

# SKATE

*Leucoraja naevus, Raja clavata, Raja montagui*



PELAGIC



WHITEFISH



INSHORE

Caught by

A  
**TASTE OF**  
*Shetland*



The wing of the skate (or ray) has deliciously sweet, long fibres of soft flesh.

Skate is first cooked and then removed from the flexible cartilage - eliminating all the 'kerry-on' (fuss) with fiddly bones that sometimes put people off eating fish. Carrots and coriander - both seeds and leaves - make a colourful combination. Some of the carrots are puréed which makes this a lovely moist, tasty dish.

**Skate with Couscous, Roasted Carrot and Coriander**

*RECIPE OVERLEAF*

# Skate with Couscous, Roasted Carrot & Coriander

SERVES 4

## INGREDIENTS

- 750g skate wings
- Grated rind and juice of 1 lemon
- 750g carrots, peeled
- 1 tsp double cream
- 3 tbsp olive or rapeseed oil
- 1 tsp coriander seeds, crushed
- 1 small bunch coriander, roughly chopped
- 200g quick-cook couscous
- 200ml vegetable stock or boiling water
- Salt and freshly ground black pepper
- Sprigs of coriander to garnish

- 1> Preheat the oven to 200°C\ gas mark 6
- 2> Cut two thirds of the carrots into chunky batons. Put these in a bowl and season, add a tablespoon of the oil and the crushed coriander seeds. Mix well and transfer to a baking sheet. Bake on the top shelf of the oven for 15-20 minutes, until they are beginning to colour and are 'singing'. Reduce the heat to 160°C\ gas mark 3.
- 3> Place the skate on a lightly oiled baking sheet and brush with a little oil. Add the lemon juice and sprinkle with the grated rind. Season with salt and pepper. Bake for 15-20 minutes (turning once after 7-10 minutes) until the flesh is white and opaque.

- 4> Meanwhile coarsely chop the remaining carrots and cook in lightly salted water, until tender. Drain and use a stick blender to make a purée. Add the cream and stir in half the chopped coriander. Set aside.
- 5> Remove the fish and the roast carrots from the oven. Let the fish stand in a warm place, covered with a sheet of greaseproof paper or foil, for 10 minutes. This allows it to finish cooking without drying out.
- 6> Put the couscous in a bowl and add 200ml boiling water or stock and the remaining oil. Mix well with a fork, cover and allow this to stand for 5-10 minutes. Add the remaining coriander and mix well.
- 7> Using 2 forks remove the skate flesh from the bones - try to keep it in large flakes.
- 8> Arrange the couscous and hot carrot purée on warm plates. Top with succulent chunks of skate and add some of the roast carrots on the side. Garnish with more coriander and serve.



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