



## Baked Cod With Crab Risotto

This month we are delighted to have a very tasty, easy to make dish from Roger and Bea Mckie, who have just taken over Chapters Bistro in Gattonside. Roger specialises in good food with attention to detail and deep flavours. This is no exception, so give it a try, then visit Chapters to sample some of Roger's other marvellous creations. Serves 4.

- 1200ml of fish stock (a stock cube is fine)
- 175g butter
- 1 onion finely chopped
- 350g Arborio rice
- 100ml white wine
- 500g crab meat or seafood of choice
- Juice of a lemon
- 100g grated parmesan
- 3 tbs Philadelphia cream cheese
- Salt and pepper to taste
- Punnet of cress, snipped
- 4 pieces of Eyemouth cod or hake fillet skin on. Hake is a totally sustainable fish.

### Risotto

- Warm stock
- Melt butter, add onion cook on a low until softened, then add rice and wine
- Add stock and keep on low heat until absorbed and rice cooked
- Add remaining ingredients and stir well, season to taste

Put the fish on some parchment, season, and add a squeeze of lemon juice to each fillet, place a piece of parchment over each fillet. Bake for 10 mins at 180c

To serve place a portion of the risotto on a warm plate, put the baked cod on top and dress with the cress.