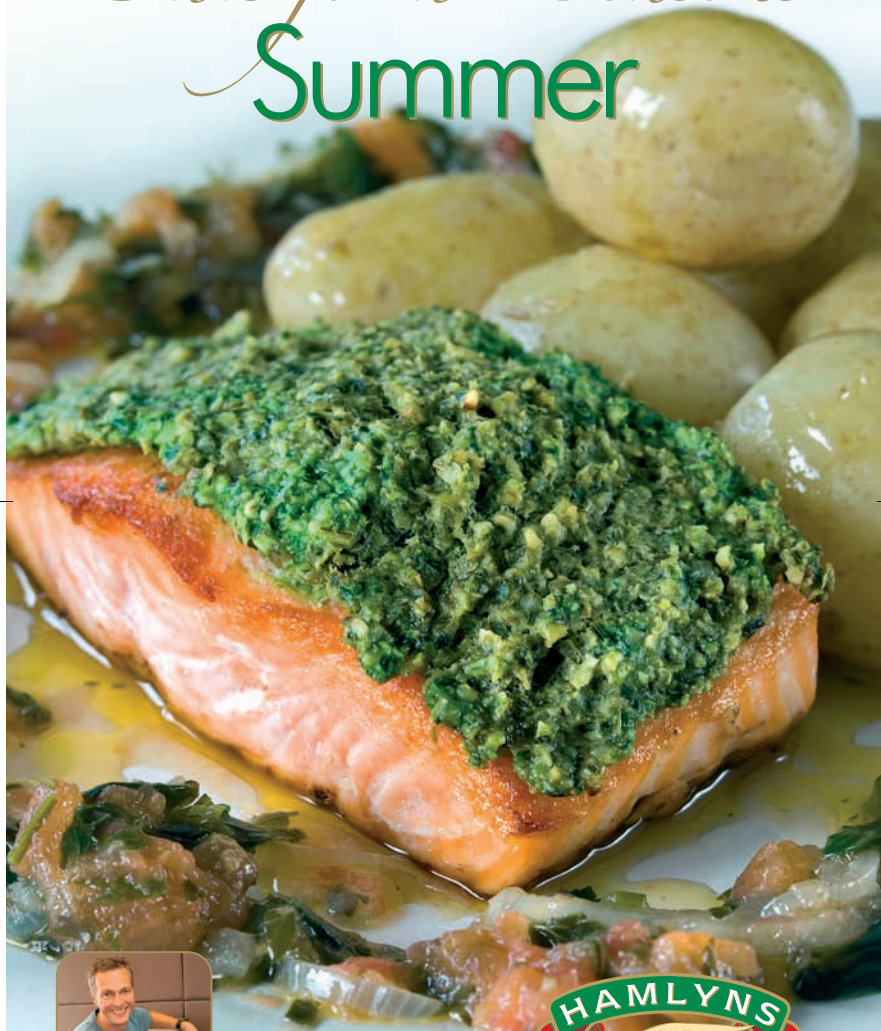


Nick Nairn & Hamlyns of Scotland

Oats for all Seasons **Summer**



HAMLUNS
of Scotland
Oatmeal & Porridge Oats

Salmon with Herby Oat Crust, Fresh Tomato and Herb Sauce

Serves 4

For the tomato and herb sauce:

- 100ml olive oil
- ½ teaspoon coriander seeds, crushed
- 1-2 shallots, finely sliced into rings
- 1 garlic clove, lightly crushed but still whole
- 3 tablespoons roughly chopped fresh flatleaf parsley
- 2 very ripe tomatoes, peeled, deseeded and finely chopped

For the oat crust:

- 6 tablespoons Hamlyns Scottish Porridge Oats
- 2 tablespoons Hamlyns Scottish Medium Oatmeal
- 3 tablespoons roughly chopped fresh chives
- 3 tablespoons roughly chopped fresh flatleaf parsley
- Zest and juice of 1 lemon
- 1 free-range egg
- 2 tablespoons olive oil
- Four 175g salmon fillets



Method

Preheat the oven to 220°C/425°F/Gas 7.

First make the sauce base. Place the olive oil into a small pan over a low heat. Add the coriander seeds, shallots, garlic and cook gently for ten minutes, without colouring. Remove the garlic clove from the sauce, then stir in the chopped tomatoes, a good squeeze of lemon juice and the chopped parsley and set aside while you prepare the salmon.

To make the herb crust, place the oats, chives, parsley, 1 tablespoon lemon zest and egg in a food processor and blitz for 20 - 30 seconds until damp and crumbly-looking.

Next heat the oil in an ovenproof non-stick frying pan over a high heat. Season the salmon fillets, then place the salmon into the hot pan, skinned side uppermost. Sear the salmon for one minute then turn over. Quickly press the herb mixture on top of the salmon, drizzle with lemon juice, then transfer to the oven and cook for 4 - 5 minutes (depending on thickness), until the salmon is just cooked through and the crust is golden and crisp.

When cooked remove from the oven and place a salmon steak onto each serving plate, spooning the sauce around. Serve with buttered new potatoes.

Harry Colquhoun!
Niall Nairn

HAMLYNS
of Scotland
Oatmeal & Porridge Oats



Hamlyns of Scotland is the only brand of porridge oats and oatmeal guaranteed to be 100% Scottish from seed to mill to finished product. Hamlyns' state of the art oat mill is located in the Banffshire countryside, in the heart of Scotland's oat growing country, where the climatic and soil conditions are ideally suited to growing oats. Here the traditional skills of the miller are combined with the technology of one of the most modern oat processing plants in Europe, to ensure a traditional quality product every time.

Hamlyns Scottish Porridge Oats and Oatmeal contain absolutely no additives whatsoever. No salt, no sugar, no flavourings, no colourings and no preservatives.

You can find lots more Scottish recipes using Hamlyns Scottish Oatmeal and Hamlyns Scottish Porridge Oats, as well as lots of other interesting information on the Hamlyns of Scotland web site:

www.hamlynsoats.co.uk