

# SEA'S THE DAY



## Cuttlefish

with watermelon and lime,  
tomato, feta, chilli and  
almond salad

# Chargrilled cuttlefish with watermelon and lime, tomato, feta, chilli & almond salad

Serves 2 as a starter

## Ingredients

1 whole Selsey cuttlefish (ask the fishmonger to clean and remove the ink sack)  
sea salt  
black pepper  
olive oil

## Sides

watermelon - cut into rectangles  
lime - cut in half  
olive oil

## Salad

10 mixed ripe Nutbourne tomatoes  
feta, cubed or crumbled  
extra virgin olive oil  
lime or lemon

## Garnish

red chilli, finely diced  
50g toasted almonds  
coriander leaves

## Method

First prepare the cuttlefish. Remove the ink sack, middle bone and innards. Slice the 'sock' down one side so it sits flat. Remove the outer membrane.

With a sharp knife, run long, hatched lines across the flesh. Then slice lengthways into 2-3cm strips. Aim for 3 per portion. Season with salt and pepper.

Heat your BBQ or griddle pan. Drizzle the watermelon and lime with olive oil and char in the pan until warm right through and the edges are caramelised.

Lay the the cuttlefish strips onto the grill or pan, cross side down. Try to keep it flat as it cooks. Cook for about 2 minutes on each side.

## Salad

Chop the tomatoes, lightly toss with the feta and dress with a splash of oil and a squeeze of lime or lemon.

To serve sprinkle with the chilli, almonds, coriander leaves, salt and pepper to taste and a flash of olive oil.



This recipe is supplied by The Lamb - a country pub that is only 2 miles from the sands of West Wittering Beach. Local produce features on the menu along with a great choice of beers.

[www.thelambwittering.co.uk](http://www.thelambwittering.co.uk)

## *Not just for budgies*

Caged birds love the cuttlefish bone which is a source of calcium. But for humans the flesh is just as good. It is rich in protein, vitamins and minerals. However, don't consume too much as it is also high in cholesterol.

The Sea's the Day project celebrates the Selsey fishing industry. The fascinating stories and memories of the fishermen and their families have been recorded and used to create a short film and a book. The recipe cards show you how to prepare tasty meals in your own kitchen using the local species the Selsey fishermen catch.

[www.peninsulapartnership.org.uk/projects/seas-the-day/](http://www.peninsulapartnership.org.uk/projects/seas-the-day/)



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