craft with many subtle variations, much the same as whisky. Recipes are closely guarded secrets passed from generation to generation. The whole side of the fish is cured and then smoked over a prolonged period. Good flavours to serve with cold smoked salmon and trout are those with a kick, such as citrus or horseradish.

To Eat: Slice a fresh bagel in half. Spread on cream cheese and then lay slices of Tobermory Smoked Salmon on each half. Slice a red onion into thin, circular slices. Lay a few thin slices of red onion on top of the salmon and then sprinkle with lime juice.

## HOT SMOKED SALMON

The salmon is smoked at a much higher temperature and results in a delicious, flaky cooked food. As you can eat hot smoked salmon both hot and cold we call this a "Smoke Roast"

To Eat: Tobermory Smoke Roast Salmon is eaten cold with salad or warm. If eating warm always add the roast salmon to the dish near the end so as not to re-cook.

## SMOKED HADDOCK

Tobermory Smoked Haddock is prime fillets of undyed white haddock cold smoked. Unlike cold smoked salmon this is still a raw product that needs to be cooked before eating.

To Eat: Smoked haddock is a perfect breakfast dish when poached in milky water and an egg added.

## HALIBUT

The Halibut farm on the Isle Gigha is the only one of its kind in Scotland. The farm produces a fully sustainable organic product. Even the sea water is pumped by power from the island's own windfarm.

To Eat: Halibut is a wonderful tasting fish with firm, flaky white flesh.

## MACKEREL

Mackerel are numerous and easily caught. Gut by removing the head and cutting down the belly. Pull out the guts. Scrape the body cavity clean of all black and dark lining.

To Eat: Make three cuts at the thickest part to allow heat to penetrate. Rub the fish all over with cooking oil. Rub the body cavity with salt and put in some herbs. Grill until all the flesh has turned from translucent to milky white and it comes away easily from the bone.

# Shellfish



## WHAT TO LOOK FOR IN SHELLFISH

For the kitchen, the term shellfish is applied to all seafood other than fish. This includes crustaceans—such as lobsters and crabs, and molluscs—such as scallops and mussels. The taste of Hebridean shellfish is nothing short of exquisite. This quality of taste is recognised the world over. It comes from the clear, cold, salty waters that surround our islands. Once a shellfish dies the flesh deteriorates quickly. To check the freshness of a crustacean use the appropriately named “tail flick test”. Pull the tail straight and if it flicks back strongly it’s a pass! Good crabs and lobsters should be “heavy” for their size. Molluscs must have tightly closed, undamaged shells. Shellfish must also be cooked as freshly as possible and with very little cooking. If overcooked it loses its succulent quality. Fresh shellfish should be kept refrigerated at less than 2°C. Eat within the use-by date. Tobermory Fish Company sells shellfish live or cooked straight from the sea.

## MUSSELS

The Tobermory Fish Company sells local rope-grown mussels. Mussels in the shell must be cooked live. A one kg bag of mussels will do two people for a main course. After purchase, sort out any open mussels. If they stay open when tapped, discard them as they are dead. Scrape off any barnacles and wash. Pull away the fibrous “beard” (used to anchor the mussel) just prior to cooking, not earlier as this can kill the mussel. To Prepare: Add a few splashes of white wine, some chopped herbs and onion into a pot of water. Bring to the boil. Put in the mussels. Cover the pot with a lid and bring back to the boil. After about four minutes cooking the mussels will have opened. Throw away any that have not opened as they were also dead before cooking.



# Shellfish



## KING SCALLOPS (often know locally as clams)

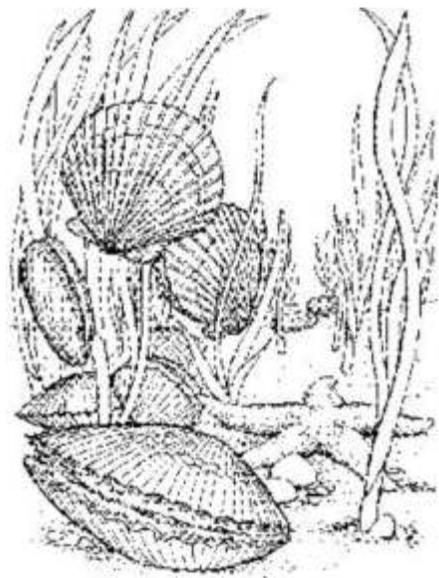
These are wonderful eating. The king scallop comes in the familiar scallop-shaped shell, one side of which is curved and the other flat. To open a scallop hold the scallop shell in your hand with the flat side up and the round edge facing you. Insert the end of a round tipped knife into the opening to the right of the shell. Work the knife towards you to open the two halves. Keep the shell open with your thumb. Work the knife blade close to the inside of the top shell and cut the muscle. The top shell will suddenly open. Lift it off. Pull away the black intestinal sack and the yellow frilly membrane. Cut the white scallop and orange coral from the shell and wash. Cut off the tough white ligament attached to the scallop flesh.



To make your life easy scallops are sold already opened and cleaned.

To Prepare: Pan fry king scallops for between one and two minutes turning once.

Overcooked scallops become rubbery.



## QUEEN SCALLOP

(known as queenies)

The queen scallop has a curved shell on both sides. They are smaller than the king scallop and have a slightly different flavour.

To Prepare: Pan fry with small pieces of bacon for about one minute.

## OYSTERS (you will need a tea cloth and an oyster knife)

Oysters are sold live. Choose the oysters with shells tightly shut. Keep them chilled, curved side down in a dish covered with a damp cloth. On no account keep the

# Shellfish



oysters in water. To open (shuck) an oyster hold curved shell down in a thick cloth with the hinge facing towards you. Insert the point of a knife where the shells join at the hinge by pushing and twisting. Slice the knife under the inside



surface of the top shell. Cutting through the heel of the shell loosens the top shell. Run the knife along the rim of the shell to remove the top shell. Loosen the oyster flesh.

To Prepare: Shucked oysters are ready to eat.

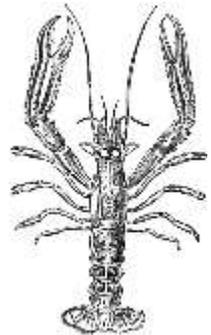
Eating a oyster is very much about the indulgent ritual. Display the open oysters on a heaped bed of crushed ice with slices of lemon and strands of seaweed.

**LANGOUSTINE** (a small slim, orange lobster often known as prawns)

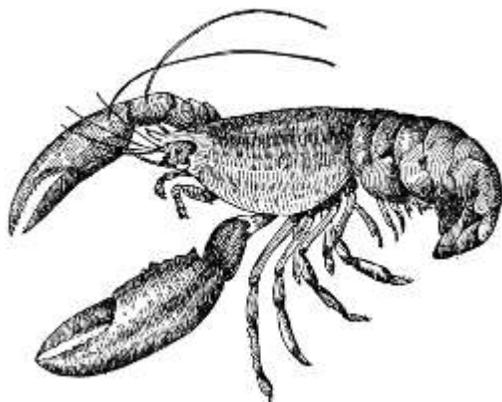
Langoustines are absolutely delicious. Unlike lobsters they are orange and remain orange when cooked. From a whole cooked langoustine take off the head. Squeeze along the length of the body and then break open the shell from the underside with your fingers. Squeeze and pull out the tail from the remaining shell. Langoustine can be eaten with or without the vein that runs down the inside of the flesh, The vein is the digestive tract and can result in a gritty taste. To remove it you will need a small sharp knife. Holding the meat back-side-up run the knife down the length of the prawn. This will expose the vein. Use your finger or the tip of the knife to pull the vein out and then wash. The meat is ready to eat or use in your favourite recipe.

On the west coast of Scotland most langoustine are caught by family owned creel boats. Your purchases help support this traditional, sustainable fishery.

To Prepare: Put the Langoustines in a covered pot of boiling salty water for no more than two minutes.



# Shellfish



## LOBSTER

Live lobsters are blue. The lobster turns red when cooked. They can be purchased live or ready cooked. Hebridean creel-caught lobsters are the ultimate luxury seafood and as such are a highly-priced item. They are best ordered and the market price established. One small fact to

remember if you are cutting a lobster tail for the first time. It's easier to split the tail by cutting through the hard top shell first rather than the soft underside.

To Prepare: Simmer a 750g lobster for about 20 minutes (add two minutes for each additional 100g in weight).

## COMMON EDIBLE CRAB

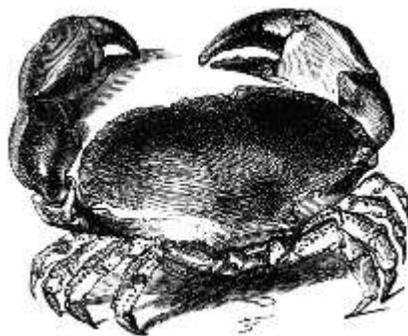
This is the familiar big pinkish brown crab. They can be purchased live, ready cooked or as packed crab meat. Collecting the crab meat from the crab is a lot of work.

To Prepare: Cook the crab in boiling salted water. A 1kg crab will cook in about 18 minutes (add a minute for every further 100g).

## SQUAT LOBSTER (Squatties)

Just to cause more confusion they are not lobsters at all but are more closely related to hermit crabs. The tail is carried tucked under the body which gives them a 'squat' appearance, hence the name. The tail is the only part worth eating which gives a lot of waste. However they are delicious to eat.

To Prepare: Boil for a few minutes.



# Shellfish



## YOU MAY WANT TO GATHER THESE YOURSELF

### WHELK

Collected by hand on the shore around the Scottish Islands. The whelk or “wilk” is the small black shellfish commonly known by many as the winkle.

To Prepare: Drop into a pan of well salted water for about five minutes. Pick out the flesh and eat with vinegar.



### RAZOR CLAM (known locally as spoots)



The razor clam, so named because it resembles an old fashioned cut-throat razor, can be gathered by hand at low spring tides. Hunting them is called spooting. The trick is to walk slowly backwards over the sand. When the “spoot” detects the footprints they burrow down leaving behind a small spout of water and a hole. This alerts the spooter and a quick dig should catch the clam. Razor clams are very good eating.

To Prepare: Add the razor clams, a tablespoon of olive oil and half a glass of dry white wine to a steaming pan of water. Cook, covered, for two minutes.

CLABBIE DUBH (Horse mussel) A giant among mussels. Avoid eating the mussels with rough shells as these are old and become coarse in flavour. The younger, smooth specimens are delicious. Clabbie Dubh’s can be dug with a fork at very low tides.



To Prepare: Place the “clabbies” in a pan of boiling water until they open up. This will be for about five minutes.

These pages have been a very rough guide on the shellfish you may come across both in shops and on the shore. If you are at all doubtful about the suitability to eat, please always check locally. It is also important to do this as occasionally certain shellfish become unsuitable for eating due to natural events such as some types of plankton bloom.

If in doubt purchase from a local supplier.

# Recipes

Over the years we have “discovered” recipes to great tasting dishes by careful preparation or sometimes just luck. Also many of our customers have sent us recipes that they consider outstanding. It may be for taste or it could be a delicious snack that’s easy to prepare. In this small book we have tried to include recipes that are just a little bit different from those found in the many glossy, colour cookbooks.

On the following pages we list these gems.

Our thanks to all those who have given their time and knowledge.



# Cullen Skink

*John Weir, Tobermory Soup*

In making this Scottish soup I have never been one to use scales or measuring jugs. Instead I use that well known Scottish measure a dodda  
(1 dodda = 25g approx)

## SERVES FOUR

500g Tobermory Smoked Haddock

500-750ml full fat milk

Six to Eight potatoes and one chopped onion

500ml chicken stock

olive oil and butter

double cream

Bring milk and a “dodda” butter to boil. Remove from heat, slip in the haddock and allow to poach for about 10 minutes.

Remove fish with a slotted spoon. Peel potatoes and cut into small dice.

Add olive oil and another dodda butter to a large pan and sauté potatoes and onion for about 10 minutes but do not allow to brown. Then add the stock and the milk. Bring to the boil and gently simmer until the potatoes are tender. Blend the soup until smooth, return to the pan and add a good dodda double cream. Reheat gently and flake in the poached haddock. Season to taste.

(There are many varieties to this soup. Sally always adds a leek in with the onion. Rosie prefers to keep the potatoes in a small dice rather than blended ..... try them all out!)

# Chicken breast stuffed with Tobermory cold smoked salmon



SERVES TWO

## Chicken

Two chicken breasts

80g Tobermory Smoked Salmon

200g cream cheese

Two sprigs of fresh dill

Half red onion (finely diced)

Zest and juice from ½ lemon

## Rosti

250g potatoes

Half lemon

pinch of plain flour

veg oil (to fry)

seasoning

## Sauce

50g unsalted butter

50g plain flour

80ml Chardonnay

60ml double cream

30ml chicken stock

medium finely diced white onion

Puree down red onion, dill, cream cheese, zest and juice of lemon and Tobermory cold Smoked Salmon to a smooth paste.

Prepare the chicken breast by making a small pocket on the underside. Spoon or pipe the paste into the chicken breast and place on baking tray and bake for 10 to 15 minutes or until fully cooked through.

Prepare the rosti by grating the potatoes in a large bowl adding the lemon juice and flour and mix until everything is coated.

In a large frying pan, heat the oil and make small rounds of the potato rosti and fry until golden on each side.

Place on a tray and bake for 8 to 10 minutes. These can also be made in advance and re-heated.

For the sauce melt the butter in a heavy-based saucepan and sauté the onion until opaque. Add in the flour and mix until it turns into a sandy paste then add in the chicken stock. Continuously stir until no lumps appear. Allow to cook out for 5 to 8 minutes to remove the taste of flour, then add in cream and Chardonnay.

Serve with fresh seasonal vegetables (optional) and drizzle the creamy sauce over the chicken breast.

# The morning after!

## Taste Marine

My favourite recipe using this amazing and well established ingredient is simple but luxuriates on the discerning palate like fresh peaches and cream. Smoked salmon and scrambled eggs is served for the sort of post wedding breakfast at which you will also be drinking Bucks fizz made with vintage champagne.

### SERVES FOUR

Twelve eggs

One Fl oz double cream

Half teaspoon sea salt (Malden)

Four oz unsalted butter

Fresh ground black pepper

Four slices brown bread

Four oz Tobermory Cold Smoked Salmon

A small bunch of fresh parsley

Toast and butter the bread.

Break eggs in bowl and whisk with cream and 3 turns pepper grinder.

Melt butter in pan and add eggs mixture.

Heat gently drawing mixture slowly from the sides into the middle with wooden spoon (do not whisk).

When half cooked fold in the salmon and continue drawing mixture from the sides until almost set and slightly wet.

Add salt to taste.

Serve on buttered toast and garnish with a sprig of parsley.

# Seafood Lasagne

macgoughans  
TOBERMORY

## SERVES SIX

Four Tobermory Fish Company Smoked Haddock fillets

200g of Tobermory Cold Smoked Salmon

350g of Atlantic Prawns (peeled and cooked)

Ten Lasagne Sheets

1/2 Pint of Fish Stock, 1/2 Block of Salted Butter, Plain Flour

1/2 Pint of Single Cream, 1 Pint of Water

One Finely Chopped Onion, Two Teaspoons of Garlic Puree

Pinch of Fresh Dill, Pinch of Fresh Tarragon, Salt and Pepper to Taste

Finish with Mature Grated Cheese

## SEAFOOD SAUCE

Melt all the butter in a pan, add enough plain flour until the mixture comes to a roux. Add the fish stock and hand whisk until smooth.

Continue whisking and add the water. Stir through the garlic, tarragon and dill.

Sprinkle the raw, finely-chopped onion into the sauce.

The cream should be added a bit at a time until you get the desired consistency, this should be thin but not watery.

The grated cheese is the final step to the seafood lasagne sauce.

## PREPARATION OF THE LASAGNE

Grease a baking tray, suitable depth for a lasagne. Layer the base with sauce then a layer of the pasta sheets to cover the sauce, and more sauce on top. Place the raw smoked haddock side by side in the tray, then cover with a thick layer of the sauce. Add a second layer of pasta sheet followed by a thin layer of sauce. Cover with the smoked salmon and all the Atlantic Prawns. Finish with a final layer of pasta and cover with the remaining sauce and some grated cheese.

Cook uncovered at 240° (gas mark 5) for 30–35 minutes.

# Malaysian Mussels

Tobermory



Mussels

Remembering my days as a boy living in Malaysia and using Tobermory Mussels this is a flavour of East meets West (coast).

SERVES FOUR

2 Kg Tobermory Bay Mussels

Spring onions

Fresh ginger

Garlic

Red chillies

Fresh coriander

Tin of coconut milk

One lime

Put a splash of oil in a pan and add the spring onions, ginger, garlic, chillis and snipped coriander stalks for a couple of minutes. Add in the coconut oil and lime juice and bring to a simmer. Rinse the mussels and add to pan. Put a lid on and allow to steam until the shells are fully open. Scatter with fresh coriander and serve with rice or crusty bread.

(as an alternative you can add in 2 tablespoons of nam pla and 2 tablespoons of red curry paste and serve with naan bread)



# **T**obermory Smoked Trout Roulade

Coire Gorm Lodge Catering

*If you fancy coming round for a wee nibble!*

SERVES TWO

Tobermory Smoked Trout (500g)

Cream cheese

Lemon

One tablespoon chopped dill (Fresh)

One tablespoon chopped chives (fresh)

Two tablespoons chopped gherkins

Half a red onion (finely diced)

3 sheets gelatine soaking in water

Ground black pepper

In a blender mix 200g trout, cream cheese, juice and zest of lemon. Add finely diced red onion, gherkin and herbs. Drain gelatine and heat in microwave until melted. Add to the mixture and blend until mixed. Put into a fridge to start setting.

Lay out a sheet of cling-film about 40cms long. Lay out trout in a 30cm x 20cm rectangle. Put the cream cheese mixture into a piping bag and pipe along nearest long edge. Using cling-film to help, roll trout around the cream cheese into a tight sausage shape. Twist tightly and knot each end of the cling-film and put in fridge to finish setting.

Cut off the ends. Remove cling-film and slice into small discs. Serve on a miniature oatcake with lumpfish caviar and a sprig of dill.

# Low Fat Smoked Haddock and Cumin Chowder

*For the calorie conscious this soup will see you through your busy day. Not only low on fat and carbs but a delicious meal or starter.*

SERVES FOUR

A few Black Peppercorns

A single Bay Leaf

400g of Tobermory Smoked Haddock

500ml Semi-Skimmed milk

700ml of Fish/Vegetable/Chicken Stock

25g Unsalted Butter

Four Leeks Trimmed and Sliced into Rings

One half teaspoon Cumin Seeds

Drop the bay leaf and peppercorns into a shallow pan, add the fish and cover with the milk and stock.

Bring to a simmer and cook the fish for 5-6 minutes.

Lift out the fish and set to one side on a plate.

While the fish had been cooking put butter and leeks in a large pan. Heat for 10 minutes **WITHOUT** browning.

Add the cumin seeds to the leeks and cook until you can smell a nice toasty smell.

Add the potatoes and the stock/milk mix.

Simmer for 20 minutes until the potatoes are cooked. Flake in the cooked fish and serve with Tobermory Bakery Crusty Bread.

# **B**runch special

Mike Storey

*A Sunday brunch boost to use those tasty trimmings.*

SERVES TWO to THREE

100g Tobermory Smoked Trout or Salmon Trimmings

3 large free-range eggs

125ml half-fat milk

4 or 5 asparagus spears chopped to 1cm lengths

pinch of onion salt

tablespoon of finely chopped fresh dill, or teaspoon dried dill

10g of butter ( or margarine )

Lightly scrambled eggs with dill, asparagus and Tobermory Smoked Trout.

This recipe is very popular as it is light, healthy and tasty. Not being a traditionalist, I scramble my eggs in the microwave, which gives a softer, lighter texture.

In a microwave dish, steam the chopped asparagus for approximately 1 min at 650w.

Drain and set aside. Chop up the Tobermory Smoked Trout trimmings, and set aside. Lightly beat the eggs, milk, onion salt, butter and chopped dill into a microwavable bowl. Cover loosely with microwave film, and cook on high for one minute. Remove the bowl from microwave and stir lightly.

Cook for a further ninety seconds until the mixture is starting to set. Then gently fold in the drained asparagus spears and chopped smoked trout. Cook for a further one minute until the mixture is lightly set but still moist. Serve on wholemeal toast with grilled tomatoes.

# Tobermory Smoked Mussels Wrapped in Sole

*When you need to have muscles in your soul!*

SERVES TWO

Two skinned fillets of sole

Sixteen Tobermory Bay Smoked Mussels

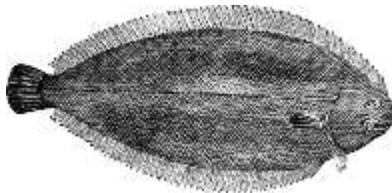
One tablespoon of chopped tarragon

A mug of fish stock

Four tablespoons of creme fraiche

Seasoning

Place fish side down and lightly season. Place the mussels on the sole away from the edges, Sprinkle the tarragon over the fish and mussels and then roll. Put in an oven dish with the fish stock and close the lid. When cooked remove the rolled fillets and keep warm. Reduce the cooking liquor by a half and stir in the creme fraiche. Cut the fish into two pieces and arrange on the sauce. Serve with steamed greens and new potatoes.



# Isle of Mull Scallops with Mango Salad

*Add some Caribbean zing to your local scallops.*

SERVES TWO

Six Isle of Mull Scallops

Olive oil

Zest and juice of a lime

Grated ginger

Chopped coriander

Two ripe mangoes

Watercress

Spring onions

Put the scallops in a bowl and coat with olive oil.

Season and then sear the scallops.

Cook in a frying pan for half a minute each side.

Put three tablespoons oil, lime zest, lime juice and ginger in a bowl and whisk together.

Season to taste and add two or three tablespoons fresh coriander.

Arrange the scallops, slices of fresh mango and watercress on a plate.

Drizzle over the dressing and scatter with fine slices of spring onion.



# Risotto of Smoked Haddock



Highland Cottage  
A small hotel of quality  
& fine dining restaurant

The dish can be garnished with a soft poached egg on top, steamed asparagus spears or shaved parmesan.

## SERVES FOUR

400gms Tobermory Fish Company Smoked Haddock

Water and Milk mix to cover the haddock

Two Tablespoons of vegetable oil

Knob of Butter

1 Large Leek, thinly sliced

300gms Arborio Risotto Rice

Glass of Dry White Wine

Litre of hot chicken stock

Small bunch of chives, snipped

150mls Double Cream (optional)

Put the fish into a pan and cover with the water and milk mix and simmer for 4/5 minutes till cooked, leave aside to cool, drain and flake.

In a wide frying pan heat the oil and butter and cook the leeks on a low heat until soft but not coloured. Turn up the heat and add the rice and stir well to coat the grains.

Pour in the wine and stir till absorbed.

Add the hot chicken stock a ladleful at a time stirring it in to bring the starch out of the rice. Do this until the rice is just tender and creamy. You may not need to use all of the stock.

Flake the cooled haddock into the rice, mix well, check the seasoning, add the chives and serve. You could add a generous slug of double cream before adding the chives for a richer finish.

# Mull Smoked Scallops and Roast Beetroot Salad

*How to enjoy a smokin beat.*

SERVES TWO

Four smoked scallops

Two fresh beetroot and four fresh Parmesan shavings

Mixed lettuce leaves including rocket

Chopped fresh coriander and 4 small sprigs rosemary

Extra virgin olive oil, Balsamic vinegar

Trim the green stalks to within half centimetre of the top of the beetroot. Wash, dry and make a small incision with a knife at the top of each. Stuff each with a sprig of rosemary, cover with foil. Cook in a moderate oven (170/180 degrees) until tender and the skins come off in your fingers (30/45 minutes). Allow to cool, top, tail and peel. Cut into six wedges each.

Dressing:

1 teaspoon grated onion, half teaspoon grated horseradish

Quarter teaspoon Dijon mustard and a splash of lemon juice

salt and pepper to taste

half pint double cream

Add all ingredients together and whisk until custard consistency. Chill.

Assembly:

Dress 4 plates lightly with the leaves. Drizzle with the olive oil and balsamic vinegar. Scatter over the beetroot wedges. Cut scallops in half horizontally and place these on top. Cover with the dressing, top with shavings and chopped coriander. Finish with a good crack of black pepper.

# Hot Smoked Salmon Pasta

SERVES TWO TO FOUR

Tobermory Hot Smoked Salmon (quantity to suit)

One sliced onion, a good squeeze lemon juice and chopped spring onions

1/2 pint whipping cream

Salt and pepper

3 cups dried pasta

Cook pasta according to instructions. In a frying pan, heat one tablespoon of olive oil and gently soften the onion. Add the rest of the ingredients and simmer for a few minutes to reduce. Season to taste.

Mix through the cooked pasta and garnish with the spring onions.

# Tobermory Smoked Trout and Horseradish

SERVES FOUR

A 200g pack of Tobermory smoked trout

Finely chopped spring onion and diced cucumber

25g of chopped coriander

A tub of natural yoghurt

A tablespoon of horseradish sauce

Mix the spring onion, cucumber and coriander in a dish. Heap the mix onto four individual plates of Tobermory Smoked Trout.

Stir up the yoghurt and horseradish and then pour over the salad and trout. Serve with brown bread and lime slices.

# Quickies

If you want it quick and tasty.

## TOBERMORY SMOKED SALMON BLT

Tobermory Smoked Salmon, Smoked Bacon

Lettuce, rocket and watercress, big tomatoes (not wee cherry toms!)

Tobermory Bakery brown bread

Lemon mayo or mayo with a squeeze of lemon!

Assemble all together. I do lemon mayo, smoked salmon, lettuce, bacon and toms but please yourself!

## CANAPES - SMOKED MUSSEL TOASTIES

Slices of bread, Tobermory Smoked Mussels, Oil

Remove crusts from bread and roll until thin. Cut into inch wide strips and roll around a smoked mussel. Secure with a cocktail stick. Brush the canapes with oil and put in oven until light golden brown. Serve with a wedge of lime. (as an alternative you can spread bread strips with pesto before rolling around mussel or brush with garlic or chilli oil.)

## ISLE OF MULL CRAB WITH LINGUINE, CHILLI & WATERCRESS

2 cloves of garlic, 1 red chilli, 1 lemon and a bag of watercress

200gms - 250gm white crab meat

100ml olive oil, 500gms linguine

Crush the garlic and chilli in a bowl with a teaspoon of salt. Tip in the crab meat, oil and zest and juice of the lemon. Mix well.

Cook linguine and drain into a warm serving dish. Pour over the crab mixture and watercress and toss again.

# Quickies

THE ISLAND DINER@TOBERMORY HOTEL

TOBERMORY HOT SMOKED SALMON, AVOCADO,  
CHILLI AND CREME FRAICHE TOASTED SANDWICH

Tobermory Hot Smoked Cajun Salmon

A quarter finely chopped onion

Zest and juice of half a lime

1 teaspoon chopped fresh coriander

Half a finely chopped de-seeded red chilli

Half a chopped ripe avocado

3 slices of good quality bread of your choice

2 tablespoons creme fraiche

Mix Creme fraiche, red onion, coriander, zest and juice of the lime, chilli and avocado. Flake in the cajun salmon. Toast the bread, butter it and spread the mix onto two slices. Make up into a three-tiered sandwich. We serve with homemade chipped potatoes and salad.

TOBERMORY SMOKEHOUSE  
CAJUN SALMON SALAD

Hot smoked salmon coated in delicious Cajun spices and served with a crème fraiche and chive dressing, topped with Caviar.

Served on a bed of dressed seasonal summer salad.



THE GALLEON GRILL

# RECIPE NOTES

The Tobermory Fish Company wish to thank the following for  
their help in producing this small guide:

Tobermory Soup

Mishdish

Macgochans

Taste Marine

Tobermory Mussel Company

Coire Gorm Lodge Catering

Mike Storey

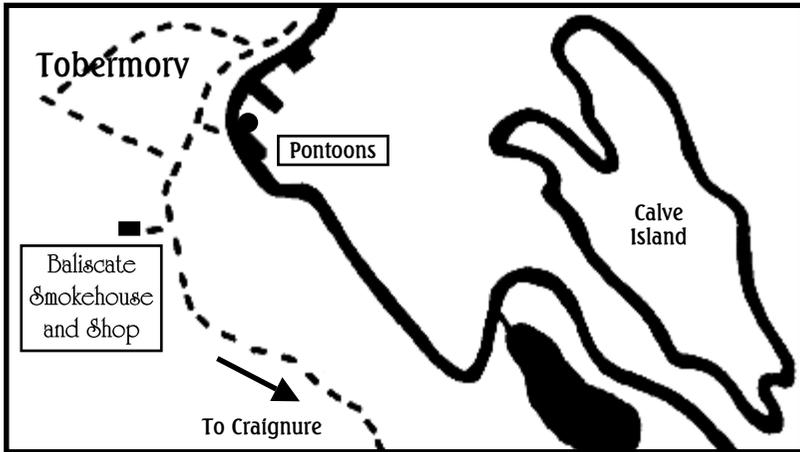
The Island Diner, Tobermory Hotel

The Galleon Grill

Highland Cottage

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# The Tobermory Fish Company & Shop



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