

CATFISH



Anarhichas lupus

Caught by



PELAGIC



WHITEFISH



INSHORE

A
TASTE OF
Shetland



Catfish has firm white flesh with a delicate flavour. Sometimes known as wolffish - it is a large dark skinned fish with a fearsome forehead.

In his book, North Atlantic Seafood, the late Alan Davidson refers to it having "great pavements of teeth . . . in front, pointed like a tiger and behind, adapted for crushing". Its diet includes spiny sea urchins and crabs - which contribute to its lovely flavour - hence its Icelandic name 'Steinbítur' meaning stone-biter. It is caught in abundance round Shetland for most of the year and is usually very affordably priced. It is available in long slender fillets.

Stuffed Catfish

RECIPE OVERLEAF

Stuffed Catfish

SERVES 4

INGREDIENTS

- 600g catfish fillets
- 2 tbsp rapeseed oil
- 2 medium sized onions – finely chopped
- 2 tbsp capers – roughly chopped
- 100g fresh breadcrumbs
- 1 good bunch of fresh dill – finely chopped
- Finely grated rind and juice of 2 lemons
- Salt and freshly ground black pepper
- Cocktail sticks

- 1> Preheat oven to 160° C\gas mark 3.
- 2> Prepare the Catfish. If the fillets are thick, then slice through lengthwise to produce 2 thinner pieces, suitable for rolling up. Lay out on a board and season with salt, pepper, dill and the rind and juice of 1 lemon.



- 3> Heat the oil in a frying pan. Add the onion and sauté gently to soften, for about 15 minutes. Be careful not to let it brown.
- 4> Add the breadcrumbs, capers, dill and the remaining lemon rind and juice. Mix well and allow to cool.
- 5> Place spoonfuls of this mixture at one end of the fillets, roll up and secure each fillet with a cocktail stick.
- 6> Arrange the prepared fish in an ovenproof dish and bake in the centre of the oven for 15-20 minutes, until the fish is cooked through.
- 7> Garnish with more dill and serve with leafy greens and new potatoes.

For further details visit www.tasteofshetland.com

