

Presentation from Christopher Trotter

MUSSEL AND PEPPER SOUP

1kg mussels washed

4 ripe red peppers, seeded and chopped
12 medium cloves of garlic peeled and sliced
2 tbsp olive oil
850ml 1.5 pints water
tsp sea salt



Stew the mussels in their own juice in a covered pan until the shells open.

In another pan sweat the garlic with the peppers and olive oil over a gentle heat. Add the mussel water and allow to simmer, when well cooked add the water and salt. Allow to boil then cool and liquidise.

Add the mussels out of their shells or puree them with the soup.

OYSTERS POACHED IN WINE AND CREAM

White wine

Cream

Shuck oysters and place in a pan with the oyster liquor,

Poach gently until the oysters firm up,

Remove from the pan and set aside

Add a couple of spoons white wine and reduce by a half add a couple of spoons double cream and reduce until the sauce coats the back of a spoon, season with salt (if needed) and black pepper and a squeeze of lemon juice.

Re heat the oysters in the sauce and then spoon into the shells and serve.

Variation

With cheese and spinach

Prepare as above, but gently wilt some baby spinach leaves in butter, season and place a spoon full in each oyster shell, place in the oyster and sauce and sprinkle grated local cheese on top, if there is a grill to hand - brown

OYSTERS WITH CORIANDER AND GINGER SALSA

For 12 or more oysters

2 tsp chopped coriander

2 tsp chopped parsley

half tsp finely chopped fresh ginger

1 chilli seeded and finely chopped

1 shallot, peeled and finely chopped

Mix together with a tblsp rapeseed oil and tsp lemon juice or balsamic vinegar.
You are looking for a spoonable mixture

Place a blob on a freshly opened oyster

present on seaweed or rock salt or crushed ice

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