

Recipe for this week – cod roe

Coming into season now, cod roe is a real delicacy.

With a sweetbread like appearance it's very popular in Scandinavia, and now you can learn how easy it is to cook. With his extensive love and knowledge of all types fish and seafood, Willie Little, chef/proprietor at Little's Restaurant in Blairgowrie, is keen to shine a spotlight on cod roe which always features on the menu at Littles at this time of the year.

As Willie says, it's an ingredient which was popular with his parents and grandparents – they wasted nothing and were keen to eat cod roe as it is highly nutritious, and an excellent source of vitamin D and omega three fatty acids.

Cod roe with capers and lemon butter

Ingredients

- 200 g cod roe per person
- 100 g capers
- 200 g butter
- half a lemon
- chopped parsley
- a pinch of pepper

Method

heat the pan but not too hot. Melt half the butter and gently place the cod roe in it – cook for two minutes, turn and cook

for two more minutes on the other side. Add the remaining butter and allow to froth, then add the capers, chopped parsley, a pinch of pepper and a squeeze of the lemon. Cod roe does not need salt. Serve immediately.

This week's meal suggestion is from Willie Little of Little's Restaurant in Blairgowrie

www.littlesrestaurant.com





