



Sponsors



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Middle Eastern Za'atar Grilled Scup Taco with cucumber salsa & sumac yogurt on grilled lavash

By Chef Tyler Hadfield, The Barley Neck

Ingredients

- fresh local scup, whole & gutted (size varies, about 1 per person)
- Za'atar seasoning
- olive oil
- salt

Directions

Preparing Scup:

- Using sharp kitchen shears remove the fins from the fish and then descale.
- Rinse the fish under cold water to remove any remaining scales and then pat dry with a towel.
- Brush the fish with olive oil and season heartily with za'atar spice and salt.
- Grill over high heat until nicely marked, until internal temperature of the thickest part reaches at least 155 °F (finish in the oven if necessary to prevent burning).
- Allow the fish to cool slightly and then pluck the meat from the bones, doing your best to remove the small pin bones throughout.
- Adjust seasoning with salt or fresh lemon juice if desired.

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Cucumber Salsa

- 1 seedless cucumber
 - 1 small yellow onion
 - 4 Roma tomatoes
 - 1 tsp sumac
 - 1 tsp salt
 - 1/2 tsp sugar
 - 1 Tbsp olive oil
- Remove the ends from the cucumber and cut in half the long way, exposing the core.
 - Remove the core using a spoon and then slice the cucumber into 1/4" moons.
 - Set aside in a mixing bowl.
 - Slice the onion into strips and add to cucumber.
 - Slice the end off of the tomatoes and cut into 4 segments. Remove the seeds and chop into strips.
 - Add tomatoes to mixing bowl.
 - Season with sumac, oil, salt and sugar. Toss well and set aside.

Sumac Yogurt

- 1 cup plain greek yogurt
 - 2 Tbsp honey
 - 1 Tbsp sumac
 - 1 cardamom pod, internal black seeds only, crushed by hand
- Combine all ingredients in a small bowl and mix by hand.
 - Set aside (keep cold until needed).

Assembly

- Lavash Bread (1 per person)
 - Lemon juice
 - Salt
 - Za'atar seasoning
- Mix water with a splash of lemon juice and a pinch of salt.
 - Lightly brush a piece of lavash bread with mixture (This helps prevent the bread from drying too rapidly.)
 - Sprinkle bread liberally with the za'atar seasoning.
 - Grill lightly until the herbs have been nicely toasted but do not allow them to burn.
 - Stuff the lavash with the deboned scup then the cucumber salsa and finish with a dollop of the sumac yogurt.



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