

# January recipe – pan fried cod roe

**Willie Little, Proprietor, Little's Restaurant Blairgowrie and Fish in Crieff Fishmongers provides our recipe, but you will have to be quick as cod roe is only available in January and early February.**

Willie said : "Something that your grandparents may remember eating is cod roe, the eggs of the cod fish – mousse-like, mildly sea flavoured, and delicious.

In those days it was very much a case of them not wanting to waste anything nutritious, but as an ingredient now cod roe is less well known, with many people unsure how to cook and enjoy it. It is very easy to prepare and is really something of a delicacy now. Remember though, it's only in season in January and early February, so why not try it as soon as you can. Most fishmongers will have some in stock."

Here's Willie's easy and delicious recipe to make :

200g cod roe per person

100g capers

200g butter

$\frac{1}{2}$  lemon

chopped parsley

pinch of pepper

Heat the pan – but not too hot. Melt half the butter and gently place the cod roe, cook for two minutes, turn, and cook for two more minutes. Add the remaining butter and allow to froth, then add the capers, chopped parsley, pinch of pepper and a squeeze of the lemon. Cod roe does not need salt.

