



**Did you know?**

When Captain Cook sailed on his voyages of exploration, he used Whitby built vessels? They were ideal for getting close to land in shallow waters

### Zipperback® Paella

(serves 4)

1/2 tsp (2.5 ml) saffron strands

3/4 pint (375 ml) hot fish stock

6 tbs (90 ml) olive oil

1 small onion, chopped

2 cloves garlic, crushed

2 or 3 small squid, cleaned and sliced

4 oz (100 g) tomatoes, skinned, seeds removed and flesh chopped

8 oz (225 g) White Long Grain Rice

salt and black pepper

3 king scallops, each sliced into 3

1/2 red pepper, sliced thinly

8 - 10 frozen whole mussels in the shells

10 frozen Zipperback® Prawns

1. Put the saffron into a small bowl, pour on 1/4 pint (125 ml) of boiling stock and leave to infuse.
2. Heat the oil in a large pan, add the onion and garlic and cook for 2 - 3 minutes over a medium heat to soften. Add the squid and tomatoes, cook for 2 minutes and then add the rice, stirring well. Pour in the stock, saffron water and seasoning, bring to the boil and cover.
3. Simmer for 15 - 20 minutes or until the rice is cooked and almost all the liquid absorbed (add a little extra water if it becomes too dry).
4. Remove the lid and add the scallops, red pepper, mussels, and Zipperbacks®. Cover again and cook for a further 5 - 10 minutes until the mussels and Zipperbacks® are heated through.

**Nifty Zippers®** - Serve them plain with melted butter or add some interesting dip pots.

**Zipperback® Stir-fry** - Use as a main course on stir-fried vegetables.

**Tandoori Zipperbacks®** - Serve with a fiery sauce, fragrant rice and poppods.



## Zipperback® Prawns

Captain Cook lived and worked in Whitby before sailing the world and charting new lands. In the same way, the Whitby Seafoods team is committed to bringing fine seafood to the table and has sourced these plump and delicious warm water prawns for the caterer who wants to offer the very best. Head-less and shell on, we've zipped open the prawn to make it easy peel and interactive for contemporary menus. Zipperbacks® can be microwaved, poached, sautéed, grilled or barbecued.



Seafish's Seafood of Distinction

