



Yes you read Kelp as in the Sea Weed. We did actually buy this from a Chinese Supermarket dried a while ago. But Kelp is Kelp. If you are near the coast and the water quality is good, there's no reason why you shouldn't harvest your own and give it a go.

The Gurnard were a Yellow Sticker gig. It's not a Fish I would personally generally buy as unprepared they look a bit scary! Filleting them was a bit tricky but I managed to get all the fine bones out and we really enjoyed the 'Meaty' texture.

Ingredients:-

- 2 Gurnard, filleted into strips
- Spaghetti (Gluten Free for us)
- 2 Kelp 'Leaves, cut into strip with scissors, after soaking in cold water
- 2 Tbsp of Olive Oil
- 2 Cloves of Garlic, minced
- 1 Red Chilli, de-seeded and finely chopped
- 2 Plum Tomatoes, chopped
- 1 Tbsp of Capers
- 1 Sweet pointy Pepper, chopped
- ½ a Lemon juiced
- ½ a Lemon cut into wedges to garnish
- Salt & Pepper to season
- A handful of Balcony Parsley, chopped (It grows quite happily on our little balcony)

Method:-

- (1) Add the Olive Oil to a frying pan and fry the fillets on both sides for a minute over a low heat and season with Salt & Pepper.
- (2) Add the Tomatoes, Sweet Pepper, Chilli and Garlic, stirring gently for a further 2 minutes.
- (3) Add the Caper and Lemon Juice.
- (4) Blanch the Kelp in water for 4 minutes over a low heat and drain.
- (5) Cook the Spaghetti according to the packet instructions and drain.
- (6) Stir the Kelp and Spaghetti though the other cooked ingredients.
- (7) Serve garnished with chopped Parsley and a wedge of Lemon.

This was based on a Rick Stein recipe which Sue ?Pimped Up? a bit. We really enjoyed this. The Kelp has a real taste of the sea and a pleasing bite to it.