

SEAFOOD FROM  
**SCOTLAND**

**THE  
STORY  
OF  
SCOTTISH  
SEAFOOD**



# A seasonal guide KEY SCOTTISH SEAFOOD

## WHITEFISH

**Haddock** (*Melanogrammus aeglefinus*)



J F M A M J J A S O N D

Scotland's favourite whitefish, caught in the North Sea and off the west coast of Scotland. A sweet flavoured fish with medium to large flakes, versatile for many cooking methods. Whole haddock are available up to 3.5kg, but most commonly as two whole side fillets up to 400g. Look out for the MSC logo on Scottish North Sea haddock products.

**Cod** (*Gadus morhua*)



J F M A M J J A S O N D

Caught in the North Sea, a sweet flavoured fish with large succulent white flakes lending itself to a great variety of filleting options and cooking methods. Cod range from 500g to 6kg, the larger 4-6kg size providing several fillet portions from each side of the fish.

**Saithe (Coley)** (*Pollachius virens*)



J F M A M J J A S O N D

A good alternative to cod and haddock. It is a fine flavoured species abundant in all waters around Scotland. Similar to cod, the species ranges from 500g to 6kg as whole fish.

**Whiting** (*Merlangius merlangus*)



J F M A M J J A S O N D

A smaller fish from the cod family with a silver-grey body and round belly, this species is often sold around 2kg. Similar to many of the whitefish species, it takes very little cooking. Mainly caught in the northern North Sea.

**Hake** (*Merluccius merluccius*)



J F M A M J J A S O N D

An excellent fish, very popular in Europe, fished in the North Sea and west of Scotland, hake has a soft flesh which firms up when cooked. Ranging from 1 to 5kg, hake has a long, round slender body, great for cutting into steaks or loins.

**Monkfish** (*Lophius piscatorius / L. budegassa*)



J F M A M J J A S O N D

Scotland's premium fish, with a firm meaty textured flesh and sweet shellfish flavour. Caught on the continental shelf to the north and west of Scotland, generally the tail is the most popular cut, ranging from 350g to 4kg. The cheeks and livers are also sold, regarded as a premium delicacy across Europe and countries such as Japan.

## FLATFISH


**Plaice** (*Pleuronectes platessa*)



J F M A M J J A S O N D

A versatile meaty flatfish with a sweet, mild flavour, this species is fished from the North Sea. Ranging from 230g to 2kg and most commonly available between 500g to 750g, these whole fish are easy to identify with their distinctive orange spots. Best cooked whole for a great flavour.

**Lemon Sole** (*Microstomus kitt*)



J F M A M J J A S O N D

A high quality, prime fish with a delicate sweet flavour, fished from the North Sea. Whole fish start from 230g to 1kg, most common between 500g and 750g and are best cooked whole.


**Witch Sole** (*Glyptocephalus cynoglossus*)



J F M A M J J A S O N D

Sometimes known as Torbay sole, this lesser known flatfish species is generally between 225g and 900g whole weight and fished from the North Sea. Great cooked whole for the best flavour.

**Megrim** (*Lepidorhombus whiffiagonis*)



J F M A M J J A S O N D

Caught on the continental shelf to the north and west of Scotland. Whole fish range from 225g to 900g and for the best flavour should be cooked whole.

## CEPHALOPODS

**Squid** (*Loligo forbesii*)



J F M A M J J A S O N D

With a firm texture and medium flavour, squid is also known as calamari. It is found on the west coast and in the North Sea and can be purchased from 100g to 1kg weight.

## OIL-RICH FISH

**Herring** (*Clupea harengus*)



J F M A M J J A S O N D

High in Omega 3, this sustainable oil rich fish is great grilled or baked whole, and of course when smoked makes fantastic Scottish kippers. A smooth, slender body, silvery skin with hints of green and blue, they range in size from 100g to 450g. Look out for the MSC logo on Scottish herring products.

**Mackerel** (*Scomber scombrus*)



J F M A M J J A S O N D

Scotland's most abundant and valuable species, sustainably fished and high in Omega 3, this is an excellent healthy choice. With a strong unique flavour this species is growing in popularity around the world. Ranging in size from 200g - 800g.

**Salmon (Farmed)** (*Salmo salar*)



J F M A M J J A S O N D

Farmed in the cool, clear waters of the Highlands and Islands, sustainably farmed Scottish salmon was named 'best farmed salmon in the world' in a poll of international seafood buyers. Farmed salmon was awarded the French Government's top quality mark, Label Rouge, in 1992. It was the first non-French food to receive this accolade. The Atlantic salmon offer from Scotland includes fresh, frozen and smoked products. Delicately flavoured flakes of Scottish salmon can be used for carpaccio, sushi, sashimi or cooked in a variety of ways.

**Rainbow (Farmed)** (*Oncorhynchus mykiss*)



J F M A M J J A S O N D

Scottish farmed trout is produced both in freshwater and sea lochs. High in Omega 3 and many other vitamins and minerals including vitamin D and selenium. It has a sweet subtle flavour and can be filleted and cooked in a variety of ways. Small trout range in size from 230g to 1kg and large sea trout can be supplied up to 5kg total fish weight.

## SHELLFISH


**Brown Crab** (*Cancer pagurus*)



J F M A M J J A S O N D

Traditionally fished by pot and creel, particularly around the west coast and the Scottish Isles. Brown crab can be bought live, cooked, dressed or as ready-made products such as crab cakes or terrines. The rich white meat found in the claws is very sweet and the brown meat is particularly rich in omega 3 and other beneficial vitamins and minerals. Male crabs range from 1kg to 2kg with an estimated yield of 35%. Look out for the MSC logo on brown crab from the Shetland Isles.

**Velvet Crab** (*Necora puber*)



J F M A M J J A S O N D

Popular on the European continent, velvet crabs are caught in the North Sea & west of Scotland, mainly from inshore waters from boats, fished using mobile gear, pots and creels.

**Langoustine** (*Nephrops norvegicus*)



J F M A M J J A S O N D

Caught in the North Sea and inshore Scottish waters, Scotland has the world's largest share of langoustines. Highly prized and sought after, they are versatile and cook in minutes. Similar to a king prawn, but actually a closer relation of the lobster, they grow up to a maximum of 250g, have a meaty tail, soft prawn-like texture and a very sweet shellfish flavour.

**Lobster** (*Homarus gammarus*)



J F M A M J J A S O N D

Traditionally fished by pot and creel around Scotland's coastline. With a strong sweet flavour and meaty texture, Scottish lobster are some of the finest in the world. Sizes range between 23 and 38cm, weighing between 0.7kg and 2.2kg.

**Mussels** (*Mytilus edulis*)



J F M A M J J A S O N D

Rope grown on the west coast of Scotland and around the Scottish Isles, mussels are a highly sustainable species and are quick and easy to cook. Scottish mussels have a meaty flesh and sweet medium seafood flavour. Look out for the MSC and ASC logos on sustainable Scottish mussels.


**Scallop** (*Pecten maximus*)



J F M A M J J A S O N D

Caught around Scotland's coast, using mobile gear or by hand diving. Scallop meat has a sweet delicate flavour and needs minimal cooking. Scottish King scallops have approximately 15cm wide shells, with 18-25 pieces of meat per kg (out of shell). Queen scallops have approximately 7cm wide shells and 40 to 120 pieces of meat per kg. Look out for the MSC logo on scallops from the Shetland Isles.

**Pacific Oyster** (*Crassostrea gigas*)



J F M A M J J A S O N D

Cultivated on the west coast and Isles, Scottish oysters are a much sought after product. Pacific oysters, the main species grown in Scotland, take 18-30 months to develop to market size of 70-100g live weight, normally with a shell length greater than 75mm.

**Razor Clams** (*Solenidae*)



J F M A M J J A S O N D

A hand gathered delicacy with a fine delicate flavour, Scottish razor clams are between 16cm and 20cm long, with 8-11 pieces per kg for extra large sizes or 12-13 per kg for large sizes. Razor clams can be bought live and frozen.

Scotland is a land of food and drink. Our pristine waters – where the warm Gulf Stream meets the cool North Atlantic – provide the perfect conditions for over 60 species of exceptional, high quality seafood to thrive.

The journey from sea to plate involves more steps than some may realise. At Seafood from Scotland, we want to showcase not only Scotland's exceptional products but also the hardworking people who make it all possible, from fishermen and processors to chefs and more. These are their stories.

This is the story of Scottish seafood.



## William Calder

# SCRABSTER SEAFOODS

Located on the northern coast of Scotland's mainland is Scrabster Seafoods, just a half-hour's drive from John o' Groats. Scrabster Seafoods has been a family business for over 50 years, and we asked William Calder, second generation fish merchant, to tell us what makes it all tick.

#### Tell us a bit about the business.

My father set up Scrabster Seafoods in the '60s, and I joined about 20 years ago after returning from uni. We buy at auctions here in Scotland, process the fish, and then send it on to our customers here in the UK and around the world. In Scotland, we do lots of work with brown crab and whitefish species, and we also work with other species at our offices in France and the Faroe Islands.

#### What do your customers think about Scottish seafood?

Scotland has the best seafood in the world. Our seas are naturally very clean, and stocks are well-managed and healthy. Scottish seafood always demands a premium because of its provenance.

I'd like to see more people within the UK choosing Scottish. We have this incredible bounty of seafood on our doorstep, and it's absolutely delicious. Eating Scottish also supports our local economies, which contributes to the country's overall economic prosperity.

#### Tell us about exporting?

The demand for crab in China has skyrocketed over the last 10 years, which has presented a valuable opportunity. 80% of all landings will be exported to China, the other 20% of that landing will be sold across the UK.

#### What's the best part of the job?

Any given day, I might speak to people from 10 different countries. It's great to make those contacts around the world and it's great to work with our contacts at home as well. Scotland's seafood sector is competitive but friendly, and I wouldn't have it any other way.

#### What's your favourite seafood?

I love shellfish. The white meat from a brown crab is hard to beat, and langoustines with lemon and parsley butter are also delicious.

And of course, you can't beat a haddock supper.

**We have this incredible bounty of seafood on our doorstep, and it's absolutely delicious**





## Kevin MacKinnon SKIPPER

“I didn’t plan to go into fishing, but I always fished,” says Kevin MacKinnon, skipper of the fishing boat Sealgair. Part of a thriving family business based on Skye, Kevin tells us how the family fishing tradition has grown across generations.

### How did you become a fisherman?

“My dad has been a fisherman for 40 years, and my grandfathers on both sides were fishermen. I trained as an engineer and worked in that field for a while, but didn’t like being away from home so often. I joined the business to spend more time with my family. We may be at sea all day, but it’s nice getting to sleep in our own beds at night.

### Tell us about your business.

We have two creel boats and a trawler. I’m the skipper of the Sealgair, and my dad is skipper of the My Amber. We specialise in shellfish, including langoustines, lobster, and crab.

We supply seafood to a lot of local restaurants, such as the Three Chimneys here on Skye. We also export quite heavily, mostly to the continent as well as China. You might not hear much about it, but the crab market in China has skyrocketed over the last few years.

### What’s your favourite seafood?

I enjoy all seafood, but my favourites are squat lobster and white crab meat. I’m also a big fan of halibut and turbot.

### Can you share a fishing memory with us?

Our boat sank at the beginning of December 2017. That’s not ideal any time, but December is our most lucrative time of year. We managed to get the boat out of the water, rewired, and back in the water with a new engine in 21 days. The life of a skipper is certainly never dull.

We also export quite heavily, mostly to the continent as well as China “”





**Darren Murray  
Borough**

## **ROAST LOCH ETIVE SEA TROUT WITH PITTENWEEM CRAB SAUCE**

### **INGREDIENTS**

#### **For the crab sauce:**

4 whole crabs  
1 carrot  
1 onion  
1 leek  
1 garlic bulb  
1 fennel  
50g tomato puree  
150g crème fraiche  
1 potato, peeled and chopped  
200ml dry white wine  
100ml vermouth  
50ml brandy

#### **Other:**

500g piece of sea trout (or 4 portions of 125g from the fishmonger)  
1 bunch purple sprouting broccoli  
1 leek  
1 lemon

### **METHOD**

#### **Crab sauce:**

1. Bring 5 litres of heavily salted water in a large stock pot to the boil, add the crabs and boil for 8 minutes then chill in iced water.
2. Remove the claws and white meat from inside the crab, then remove the shell from the body and all the brown meat.
3. Place all the shells back to a pot. Chop the fennel, onion, carrot, garlic and 1 leek and add to the pot. Add enough cold water just to cover the shells and vegetables and bring to a boil, skim the scum that comes to the top, then turn down to a simmer for 2 hours.
4. Strain and reduce the liquor by half.
5. Sweat off the tomato puree and potato in a little oil in a pot. Cook for 5 minutes then add the reduced crab liquor and a little salt. Cook for 20 minutes until the potato is soft.
6. Add all the alcohol together in a pan and bring to the boil, add to the sauce.
7. Add the reserved brown crab meat, crème fraiche and the juice from the lemon. Blend and pass through a fine sieve, season with white pepper and salt.

#### **To finish:**

1. Roast the sea trout skin side down in hot oil. Cook for 3-4 minutes then place the pan in the oven at 180°C for 1 minute. Take out and rest for 2 minutes.
2. Slice the leek and cook in a little butter and oil for 2 minutes, add the broccoli and cook for a further 2 minutes.
3. Place the leek mixture on the plate and place the trout on top, finish with the crab sauce, and serve.





## Elaine Whyte

# CLYDE FISHERMAN'S ASSOCIATION

**"You are likely to find me on a ferry," says Elaine.  
"I've always been driven to the sea."**

Elaine has been an executive secretary at the Clyde Fisherman's Association ever since her father spotted the job advert four years ago. Throughout this role, she has learned a lot about the hardworking and versatile role of a fisherman today.

"It has been an eye-opener for me. I think people would be surprised to learn what a fisherman does and goes through to get the fish on the plate. Even in terms of the skills and acumen they need to have and understand, from EU and global market laws and policies, to marine technology, quotas and outreach, environmental awareness and general business acumen. There's a lot of plate spinning.

"I was once told, 'a fisherman takes a briefcase to work, but in the middle of the ocean' and that's very true."

What Elaine loves most about her job are the people, the passion and the community-feel from the industry.

"I love the people I work with, from the fishermen themselves, to the wives, daughters and sons. It's such a family-orientated industry, but also very welcoming if you show you are just as passionate about it as they are.

"Keeping these rural fishing communities alive is what keeps us up at night. We need to ensure

we have a workforce and an industry that is sustainable for the future. It's our role as a fishing association to reach out to these rural fishing communities and support them in anyway we can, as well as encouraging the younger generation into the industry.

"We've been working hard to open up fishing to different audiences and we've had to get a little creative. We recently reached out to actor and director, Tony Cownie, to write a play about fishing. We got fishermen involved to play the parts and tell their short stories to a local audience. It was received well and we're now hoping to tour it nationally during the Festival of Sea."

But it's not always fun and games for Elaine, as she tells us, "the fishing industry often gets bad press, but nine out of ten times it's unfounded. There are many campaign groups that don't approve of fishing, but they also don't understand it. We are here to try and educate people of the facts and represent the industry in a transparent and honest way."

Elaine offers some final words for those looking to work in the industry. "Don't be put off by the male dominant environment. As long as you are willing to learn from the fishermen, they will respect you. It's their livelihoods and so they are also relying on you to help represent them."



## Gary Maclean Scotland's National Chef

# ALMOND CRUSTED SALMON, AJO BLANCO AND CUCUMBER

### INGREDIENTS

#### Salmon:

- 4 x 200g salmon portions
- 100g crushed almonds

#### Cucumber and Apple Puree:

- 1 cucumber
- 100ml water
- 30g caster sugar
- 1 stick lemongrass
- 2 kaffir lime leaves

#### Compressed Cucumber:

- 2 cucumbers
- 250ml apple juice
- 10g agar agar
- 5g salt
- 1g xanthan gum

#### Ajo Blanco Puree:

- 250g blanched almonds
- 3 cloves garlic, peeled
- 1 baguette, crusts removed, torn into pieces
- 50ml olive oil, plus more
- 2 tbsp sherry vinegar
- Salt, to taste
- 50g green grapes
- 400ml water

### METHOD

#### For Salmon:

1. Pan sear the salmon in a non-stick pan making sure you achieve a golden colour.
2. Top with the crushed almonds and place into the oven set to 200°C.
3. Remove from the oven and rest for a few minutes before serving.

#### For Cucumber and Apple Puree:

1. For the cucumber purée, juice the cucumbers and set aside.
2. Bring the apple juice to a rolling boil, then reduce to a simmer.
3. Simmer for up to 1 hour, or until the apple juice has reduced down to a syrup.
4. Add half of the cucumber juice to a pan and bring to the boil, whisking in the agar agar until completely incorporated.
5. Add the apple juice syrup and whisk for 10 seconds, then pour into a lined baking tray. Set aside and allow to cool.
6. Once cool, add to a food processor, along with the salt and the remaining cucumber juice.
7. Blitz with the xanthan gum until incorporated, then pass through a fine sieve lined with muslin.

#### For Compressed Cucumber:

1. Make a stock syrup with the water, sugar, lemongrass and lime leaves by bringing to the boil and reducing by half.
2. Peel and slice the cucumber into your desired shape.
3. Once the syrup has cooled, add to the cucumber and place into a vacuum pack machine to compress, alternatively leave to infuse for 5-6 hours if you do not have a vacuum pack machine.
4. Remove from the bag and drain when you need to use.

#### Ajo Blanco Puree:

1. Place all the ingredients in a food processor and blend until smooth.
2. Add water to get the consistency you desire.
3. Season to taste.

To serve, spoon the Ajo blanco puree onto each plate, followed by the cucumber and apple puree, arrange the cucumber and finish with the salmon.



## Lewis Lowrie

# DAVID LOWRIE FISH MERCHANTS

Lewis Lowrie is following in the steps of his father, David Lowrie of David Lowrie Fish Merchants in Fife, and has been a part of the family business for three years now.

Based in St Monans, a small fishing village nestled on the east coast of Scotland, the business focuses on offering a quality service to its customers, sourcing produce from markets across Scotland, from Peterhead and Fraserburgh, to as far north as Lerwick.

"I've grown up with the seafood industry," says Lewis. "My dad and my grandad both worked in it, and we live in a village that prides itself on its fishing history."

"My dad showed me the ropes initially: how to source the fish, how to tell if it is fresh and general operations of the business. I also learned a lot from Derek, who fillets our fish - he's done it for over 30 years. He taught me how to take care of the fish and how to get the most out of every single one. Because of this, I learned to appreciate and respect the product a lot more."

Since his grandad's time, the seafood industry has seen many changes over the years. Boats began landing their catches in Aberdeen and Peterhead, so David Lowrie had to think on his feet. In 1988, he bought his first fish van and began purchasing filleted haddock, supplying fish and chip shops along the Scottish east coast. Today, the family business processes, stores and distributes Scottish seafood across the country to award-winning fish and chip shops, restaurants and hotels.

Lewis continues, "There is a photo of my grandad surrounded by massive amounts of fish that were landed in Pittenweem harbour at that time. Unfortunately, that doesn't happen anymore, but seafood is still one of the main sources of food that comes from Scotland. It's hugely important to our economy, including the small fishing villages, like the one I grew up in. If we didn't have seafood in these villages, they just wouldn't exist."

Working daily with a range of chefs and suppliers, Lewis believes good business relationships that are built on trust are crucial in the seafood sector.

"If we support our local fishermen, then we will always receive the freshest produce from them, which keeps our customers happy."

"We need to support each other and listen to advice, whether that's a supplier telling me when a specific fish is in season, or me passing this information on to a chef. Trusting each other's judgement and advice will get us a long way and help us provide our customers with a product that is traceable and high in quality."

"What I love most about my job is getting to work with all these different people, who pride themselves on the produce and are just as passionate as I am about Scottish seafood."





## Paul Thomson JK THOMSON

Paul Thomson has worked in his family business, JK Thomson, since the age of 15. Operating for over 50 years, the Thomson family started the business in Port Seton, before relocating to larger premises in Musselburgh and developing it to what is now one of the largest seafood processing plants in the country.

Paul tells us what it was like to grow up in a family surrounded by seafood.

"I've never considered a career outside of seafood. Even when I was at school, I'd help my dad or grandpa in the processing unit in the evenings and during the school holidays, and the moment I completed my last exam at 15, I got straight to work in the family business.

"I started out by learning the trade; from buying on the market to processing the fish. Since then, my role has shifted more into the production of products, including our smoked range, and continuously improving the quality standards of the factory and our customer reach."

JK Thomson prides itself on its ability to process and supply any fish that a customer wants, but what people may find surprising, says Paul, is the effort it takes to get the fish from sea to plate.

"Consumers don't necessarily realise the different journey points the fish goes through before it reaches them; from the fisherman catching the fish, to landing at the fish markets, and then the quality assurance steps it has to pass. It's such a diverse industry."

Living and breathing seafood at work and at home, Paul has no doubt about the quality of fish found in our seas but realises there is still a lack of demand for it in Scotland. He continues, "Most of us love a traditional piece of fish, such as haddock, cod or salmon - even I can't get enough of a simple piece of haddock or lemon sole - but there is a whole wealth of product in our seas.

"We are one of the few processors in Scotland where most of the product that passes through our factory stays in the country. Many others export most of their product because we just don't have the demand in Scotland for all of us to fill.

"We are lucky, however, that our seafood is sought after throughout the world. A piece of fish with the Scottish name behind it stands out well in the marketplace and we should be proud of that."

Known as 'the premier seafood family', JK Thomson has no qualms about teaching the next generation the tricks of the trade. Paul continues, "our business is now in the third generation of Thomson's, and we are continuing to teach the younger generation the importance of seafood and what it means to our culture. It can be a difficult environment at times, but if you're willing to work hard and have a passion for it, it will certainly pay off."



## Mark Tear BELHAVEN SMOKEHOUSE

Fishermen and chefs are vital to Scotland's seafood industry, but the journey from sea to plate includes more roles than many people may realise. We spoke to Mark Tear from Belhaven Smokehouse to learn more about his role and how he connects the smokehouse to the kitchen.

"At Belhaven, we smoke a wide range of fish, from salmon and trout to any number of whitefish," says Mark. "It's my job to work closely with our chef customers to come up with new ideas and new products that suit their needs. Any smokehouse can smoke a fish, but we want our products to wow diners with incredible flavours that they might not have expected."

Mark trained to be a chef as a teenager, but not too keen on the unsociable hours, he soon began working at a fish factory in Musselburgh. This path ultimately led him to Belhaven Smokehouse, where he finds he is able to use his chef background to create truly unique flavours for their smoked products.

"I love getting to exercise my creativity by working with chefs," says Mark. "For example, a chef recently wanted to create a bespoke smoked salmon flavour based on an Old Fashioned recipe. I thought, 'What an interesting concept!' I then took this idea and created a few different options, working with the chef to get that perfect balance of flavour.

"I follow this process with many of our chef customers; it's a real collaboration, and it results in a truly delicious product." Mark attributes this personalised approach to Belhaven's being a small, local supplier, which allows them to work closely

with customers. Although they are expanding their export range, most of their business is local, which Mark says many chefs deliberately seek out.

"More and more Scottish chefs want to work with Scottish produce. Their customers often expect it, in fact. I've worked in seafood for 20 years now and the industry is only going up. It's an exciting, rewarding time for seafood in Scotland."



# Craig Wilson

## EAT ON THE GREEN

Born and bred in the northeast, Craig gained his first two AA rosettes at the age of 24. He has appeared on various TV shows, written a regular newspaper column, and carried out research for well-known Scottish food brand Baxters. Now, he owns his own restaurant, Eat on the Green in Aberdeenshire, which specialises in modern Scottish cuisine.

### Tell us about your love of cooking Scottish seafood?

I love cooking with fish; it's very delicate and quite easy to over-cook. I compare it to watching fresh bread prove - it needs to be just perfect. A well-known dish in our restaurant is 'A little taste of Eat on the Green', which might include smoked fish or our popular seaweed scones - our customers can't get enough of these.

### What's important for you when choosing your seafood?

Quality is vital and making sure the freshness is there. If I'm not happy with a product, I won't use it. It's also important to understand what your customer wants - whether that's farmers, fishermen or foodies. Foodies love a good piece of smoked salmon. Fisherman, on the other hand, get excited about less trendy types of fish, such as haddock or monkfish.

### Why is seafood important to Scotland?

The world is envious of our seafood. I recently cooked in Vietnam at a Taste of Scotland dinner and they were blown away by the quality of seafood we have at our fingertips. We should be prouder, not only of where the produce comes from, but its quality. Collaboration is key to help spread the word, particularly with other food and drink sectors. For example, gin or whisky cured salmon is currently very popular and is placing fish at the forefront of the consumers' mind. It's also hugely important to celebrate the passionate hardworking fishermen who begin the journey of getting the fish to our plate. They are jewels of the sea. I recently took our chefs to Peterhead fish market to see it for themselves and get a better understanding of where the fish comes from - it's important for them to appreciate this.

### What's your seafood guilty pleasure?

I love halibut, so much so, we had it for our wedding dinner. It's beautiful if cooked right and it doesn't need much else with it. I don't pan fry it; I steam it with a little splash of white wine, butter and lemon. It's a controversial way to cook it, but customers love it.

### What's the most unusual fish you have eaten?

Vietnamese fish eyes - you should always try something once!

## SEARED SCALLOPS WITH A WARM PURPLE TATTIE, UDNY GARDEN VEGETABLE SALAD AND HORSERADISH CREAM

"HOME GROWN, FULL OF FLAVOUR & A STUNNING CENTREPIECE TO ANY FAMILY TABLE" - CRAIG WILSON

### INGREDIENTS

#### Udny Garden Vegetable Salad:

3-4 scallops  
Whole lettuce  
Handful of green beans  
Handful of chanterelle mushrooms  
Handful of broccoli flowers  
Cherry tomatoes  
Handful of purple carrots  
Pre-boiled new blue potatoes

#### Horseradish cream:

25g of horseradish sauce  
Small piece of grated horseradish  
50g of grated cucumber  
½ apple  
Teaspoon of Dijon mustard  
(Place all of the ingredients into a bowl and leave them to infuse for a few hours, then season to taste and sieve)

### METHOD

#### Salad:

1. Arrange the lettuce leaves on a dish.
2. Add a splash of rapeseed oil to a hot pan before adding the carrots and mushrooms. Allow to sizzle for 2 minutes before adding the beans and broccoli for a further minute.
3. Remove all contents of the pan and place on top of the arranged lettuce leaves.

#### Scallops:

1. Place the scallops in a hot pan for 30 to 40 seconds, turn and add a knob of butter and leave for a further 30 to 40 seconds before adding a squeeze of lemon.
2. Remove the scallops and place them on top of the salad.

#### To garnish

Drizzle on the horseradish dressing and add edible flowers to decorate.





## Peter Bruce SKIPPER

**For skipper Peter Bruce of the Budding Rose, fishing isn't just a business – it's a way of life.**

"I was never interested in doing anything else," says Peter. "I was always destined to become a fisherman. When I was a kid, I probably spent more time on my father's boat than I spent in school."

At age 16, Peter officially became a deckhand on his father's boat, joining an older brother who unfortunately died in a road accident later that year. Peter's twin brother also joined the crew a year later. "It was a true family business," says Peter.

His first real challenge on the boat came at age 22, when Peter became skipper after his father retired due to ill health. "I never planned on becoming a skipper at that age. I was qualified, though, and I didn't want to sell the boat, so it was the right choice to make."



"The first year or so was hard. I didn't have an advanced knowledge of the fishing grounds, and it takes a while to gain that in-depth level of expertise. That comes in time, and if you're in love with the job, you're happy to put in the hard work to learn."

Peter and the crew fished without any major hitches until 1988, when their ship sank 100 miles off the coast of Peterhead, and they had to be rescued. "It was a freak accident, but it was also a turning point," says Peter. His father insisted building a new boat was the right decision, and so the current Budding Rose PD284 was constructed in 1990 at Campbeltown Shipyard. Peter tells us he knew he was in for the long haul after that.

"After 15 years in fishing, my brother eventually moved on, and I wondered if the family fishing

line would end with me. But my 29-year-old son recently joined the crew, and he's really enjoying it. It's hard work, but it's very gratifying work, as well."

After 40 years at sea, Peter is optimistic about the future of the industry. "Scottish seafood is a natural, delicious product with a big demand. The quality of our seafood can't be beaten, and buyers know that."

"Promoting Scottish seafood is actually one of the most pleasant parts of my job. For example, I get to visit schools and speak about careers in fishing and seafood. The kids are always enthusiastic, because they know seafood is such a big part of our local culture. As long as we keep encouraging the next generation, our future will be in good hands."

## Nicole Geddes PETERHEAD FISH BUYER

**Nicole Geddes is making waves as the only female buyer at Peterhead Fish Market.**

From receiving her customer's orders at 5am, she makes her way to the fish market at 7am to select the right product for her customers at M Geddes Ltd.

"What I love most about my job is meeting new people, as many new faces regularly appear at the market. We are a close fishing community in Peterhead, and it's important we support our fishermen and Scotland's supply chain."



Thank you to everyone who shared their Scottish seafood stories with us for this book.

William Calder, *Scrabster Seafoods*

Kevin MacKinnon, *Skipper (Sealgair)*

Darren Murray, *Borough*

Elaine Whyte, *Clyde Fishermen's Association*

Gary Maclean, *Scotland's National Chef*

Lewis Lowrie, *David Lowrie Fish Merchants*

Paul Thomson, *JK Thomson*

Mark Tear, *Belhaven Smokehouse*

Craig Wilson, *Eat on the Green*

Peter Bruce, *Skipper (Budding Rose)*

Nicole Geddes, *Fish Buyer (Peterhead)*

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