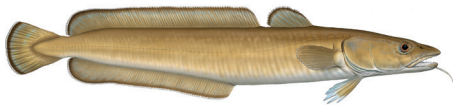


LING



OLICK *Molva molva*

Caught by

PELAGIC

WHITEFISH

INSHORE



A
TASTE OF
Shetland



Ling, or Olick as it is known in Shetland, is a popular fish. It can be used in a similar way to cod and its livers are traditionally used to make the Shetland dishes of Krappin' and Stap.*

It is a robust fish and in this recipe vegetables and spices are added and then the mixture is wrapped in filo pastry to make small samosa-like parcels. Ideal for a picnic on a fine Shetland walk. Filo pastry can be tricky to use and by its very nature will produce a rustic-looking result - but the real charm is in the combination of flavours. This is a great recipe to play with by adding other vegetables and seasonings.

**Visit www.tasteofshetland.com for more information*

Parcels of Spicy Olick (Ling)

RECIPE OVERLEAF

Parcels of Spicy Olick (Ling)

SERVES 4

INGREDIENTS

- 4 sheets filo pastry
- 3-4 tbsp olive or rapeseed oil
- 1 leek, cleaned and thinly sliced
- 1 small fennel bulb – trimmed and thinly sliced
- ½ tin chopped tomatoes
- 2 tsp curry powder or paste (adjust to your taste and preference)
- Salt and freshly ground black pepper
- 500g filleted olick, cut into chunks

1> First make the fish mixture. Sauté the leek and the fennel in 2 tablespoons of oil over a low heat for 10-15 minutes, until softened. Add the curry powder/paste and stir well - cook for a further 2-3 minutes. Add the tinned tomatoes and the fish and allow to simmer for 5 minutes, to reduce slightly. Season with salt and pepper. Set aside to cool.

- 2> Preheat the oven to 180°C\gas mark 4 and place a baking sheet on the top shelf.
- 3> Place one sheet of filo on a large board and brush with oil. Place the next one on top.
- 4> Season with salt and ground black pepper.
- 5> Cut the pastry into 4 strips with a sharp knife.
- 6> Place spoonfuls of the fish mixture at the top of each strip - then fold as shown to form triangular parcels. Repeat until you have finished the pastry and the filling.
- 7> Arrange the parcels on the hot baking sheet and brush each one with a little oil.
- 8> Bake for 8-10 minutes, until the parcels are crispy and golden.



For further details visit www.tasteofshetland.com

