Kingfish and Scallop Skewers

A golden edge on the kingfish and a plump scallop beside it. Cut the fish to match the thickness of the scallops so they cook together.



SERVES 2 · 4 SKEWERS / SHORT SKEWERS AND FRYING PAN

Prep 15 min · Cook 5–8 min

Ingredients

200 g skinless, boneless kingfish fillet

8 large cleaned sea scallops, roe attached if available

10 ml olive oil

Fine salt and freshly ground black pepper

2 lemon wedges, to serve

At the stove

1. Cut

Pat the seafood dry. Cut the kingfish into 12 pieces about as thick as the scallops.

2. Thread

Alternate three pieces of fish with two scallops on each short skewer.

3. Sear

Brush with oil, season and turn in a hot pan until golden and cooked through. Serve with lemon.

KOOK'S SECRET

Leave a sliver of space between each piece. Where the seafood is pressed tightly together, it takes longer for the heat to get through.

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The full method

01 **Prepare the seafood**

Pat the kingfish and scallops dry. Check the fish for pin bones and cut into 12 even pieces, roughly 2–3 cm across. Remove any firm little side muscle from each scallop. Leave the orange roe attached.

02 **Thread the skewers**

Slide on a piece of kingfish, a scallop, another piece of fish, another scallop and a last piece of fish. Repeat for the other three skewers. Thread from the side so a broad face of each scallop can meet the pan.

03 **Sear**

Heat a wide heavy-based frying pan over medium-high heat. Brush the seafood with the oil and season lightly. Lay the skewers flat in one layer. Cook for 2–3 minutes, then turn and cook the other face for 2–3 minutes. Work in batches if the pan is small.

04 **Check and serve**

Turn briefly onto the edges if needed. The largest piece of fish should reach 63°C at its centre and the scallop flesh should be pearly and opaque through the middle. Lift onto a clean plate and serve straight away with lemon.

FROM MARK'S KITCHEN

Lay one empty skewer across your pan before threading the seafood. It should sit flat with the handle clear of the rim.