

# SKREI®



## Prosciutto baked SKREI® with warm spinach & puy lentil salad

SKREI® is a special kind of seasonal Norwegian cod. If SKREI® is not available, then use Norwegian cod or haddock instead.



### Ingredients: Serves 4

300g puy lentils  
3 shallots, peeled & left whole  
2 bay leaves, dry or fresh  
500g fresh spinach, washed & drained  
4 tbsp extra virgin olive oil  
2-3 tbsp balsamic vinegar  
1 clove garlic, crushed  
250g cherry tomatoes, chopped  
2 shallots, finely chopped  
Generous handful of fresh basil leaves, torn  
Salt & pepper  
4 skinless SKREI® fillets, weighing approx. 160g each  
4 slices prosciutto  
A few basil leaves  
2 tbsp olive oil  
Salt & pepper

### Preparation method:

Rinse lentils, tip into a saucepan, and add cold water, covering them by 3-4cm. Add the bay leaves and shallots. Simmer for 20 minutes until tender then drain. Remove bay leaves and shallots.

For the dressing, whisk together the oil, vinegar and garlic. Stir through the tomatoes, shallots and basil and season. Add the lentils and mix.

Add washed spinach leaves to a saucepan. Cover and cook until just wilted. Drain, squeezing out excess water, then stir in the lentils. Cover with foil and set aside while you cook the fish.

Spread out the prosciutto slices and top each with a piece of fish. Season and add a couple of basil leaves. Drizzle with olive oil and wrap the fish. Lay in a roasting tin and drizzle a little more olive oil. Bake at 180°C for around 15 minutes, then serve on the lentils, drizzling over the roasting juices.

## SKREI® and Norwegian prawn tagine with olives and lemon

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### Ingredients: Serves 4

2 SKREI® fillets, pin-boned and cut into large chunks  
2" fresh ginger root, peeled and crushed  
1 clove garlic, peeled and crushed  
1 small onion, finely chopped  
Juice 1 lemon  
1 carrot, peeled and sliced  
1 potato, peeled and boiled until soft  
30 Norwegian cold water peeled prawns  
Small handful of chopped coriander  
4 large ripe tomatoes, roughly chopped  
(or 2 tinned tomatoes)  
1 teaspoon ras el hanout spice mix\*  
Pinch saffron  
1 tablespoon ground cumin  
1 mild chilli, finely sliced  
20 green olives  
Salt  
Olive oil  
Water

### Preparation method:

Gently fry the onion, garlic and ginger for 5 minutes then add the chilli, carrot and tomatoes and simmer gently for 10 minutes until the carrot is softened. Add the spices and saffron and cook for a further 3-4 minutes. Then add the prawns, the cooked potatoes and the fish with enough water to just cover. Simmer gently for a further 6-7 minutes, then add the olives and season to taste with salt and lemon juice. Finally, stir in a little coriander and sprinkle the rest over the top. Serve family style.

\*Ras el hanout is a Moroccan spice mix made from any number of spices that is readily available in supermarkets nowadays. But if you fancy making your own, here's a simple version that works well. Simply grind the following spices together: 1 tbsp ground allspice, 1½ tbsp ground coriander, 2 tbsp paprika, 1 tbsp turmeric, 2 tsp ground cassia, 1 tsp ground cardamom, 1 tsp chilli flakes.

## BOOTH'S

FOOD, WINE AND GROCERY

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