

Mussels In Wine

Cooking Time: 10 Minutes

Traditionally mussels are in season when the month has the has a R in it. Never take a chance with shellfish, if you think they may be off don't eat them. Mussels make a great starter or main course. These ingredients will make 4 starters or 2 main courses.

Ingredients:

Serves 2 (as a main course)

1kg mussels with shell
30g butter
A splash of olive oil
2 leeks, peeled and finely chopped
2 garlic cloves, peeled and finely chopped
A large sprig of fresh parsley
150ml of vegetable stock
150ml of dry white wine
Fresh ground salt and pepper

Cooking Instructions:

1. Rinse the mussels under the tap, scrub the outside of the shells to clean and trim the 'hairy' beard.
2. Knock any open mussels hard with an implement (spoon/knife/fork). If they don't shut throw them out. Then wash again.
3. There is one simple rule with mussels; when they are uncooked throw away any open mussels, when they are cooked throw away any that stay closed.
4. As with any shellfish take particular care and attention in the cleaning and preparation of your mussels, if you have any concerns at all always check with your fishmonger or shellfish supplier.
5. Melt the butter gently in a pan large enough (with a lid) to hold the mussels. Add a generous splash of oil with the leeks and garlic and fry on a medium heat for 5 minutes.
6. Add two thirds of the parsley to the pan and stir gently for about a minute on a low heat, then introduce the wine, salt and pepper (to taste), and stock and bring to the boil.
7. As soon as the mixture is bubbling place the mussels in the pan gently and cover for two minutes, remove the lid and stir briefly then cover for a further three minutes.
8. Serve straight from the pan into large bowl, cut the remaining parsley over each bowl with kitchen scissors as garnish.

Salmon En Croute

Salmon En Croute Cooking Time: 35 Minutes

Salmon En-Croute or Salmon in pastry is quick and simple enough for a beginner to tackle. Because salmon has a unique taste you can put a variety of herbs and or spices of your choice, or leave it plain with a squeeze of lemon and salt and pepper, personally I like to use some fresh Dill. Serve hot with new potatoes, baby carrots and asparagus, adding a little butter to the vegetables or if you prefer try with salad and French dressing.

Salmon En Croute Ingredients: Serves 4

400g white flour
300g of butter
2 eggs
4 medium salmon fillets, skinned and boned about 175g each
Salt, pepper & herbs to taste.

Salmon En Croute Cooking Instructions:

1. Put the sifted flour into a mixing bowl with a pinch of salt and quarter of the butter, mix together with your fingers until it resembles breadcrumbs

2. Add 1 egg and a little cold water, continue mixing until it becomes a pliable dough, be careful not to add too much water, you don't want the pastry to become sticky
3. Knead lightly and turn out onto a floured board
4. Roll out the pastry into a wide strip
5. Use 75g of the butter to dot all over the pastry.
6. Fold the pastry into three sections roll out and repeat the process twice more, fold and roll roughly
7. When ready finally roll out 8 pieces of approx 6x8 inches.
8. Place one of the fillets into the middle of the pastry making sure all the skin and bones has been removed, add a squeeze of lemon juice pepper and salt or your choice of herbs
9. Brush the edges of the pastry with a beaten egg and cover with a second piece of pastry, press gently to seal
10. Finish off by pinching all around the base or use the prongs of a fork to make a pattern, trim around the edges if necessary.
11. Now do the same with the other three pieces of salmon.
12. Brush the top of all the parcels with beaten eggs score the top making sure not to cut right through the pastry.
13. Place in a pre-heated oven 200c/400f/Gas mark6 cook for 30-35 minutes until the pastry is cooked and golden.

Dover Sole Recipes

Cooking Time: 6 Minutes

Dover sole is a flatfish, it boasts a delicate flavour and requires the minimum of cooking. Lemon sole can be used as an alternative according to availability of the fish and your personal preference. The Dover sole is thought by food gurus to have a superior taste but I think they are both splendid eating fish when prepared properly. Some 'experts' also maintain that the Dover sole tastes better when a couple of days old, my own philosophy is to eat fish as fresh as possible.

Sole can be fried, grilled or poached as fillets or whole fish, your fishmonger will usually skin and fillet the fish if you ask them according to your preference. The recipe is for medium sized fillets and the cooking times are more than doubled for whole fish. Serve with delicate flavours to get the full benefit of the sole; baby leaf spinach, asparagus tips, baby cabbage or baby carrots. For a great light lunch try with a mixed summer salad.

Ingredients:

Serves 4

A large knob knob of butter
 8 double fillets of Dover or Lemon sole.
 About half a cup of flour
 A large splash of extra virgin olive oil
 Salt and pepper to taste

Cooking Instructions:

1. Place the fish in the flour and briefly bathe the sole until it has an even coating.
2. Place half the butter and about two tablespoons of oil in a large frying pan (non-stick is best) on a medium heat.
3. Shake any excess flour from the fish and fry gently for about three minutes on each side. Add the rest of the butter when you turn the fish. The effect you're looking for is lightly golden on both sides, serve when warm.

Glazed Swordfish 15mins

Serves 4

Ingredients:

4 Swordfish Steaks
 120ml/4fl.oz. Fresh Orange Juice
 1 tbsp Freshly Grated Ginger
 2 teasp Sesame Oil
 2 tbsp Soy Sauce

1 level tbsp Cornflour
2 tbsp Water

Instructions

1. Place the swordfish in a shallow dish and cover with the orange juice, ginger, sesame oil, and soy sauce. Combine well and leave to marinate for 30 minutes.
2. Preheat the grill to very hot.
3. Drain the fish, reserving the marinade. Place on the grill rack and cook for 6 to 7 minutes per side or until the swordfish is opaque in the center.
4. Meanwhile, in a small bowl, mix together the cornflour with the water.
5. Place the reserved marinade in a saucepan and bring to the boil. Add the cornflour mixture, stirring, and cook until thickened.
6. To serve - transfer the swordfish to a warmed platter and glaze with the sauce. Serve immediately.

Fish and Chips 20mins

Serves 4

Ingredients

Beef dripping or Vegetable oil for deep frying
4 Large Cod, Haddock or Huss (Rock salmon, Dogfish) fillets
Seasoned Flour
For the chips
4 Large Waxy Potatoes
(large Baking Potatoes will also work)
For the batter
100g/4oz Plain Flour
150ml/5fl.oz Milk, Water or Beer
1 level teasp Salt
1 Egg

Instructions

1. Wash the fish fillets and dry well. Set aside.
 2. Preheat the deep fat fryer to 170C, 325F and the oven to 180C, 350F, Gas Mark 4.
 3. Peel the potatoes then cut into 1/2 inch/1cm slices then cut each slice into 1/2 inch/1cm thick sticks (batons).
 4. Dry the potato sticks well on kitchen paper.
 5. Fry in the oil for 8-10 minutes without browning too much.
 6. Meanwhile, place all the batter ingredients in a large mixing bowl and mix together with a whisk until smooth. This should be a fairly thick batter otherwise it won't adhere to the fish.
 7. Coat the fish fillets in seasoned flour, then dip into the batter to coat well. Leave submerged in the batter until the chips are soft.
 8. Drain the softened (but not browned) chips and transfer to an ovenproof plate. Cover with aluminium foil and keep warm in the oven whilst you cook the fish.
 9. Raise the temperature of the oil to 190C, 375F.
 10. Add the coated fish fillets directly to the oil without the basket being raised, and cook for 4-6 minutes (depending on the thickness of the fillets).
 11. Drain the fish from the fat, raise the heat of the fryer to 190C, 375F. Place the fish on crumpled kitchen paper and put in the oven whilst you finish the chips.
 12. When the fat is at the right temperature, return the chips to the pan, gently lowering the basket into the oil. Cook for 3-4 minutes until browned.
 13. To serve - drain the chips well and serve immediately with the fish.
- This is traditionally served with mushy peas with malt vinegar and salt for the chips. Tomato Ketchup or Brown sauce are optional.

Grilled Sea Bass with Anchovy Dressing 20mins

Serves 4

Instructions

120ml/4fl.oz. Olive Oil
2 Garlic Cloves, finely chopped
5 Anchovy Fillets, drained and chopped
60ml/2fl.oz. Balsamic Vinegar
2 Tbsp freshly chopped Oregano
Salt and Black Pepper
4 x 200g/7oz Sea Bass Fillets

Instructions

1. Preheat the grill to medium hot and line the grill pan with aluminium foil. Heat the oil in a small saucepan then add the garlic and sauté for 1-2 minutes.
2. Add the anchovies and cook, stirring for 2-3 minutes, until the anchovies dissolve.
3. Remove the pan from the heat, allow to cool a little then stir in the vinegar, oregano, salt and pepper.
4. Place the fish fillets in the grill pan and brush each fillet with a teaspoon of the anchovy mixture. Cook under the grill for 4 minutes each side, brushing with more of the anchovy mixture during cooking. Serve immediately with any remaining anchovy dressing drizzled over the top.

Haddock with Beetroot Sauce 20mins

Serve 4

Ingredients

675g/1½ lb Haddock fillet
Salt and pepper
Water or fish stock to cover
Juice of 1 lemon
A few peppercorns
1 bay leaf
Parsley to garnish

For the Beetroot Sauce

25g/1oz Butter
25g/1oz Plain Flour
240ml/8 fl. oz. Milk
1 Egg yolk
1 medium-sized Beetroot, cooked
and diced

Instructions

1. Preheat the oven to 180C, 350F, Gas mark 4.
2. Wash and skin the fillet and cut into 4 portions. Sprinkle with salt, pepper and lemon juice, lay them in a greased ovenproof dish with the bay leaf and peppercorns and pour on just enough liquid to cover. Bake in the centre of the oven for 20 minutes.
3. Meanwhile, melt the butter in a pan and add the flour. Cook for 2-3 minutes and remove from heat. Gradually stir in the milk, little by little. return to the heat and bring to the boil stirring all the time and cook until thickened.
4. Add the egg yolk and beetroot and cook for another couple of minutes.
5. To serve - transfer the fish to a warmed dish, pour the sauce over and garnish with parsley.

Salmon with Minted Yoghurt

15mins

Serves 4

Ingredients

4 Fresh Salmon Steaks
120ml/4fl.oz. Plain Yoghurt
50g/2oz Cucumber, finely chopped
1 heaped teasp Freshly chopped Mint
Salt and Pepper
Olive Oil
Fresh Mint springs to garnish

Instructions

1. Preheat the grill to hot.
2. In a small bowl, mix together the yogurt, cucumber, mint, salt and pepper. Cover and refrigerate until ready to serve.
3. Season the fish with salt and pepper, place on the grill rack and drizzle with a little olive oil. Grill for 4 to 6 minutes depending on the thickness of the fish. Turn the fish over, drizzle with a little more olive oil and continue to cook for a further 4 minutes or until cooked through.
4. To serve hot - transfer to warmed plates, garnish with the sprigs of mint and a large spoonful of the yogurt sauce. To serve cold – transfer the fish to a dish, cover and allow to cool at room temperature. Chill until ready to serve. Serve garnished as above.

Herring with Mustard

15mins

Serves 4

Ingredients:

4 Large Herring Fillets
120ml/4 fl.oz. Milk
100g/4oz Flour
1 Lemon, thinly sliced
50g/2oz Butter
Juice of 1 Lemon
1 tbsp Wholegrain Mustard
2 tbsp Fresh Parsley, chopped
Salt and Pepper

Instructions

1. Dip herring in milk, then coat with the flour. Shake well to remove any excess flour.
2. Melt the butter in a frying pan. Fry the herring with the lemon slices for about 3 minutes each side; transfer to warm plates.
3. Add the lemon juice, mustard and parsley to the pan and heat until bubbling; season. Pour over the herring and serve.

Nut Crusted Halibut

20mins

Serves 4

Ingredients

4 x 175g/6oz Halibut Fillets
2 Egg, beaten
175g/6oz Walnuts, finely chopped
Salt and Pepper
2 tbsp Olive Oil
300ml/10fl.oz. Double Cream
1 tbsp freshly chopped Tarragon
2 tbsp Dry Marsala

Instructions

1. Season the fish with salt and pepper then dip them into the egg and then into the crushed walnuts to coat on all sides.
2. Heat the oil in a large frying pan, add the fish and sauté for about 3 minutes on each side or until cooked through, turning several times during the cooking.
3. Meanwhile, in a small saucepan, bring the cream and tarragon to a simmer and continue to simmer until it reduces and thickens slightly.
4. Add the Marsala and whisk well to incorporate.
5. To serve - transfer the fish to a serving platter and drizzle the sauce over the fish.

Sea Bass with Chives

20mins

Serves 4

Ingredients

2 tbsp Olive Oil
2 Shallots, finely chopped
4 Sea Bass Fillets, skin on
Salt and Black Pepper
2 tbsp freshly chopped Chives
120ml/4fl.oz. Crème Fraîche

Instructions

1. Heat 1 tablespoons of the oil in a frying pan add the shallots and sauté for 5 minutes until softened.
2. Meanwhile, score the skin of the bass several times with the tip of a very sharp knife and season the fish well with salt and pepper.
3. Add the remaining oil to the softened onions, re-heat until quite hot then add the fish (skin-side down) and fry for about 4 minutes or until the skin is crispy.
4. Meanwhile, place the chives and crème fraîche in a small mixing bowl, and season with salt and pepper and mix well.
5. Turn the fish and cook the other side for 2-3 minutes or until cooked through.
6. To serve - transfer the fish to a warmed serving platter and spoon the crème fraîche mixture over the top so it melts on and around the fish. Serve immediately.

Trout with Pickled Dill Cucumber

20mins

Serves 4

Ingredients:

4 Whole Trout, gutted and cleaned
4 tbsp Flour
50g/2oz Butter
Juice of 1 Lemon
1 Large Pickled Dill Cucumber, finely chopped
1 tbsp Capers, roughly chopped
4 tbsp Fresh Parsley, chopped

Instructions

1. Coat the trout in the flour which has been well seasoned with salt and pepper.
2. Melt the butter in a large frying pan, then fry the trout for 5 minutes each side or until cooked and the skin is crisp. Lift on to warm plates.
3. Pour the lemon juice into the pan juices. Add the cucumber, capers and parsley and warm through. Season to taste, then pour over the trout.
Serve immediately.

Kedgeree 25mins

Serves 4

Ingredients:

175g/6oz Long Grain Rice
Salt and Black Pepper
450g/1lb Smoked Haddock Fillets
3 Eggs, hard boiled
50g/2oz Butter
Freshly chopped Parsley to garnish

Instructions

1. Bring a medium sized saucepan of water to the boil, add the rice and cook for 15-20 minutes until tender.
2. Meanwhile, place the haddock in a large frying pan with enough water to just cover. Bring to simmering point, then simmer for 10-15 minutes until tender. Drain well, remove the skin and any bones, and flake into a bowl.
4. Drain the rice into a colander and rinse well under cold running water. Spread over a clean surface or large plate to dry out a little.
5. Chop one egg and slice the other two.
6. Melt the butter in a large saucepan, add the rice, fish and chopped egg, season with black pepper and mix well.
7. Cook over a medium heat, stirring constantly, until heated through.
8. To serve - transfer to a serving platter and garnish with the sliced eggs and parsley. Serve hot.

Cajun Seafood and Noodles

Ingredients

6 ounces uncooked medium noodles (about 3 cups)
1 tablespoon vegetable oil
3/4 cup chopped green bell pepper (about 1 medium)
1/2 cup chopped onion (about 1 medium)
2 tablespoons chopped fresh parsley
1/8 teaspoon ground red pepper (cayenne)
1/8 teaspoon pepper
2 cloves garlic -- finely chopped
1 tablespoon all-purpose flour
1 (16 ounce) can whole tomatoes -- undrained
1 (10 ounce) package frozen cut okra -- thawed
1 (6 ounce) package frozen cooked small shrimp -- thawed and drained
1 (6 ounce) package frozen crabmeat -- thawed, drained and cartilage removed

Directions

Cook noodles as directed on package; drain.

Heat oil in 10-inch nonstick pan over medium heat. Cook bell pepper, onion, parsley, red pepper, pepper and garlic in oil 3 minutes, stirring frequently.

Stir in flour and tomatoes; break up tomatoes. Cook uncovered, stirring frequently, until mixture thickens and boils. Stir in okra, shrimp and crabmeat.

Cook uncovered 5 minutes, stirring occasionally. Serve over noodles.

Baked Cod with Sun Dried Tomatoes

Ingredients

1 pound cod or other firm lean fish fillets, about 3/4 inch thick
8 sun-dried tomato halves (not oil-packed)
1/4 cup mayonnaise
OR
1/4 cup salad dressing
2 tablespoons chopped fresh parsley
1/8 teaspoon pepper

Directions

Set oven control to bake. Grease rack of baking pan. Place fish on rack in baking pan.

Bake with tops 4 inches from heat 8 minutes. Soak tomato halves in 1 cup very hot water about 5 minutes or until softened; drain and finely chop. Mix with remaining ingredients; spread on fish.

Bake 1 to 2 minutes longer or until topping is light brown and fish flakes easily with fork.

Crispy Chillie Shrimp

Ingredients

1 tbsp. ginger powder
2 tbsp. anisado wine
1 tsp. garlic powder
1 cup cornstarch
1 tsp. onion powder
1 tbsp. chili paste
1 k shrimp (each about 1 inch long and removed sharp parts)
Salt and pepper to taste

Directions

In a bowl, combine all the ingredients except cornstarch.

Marinate shrimp in the mixture overnight. Dredge shrimps in cornstarch and deep-fry until crisp.

Red Snapper Soup

Ingredients

2 sm potatoes
2 sm carrots
1 lb red snapper fillets
4 tsp olive oil
2 cup boiling water
1 tsp white-wine vinegar
1 1/2 tsp salt
2 qt fish broth or canned chicken broth
3/4 cup long-grain rice
2 tbsp fresh flat-leaf parsley, minced
1/4 tsp dried red-pepper flakes
Freshly ground black pepper

Directions

Peel and cut the potatoes into 1/2-inch dice. Peel and coarsely shred the carrots. Cut the fish fillets into 1/2-inch pieces.

Heat oil in a 6-quart soup kettle. Add the diced potatoes and saute over high heat until lightly browned, about 5 minutes.

Add the shredded carrots and saute until slightly softened, about 2 minutes longer.

Add the boiling water along with the vinegar and salt.

Simmer until vegetables are tender, about 10 minutes. Add the broth and rice and simmer for 15 minutes. Add the fish and simmer until fish is cooked and rice is tender, about 5 minutes longer.

Remove kettle from heat and stir in parsley and hot red pepper flakes. Adjust seasoning if necessary.

Ladle soup into warm bowls and sprinkle with freshly ground black pepper. Serve immediately!

Prawn Fry

Ingredients

1/2 kg large shelled prawns
2 1/2 medium onions
4 garlic cloves, make to paste
1 inch ginger, make to paste
2 teaspoons chili powder
Salt
1/4 teaspoon turmeric powder
1/4 teaspoon mustard seeds
2 tablespoons coriander, chopped
4 tablespoons oil
1/2 cup water

Directions

Deshell, devein, wash and drain prawns thoroughly.

Add half the chilli powder and 1/2 tsp of salt to the prawns, mix well and set aside for 15 minutes.

In a wok (or any round based utensil) on medium flame add oil and heat a little.

Add mustard seeds and let it spatter.

Add onions, ginger and garlic paste, turmeric powder and fry till onions are golden brown.

Add the marinated prawns and stir.

Add the remaining chilli powder and salt, stir and place the lid on utensil.

Reduce flame to the minimum and let it cook, approximately 15 minutes.

Open lid and stir the prawns add the water and coriander leaves and stir again. Check salt content. Let it simmer for another 10 minutes.

Open lid and check if prawns is cooked thoroughly. If yes, then increase flame to medium and stir till all the water is gone. Serve with rice or chappati.

Cheesy Baked Halibut

Ingredients

4 halibut steaks, about 1 1/2 to 2 lbs.
1 Tbs. Dijon-style mustard
1 jar (6 oz) marinated artichoke hearts
4 Tbs. lemon juice

1/2 tsp. dried marjoram or oregano leaves
1/4 tsp. black pepper
1 cup chicken broth
2 green onions, chopped
1/2 cup grated Parmesan cheese

Directions

Cut the halibut into serving size pieces. Place into a baking dish. Spread with mustard.

Drain marinade from the artichoke hearts and reserve. Combine marinade, lemon juice, marjoram and black pepper. Pour over fish. Cover and marinate 1 to 2 hours in the refrigerator, turning once.

Heat broth. Pour around the fish. Sprinkle with the onions. Top with artichoke hearts and cheese.

Bake at 375 degrees for 25 minutes or until fish flakes. Serve with some of the sauce spooned over the top.

Fish Pie Recipe

Takes about 40 minutes to make and 30 minutes to bake

1.25kg potatoes, cut into even-sized pieces
50g butter
Small bag of fresh baby spinach
2 shallots, very finely chopped
2 bay leaves
Splash of extra-virgin olive oil
284ml carton double cream
125g Parmesan, grated
Juice of 1/2 lemon
1 handful of flatleaf parsley, roughly chopped
450g cod or haddock fillet, skinned and boned
250g large shelled tiger prawns

Preheat the oven to 200°C/fan180°C/gas 6. Cook the potatoes in boiling, salted water for 10-12 minutes until tender. Drain well and return to the pan over the heat and dry out for about 1 minute, shaking the pan well. Mash with plenty of seasoning and half the butter and put aside.

Meanwhile, wash the spinach and cook it in a clean pan with just the water that clings to the leaves until just wilted. Then drain well and squeeze out any excess moisture.

In a separate pan, gently cook the shallots and bay leaves in the oil for 6-8 minutes until softened. Add the cream and bring just to the boil. Remove from the heat. Stir in the Parmesan, lemon juice, and parsley.

Cut the fish into bite-sized pieces and put into a buttered 1.8-litre (or about 3-pint) ovenproof dish with the prawns. Break up the spinach with a knife and toss together with the fish. Remove the bay leaves from the sauce and pour into the dish, shaking it so it all distributes evenly. Spoon over the mash and dot with the remaining butter. Put on a tray and bake for 25-30 minutes, until golden and bubbling.

You can use any firm white fish, unsmoked or smoked

Creamy smoked haddock crumble (serves 4 as a starter/snack)

Ingredients

1lb smoked haddock
1 small diced onion
pint milk
pint cream
1oz butter
1oz flour
Vegetable stock
Crumble topping
Approx 4 slices white bread
Small bunch parsley
2oz cheddar cheese

Method

Soften the diced onion in the butter on a low heat for 5 minutes. Whisk the flour and milk together and pour through a sieve onto the onions - gently bring to the boil stirring continuously. Add a little vegetable stock cube dissolved in a little warm water. Keep on low heat. Remove any bones from the fish and cut into large pieces and add to the white sauce. Add cream and gently simmer until the fish is cooked (5-10 minutes) stirring occasionally, gently so as not to break the fish up. To make the topping, add all the ingredients to a food processor and process until the mixture resembles breadcrumbs. Spoon your haddock mixture into individual gratin dishes, sprinkle the breadcrumb mixture on top and grill until golden. Serve with warm brown bread or chips and salad.