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# FISH & SEAFOOD








# Ceviche



SERVES 4

800g sea bass, skinned and thickly sliced  
1 red onion, peeled and thinly sliced  
1 small red chilli, deseeded and finely chopped  
juice of 8 limes  
sea salt



Place fish in a non-reactive bowl. Add onion, chilli, lime juice, season with sea salt and combine mixture well.



Cover with cling film and refrigerate for 10 minutes or until fish starts to turn from opaque to a white colour. Serve immediately.



# Tuna Poke



*This is a popular dish in Hawaii fusing Asian flavours such as soy, ginger and seaweed.*

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SERVES 4

450g sashimi-grade tuna, cut into 1cm pieces

½ tbsp toasted nori seaweed, finely shredded

½ tbsp fresh ginger, grated

½ tbsp sesame seeds, toasted

1 tbsp soy sauce

**To serve:** Swedish flat bread



Combine all ingredients in a bowl and marinate for 5 minutes in refrigerator. Serve with some flatbread.



# Scallops gratinee



SERVES 2

- 6 fresh scallops, cleaned and left in shell
- 50g dried breadcrumbs
- 30g parmesan, grated
- 1 tbsp flat leaf parsley, finely chopped
- zest of 1 lemon
- drizzle of olive oil
- sea salt and pepper
- To serve:** ½ lemon



Preheat an oven grill on highest heat. Combine breadcrumbs, parmesan, parsley and lemon zest in a bowl. Season generously with sea salt and freshly ground black pepper. Mix again then sprinkle mixture over scallops. Drizzle scallops with a little olive oil.



Place on a baking tray under the grill and cook for 5-7 minutes until scallops are cooked and breadcrumbs go a golden colour. Serve immediately with squeeze of lemon.



# Herring *and warm potato salad*



SERVES 2

350g pickled herrings, thickly sliced  
300g baby potatoes (*such as kipfler*), just boiled

**Dressing:**

4 tbsp olive oil  
2 tbsp red wine vinegar  
½ tbsp Dijon mustard  
pinch granulated sugar  
splash sparkling mineral water  
1 tbsp chives, finely chopped



For dressing, place olive oil, vinegar, Dijon mustard, chives and sugar in a bowl. Season generously with sea salt and freshly ground black pepper. Whisk well then add splash sparkling mineral water and whisk briefly again.



Place potatoes in bowl of dressing and mix again. Transfer to 2 plates, top with Herring and serve immediately.



# Chicory salad

*with eel, beetroot and watercress*



SERVES 2

200g smoked eel fillet, sliced

1 bunch watercress

1 (*about 140g*) red chicory, sliced

240g red and golden beetroot, boiled and sliced

**Dressing:**

3 tbsp olive oil

2 tbsp cider vinegar

- Place watercress on a large platter. Add chicory, beetroot and smoked eel. Season generously with sea salt and freshly ground black pepper. Drizzle with olive oil and cider vinegar and serve immediately.



# Marinated Sardines

*with garlic and cherry tomatoes*



SERVES 4

12 (*about 500g*) fresh sardines, cleaned and filleted  
whole with heads and tails removed  
zest and juice of 2 lemons  
100ml olive oil  
12 cherry tomatoes, halved  
1 garlic clove, thinly sliced



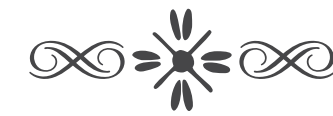
Place sardines in a bowl with garlic cloves. Squeeze tomatoes with your hands over the sardines. Add olive oil, lemon juice and zest.



Season generously with sea salt and freshly ground black pepper. Combine mixture well and marinate for 10 minutes before serving.




# Salmon sashimi *and soba noodles*



SERVES 2

200g soba noodles  
3 spring onions, trimmed and chopped  
200g sashimi-grade salmon, cut into thick slices  
2 tbsp dried Nori seaweed or alternative pickled seaweed, finely chopped  
**To serve:** pickled ginger and soy sauce

 Boil the soba noodles, drain in a colander and cool in a bowl of iced water. Drain well and place on two plates. Add salmon slices, spring onions and seaweed. Serve with pickled ginger and soy sauce.



# Oyster *and bacon frittata*



SERVES 2

6 fresh oysters  
6 eggs  
2 rashers bacon, roughly chopped  
1 tbsp chives, finely chopped  
splash olive oil



Crack eggs into a bowl, season with sea salt and freshly ground black pepper and whisk gently with a fork. Heat a little olive oil in a frying pan over medium heat. When hot, add bacon and cook for 3 minutes. Transfer to a plate.



Now, add eggs to pan and move pan around so eggs cover its base. Leave for a minute then pull egg mixture away from side of pan with a spatula. Once eggs are beginning to set, add bacon pieces and oysters and cook for few more minutes. Serve immediately with chives sprinkled on top.



# Smoked salmon, *blinis, crème fraiche and salmon eggs*



SERVES 4

8 small blinis  
200g crème fraiche  
100g salmon roe  
150g smoked salmon, thickly sliced  
1 tbsp chives, finely chopped

 Place crème fraiche on blinis, top with smoked salmon, salmon roe and chives and serve immediately.



# Prawn cocktail



SERVES 4

- 500g cooked peeled prawns
- 1 avocado, peeled and roughly chopped
- 4 lettuce leaves
- 2 spring onions, trimmed and finely chopped
- Cocktail sauce:
  - 1 cup mayonnaise
  - 1 tbsp lemon juice
  - 2 tbsp tomato ketchup
  - ½ tsp cayenne
  - ½ tsp Tabasco



Divide the prawns, lettuce leaves, spring onion and avocado between 4 bowls. Mix the cocktail sauce ingredients in a bowl, seasoning with sea salt and freshly ground black pepper. Drizzle over the prawns in bowls and serve with a wedge of lemon in each bowl.



# Spicy Moroccan-style fish

*with guacamole and flatbread*



SERVES 4

500g monkfish or cod, cut into 3 cm pieces




**Marinade:**

2 tbsp fresh ginger, grated  
1 tbsp paprika  
½ tbsp turmeric  
1 tsp dried oregano  
1 tsp ground cumin  
1 tsp ground coriander  
3 tbsp extra virgin olive oil

**Guacamole:**

2 avocados, peeled and chopped  
1 tsp ground cumin  
1 small fresh red chilli, deseeded and finely chopped  
1 sprig fresh coriander, finely chopped  
3 tbsp olive oil  
juice of 1 lime

**To serve:** hot grilled Arab-style bread, lettuce leaves and squeeze of half a lemon

-  Place fish in a large bowl with all marinade ingredients. Mix well, cover with clingfilm and refrigerate for at least 10 minutes.
-  Meanwhile, make the guacamole. Place avocados in a food processor with cumin, chilli, olive oil, a little sea salt and the lime juice and blend to a coarse consistency. Transfer to a serving bowl and top with coriander sprig.
-  Remove fish from refrigerator and grill on a barbecue or cast iron grill pan over medium heat, turning occasionally for 5-7 minutes until tender. Transfer to a serving plate with guacamole, lettuce leaves and Arab-style flatbread.





# Moules marinière



SERVES 2

- 1 kg mussels, scrubbed and debearded
- 2 garlic cloves, finely chopped
- 1 onion, finely chopped
- 2 tbsp flat leaf parsley, finely chopped
- 200ml dry white wine
- To serve:** crusty bread

-  Melt butter over medium heat in a large saucepan. Add garlic, onion and parsley and cook for 5 minutes until onion has softened.
-  Add mussels and wine, then cover saucepan and cook for 5-7 minutes until all mussels open, discarding any that haven't. Serve immediately in bowls with all the liquid poured over and crusty bread to mop up the juices.



# Lemon sole

*with parsley butter and potatoes*



SERVES 2

400g lemon sole or other flat fish fillets  
300g warm potatoes, peeled, boiled and roughly chopped  
1 tbsp flat leaf parsley, finely chopped  
3 tbsp butter  
**To serve:** ½ lemon

- 🔪 Season lemon sole fillets with sea salt and freshly ground black pepper. Add butter to a large frying pan over high heat, and when it begins to bubble, add lemon sole fillets and cook over medium heat until cooked or for about 7 minutes on each side.
- 🔪 Transfer to plates and serve immediately with potatoes combined with a little extra softened butter and the parsley.





# Skate with capers *and black butter*



SERVES 1

1 (about 400g) skate wing  
50g butter  
1 ½ tbsp capers, rinsed  
salt and pepper

-  Season skate wing with sea salt and freshly ground black pepper. Add butter to a large frying pan over high heat, and when it begins to bubble and turn a golden brown colour, add skate wing and cook over medium heat until cooked or for about 7 minutes on each side, adding capers last 2 minutes of cooking.
-  Transfer to plate and serve immediately.





# Trout

*with ham and cider*



SERVES 2

- 2 (*about 350g each*) whole fresh trout, cleaned
- 1 (*about 50g*) thick slice cooked ham, roughly chopped
- 1 tbsp flat leaf parsley, finely chopped
- 1 clove garlic, thinly sliced
- 100ml cider
- 1 tbsp olive oil
- 1 tbsp butter
- 2 tbsp flour

-  Season the trout with salt and black pepper and place half the ham and parsley in their stomach cavities. Carefully roll the trout in the flour.
-  Melt the butter and olive oil in a frying pan large enough to hold both trout. Fry the trout for 5 minutes on each side until cooked through and their skin has turned a golden colour. Add the garlic and fry for a few minutes until softened then add cider and cook for a few more minutes until the cider is bubbling and beginning to reduce. Scatter over remaining ham and parsley and serve immediately.





# Crab cakes



SERVES 2

300g boiled potatoes, mashed  
600g cooked crabmeat  
3 spring onions, trimmed and finely chopped  
2 tbsp flat leaf parsley, finely chopped  
1 tsp cayenne  
1 egg, beaten  
1 tbsp flour  
3 tbsp olive oil

**To serve:** tartare sauce, squeeze of  
lemon and a little green salad

-  Mix potato, crabmeat, spring onion, parsley, cayenne and egg in a bowl. Season generously with sea salt and freshly ground black and combine mixture again. Refrigerate for 30 minutes.
-  Remove from refrigerator and shape into 6 cm round crab cakes. Dust with flour and shallow fry in olive oil over a medium heat for about 5 minutes each side or until golden brown. Drain on kitchen paper then serve with tartare sauce, lemon and a little green salad.





# Crab linguine



SERVES 4

500g linguine  
3 tbsp olive oil  
2 garlic cloves, thinly sliced  
1 tsp dried chilli flakes  
18 cherry tomatoes  
340ml tomato passata  
580g cooked crabmeat

-  Bring a large saucepan of salted water to the boil and cook linguine according to instructions on the packet.
-  Meanwhile, heat olive oil over medium heat in a frying pan and sauté the garlic and chilli flakes for 3 minutes. Add cherry tomatoes and tomato passata and cook for 7 minutes, stirring occasionally. Add the crab meat and combine well. Add pasta to sauce and combine well before transferring to plates.



# Smoked mackerel pate



SERVES 4

4 (*about 350g*) smoked mackerel fillets

½ tsp cayenne

1 tbsp horseradish sauce

juice of ½ lemon

3 tbsp crème fraîche

**To serve:** fresh dill sprig, toast



Remove skin from mackerel fillets and transfer mackerel to a food processor. Add crème fraîche, horseradish sauce, cayenne and lemon juice and blend to a rough paste.



Transfer to a serving bowl and refrigerate until ready to use. When ready to serve, top with a dill sprig and serve with toast.



# Paprika squid *and white bean salad*



SERVES 4

- 1 can (250g) white beans, drained
- 2 tbsp flat leaf parsley, finely chopped
- 6 tbsp olive oil
- 3 tbsp sherry vinegar
- 400g squid, cleaned and chopped
- 1 tsp paprika
- 1 red onion, finely chopped



Place squid in a bowl with half the olive oil and paprika, mix well and marinate for 5 minutes. Combine beans, parsley, red onion with remaining olive oil and sherry vinegar in a serving bowl. Season generously with sea salt and freshly ground black pepper.



Heat a frying pan over high heat for a few minutes, add squid and all marinade and cook for 10 minutes until tender. Add to bean salad and serve while still hot.



# Cod with spinach



SERVES 2

460g thick cod steaks  
2 tbsp olive oil  
3-4 fresh bay leaves  
2 garlic cloves, thinly sliced  
½ tsp paprika

**To serve:** steamed spinach and lemon wedges

- 🔪 Season cod steaks with sea salt, freshly ground black pepper and paprika. Heat olive oil in a large frying pan, add cod steaks and cook over high heat until cooked or for about 5 minutes on each side, adding bay leaves and garlic during last 5 minutes of cooking.
- 🍴 Transfer to plates and serve with spinach and lemon wedges.





# Kakavia

## *Greek-style fish soup*



SERVES 4

- 1 kg firm fish fillets, such as cod, sea bass, mullet, snapper, bream or gurnard, cleaned and cut into large chunks
  - 2 (about 300g) red onions, peeled and chopped
  - 4 (about 500g) large potatoes, peeled and chopped
  - 3 (about 300g) carrots, peeled and chopped
  - 1 celery stick, trimmed and sliced
  - 3 tbsp flat leaf parsley, including stalks, roughly chopped
  - 6 whole peppercorns
  - 4 ripe tomatoes, peeled, deseeded and roughly chopped
  - 3 tbsp olive oil
  - juice of 1 ½ lemons
- To serve:** crusty bread and lemon wedges

-  Place the onions, potatoes, carrots, celery, tomatoes and parsley in a large saucepan. Cover with cold water and boil over medium heat for 10 minutes. Place fish carefully on top of vegetables, drizzle with olive oil and add peppercorns and some sea salt. Reduce heat and cook for further 15 minutes.
-  To serve, place fish and vegetables in 4 soup bowls. Stir lemon juice into remaining broth then pour the broth over the fish and vegetables. Season again with a little salt and black pepper and serve with crusty bread and extra squeeze of lemon.






# Fish pie



SERVES 2

- |   |   |
|---|---|
| 600g cod and salmon, cut into chunks                    | 1 (about 180g) leek, trimmed and chopped        |
| 1 litre milk  | 180g button mushrooms, sliced                   |
| 2 fresh bay leaves                                      | 1 (about 70g) celery stick, trimmed and chopped |
| 50g butter  | 2 tbsp flat leaf parsley, finely chopped        |
| 1 tbsp fresh thyme leaves                               | zest and juice of ½ lemon                       |
| 2 large (about 300g) potatoes, peeled, cubed and boiled | ½ glass dry white wine                          |
| 2 (about 140g) carrots, peeled and sliced               | 60ml thick cream or crème fraîche               |
| 1 (about 90g) onion, peeled and chopped                 | 240g puff pastry                                |
| 2 garlic cloves, peeled and chopped                     | 1 egg, beaten                                   |
|   | a little plain flour                            |

-  Place fish, bay leaves in a saucepan. Bring to boil over medium heat then simmer for 5 minutes. Remove fish from milk with a slotted spoon and transfer carefully to a plate.
-  Meanwhile, heat butter over a medium heat in a large saucepan and sauté carrots, onion, leek, garlic for a few minutes. Add mushrooms, potatoes, fish, lemon juice and zest, white wine and cream to saucepan. Season generously with sea salt and freshly ground black pepper and transfer mixture to an ovenproof pie dish.
-  Roll out puff pastry on a lightly floured wooden board. Brush rim of pie dish with beaten egg and place puff pastry over the fish pie mixture then make two slashes with a sharp knife in the centre to allow any steam to escape while cooking. Brush pastry with beaten egg and bake at 200C for 25 minutes or until top is golden coloured. Serve fish pie while still warm.



# Poached salmon

## *with aioli and vegetables*



SERVES 4

1 kg piece fresh salmon  
2 fresh bay leaves  
6 (about 400g) potatoes, peeled and thickly sliced  
2 (about 400g) fennel bulbs, trimmed and chopped  
12 (about 250g) baby carrots, trimmed and peeled  
2 tbsp olive oil

**Aioli** (*makes about 1 cup*)  
4 cloves garlic, peeled  
1 tsp sea salt  
2 egg yolks  
200ml olive oil  
juice of ½ lemon  
1 tbsp cold water



For aioli, pound the garlic and sea salt to a fine paste in a large mortar with a pestle. Add the egg yolks and stir with the mortar until mixture turns a light pale colour. Slowly add the olive oil in a steady stream, whisking the mixture until it thickens. Finally, stir in lemon juice and water. Cover with cling film and refrigerate until ready to use.



Meanwhile, place salmon in a fish kettle with bay leaves and vegetables. Pour cold water to just come up to the fish and vegetables, drizzle with olive oil and cook, covered, over medium heat for 20 minutes. Take off heat, transfer salmon and vegetables to plates and serve with aioli and an extra drizzle of olive oil and some freshly ground black pepper.






# Lobster *and orange salad*



SERVES 2

- 1 (*about 800g*) fresh lobster
- 200g baby fennel, roughly chopped
- 2 oranges, segmented
- 3 celery sticks, trimmed and chopped
- 2 tomatoes, sliced
- 6 lettuce leaves
- Dressing:**
- 4 tbsp olive oil
- juice of 1 orange
- 1 tbsp capers, drained

-  Cook lobster in plenty of boiling water for about 15 minutes until cooked. Transfer to a plate, allow to cool before removing lobster flesh from shell and cutting into chunks.
-  For dressing, combine oil, orange juice and capers in a bowl with a little sea salt and black pepper.
-  To assemble salad, place lettuce leaves, lobster, fennel, celery, tomatoes and oranges on a large plate. Drizzle with the dressing and some extra freshly ground black pepper and serve immediately.



# Fritto misto



SERVES 4

1 cup plain flour

1 cup cornstarch

½ tsp paprika




450g squid, cleaned and sliced into rings

300g (*about 12*) prawns, cleaned, deveined with shells left on tail

100g (*about 4*) scallops, cleaned

500ml olive oil for frying

**To serve:** 1 lemon, halved

-  Combine flour, cornstarch and paprika in a large bowl and season with a little seas alt and freshly ground black pepper. Pour olive oil into a large saucepan and heat to 190°.
-  Combine the seafood in another large bowl. Evenly sprinkle over the flour and cornstarch mix and, using your hands, toss quickly to coat the seafood. Place coated seafood in a large fine colander and tap to remove excess flour and cornstarch. Add seafood mixture to hot oil in batches and deep-fry until golden brown and crisp or for about 5 minutes. Remove from oil and transfer to a plate lined with kitchen paper.
-  Season with a little salt and freshly ground black pepper, transfer to a plate and serve immediately with squeeze of lemon.






# Fish and chips



SERVES 4

1kg cod fillets  
125g plain flour, plus extra for dusting  
150ml beer  
1 tbsp olive oil  
2 egg whites  
1 kg potatoes, peeled and cut into 1.5cm-thick chips  
peanut oil for deep-frying  
**To serve:** tartare sauce

-  Place chips in bowl of cold water. For beer batter, mix flour, beer and olive oil together in a large bowl. Whisk the egg whites until stiff then fold them into the batter, rotating the bowl as you fold them in.
-  For chips, drain potatoes and pat dry with kitchen paper. Heat peanut oil in a deep-fryer or large saucepan to 140-150°. Add half the potatoes and cook for 6 minutes or until cooked through. Drain on kitchen paper and keep warm. Repeat with remaining potatoes. Set aside for 10 minutes. Increase oil heat to 180-190°.
-  Meanwhile, dry cod fillets with kitchen paper, dust in flour and dip in beer batter, draining off excess. Gently lower cod fillets into the saucepan of hot oil. Deep-fry for 5 minutes until golden and crisp, drain on kitchen paper and season with sea salt. Serve immediately with chips and tartare sauce.



# Fish baked in salt



SERVES 4

1 (*about 850g to 1 kg*) sea bass or snapper,  
cleaned whole with scales left on  
1.5 kg coarse sea salt  
4 egg whites  
5 fresh bay leaves  
4 sprigs fresh thyme  
2 tbsp fresh samphire  
½ lemon, sliced

**To serve:** 6 tbsp olive oil and juice of 1 lemon



Preheat oven to 200C. Combine salt, thyme and egg whites in a large bowl and mix well. Spread a thin layer of salt mixture over the base of a large oval ovenproof dish.



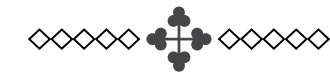
Place sea bass or snapper on top, add bay leaves, samphire and lemon slices inside the stomach and spread remaining salt mixture over the fish to cover it.



Bake for 30-40 minutes or until tender and cooked. Remove from oven and using a knife, carefully break salt crust and remove. Using a spoon, scrape off the skin and remove flesh from the bone and transfer to plates. Serve with Zoil and lemon sauce.



# Squid ink risotto



SERVES 4

705ml fish stock  
50ml olive oil  
1 onion, finely chopped  
2 cloves garlic, finely chopped  
300g squid, including tentacles, chopped  
350g Arborio rice  
2 tsp squid ink  
250ml dry white wine

- 👉 Bring fish stock to boil over medium heat then keep hot. Meanwhile, heat olive oil in large saucepan and sauté onion and garlic until softened. Add squid, season with salt and pepper, and cook for 5 minutes.
- 👉 Add rice, squid ink and dry white wine and cook over medium heat until white wine reduces. Then, add a cup of stock at a time and cook, stirring until stock is absorbed for about 20 minutes until rice is al dente. Serve immediately.



# Roast monkfish tail

*with pancetta*



SERVES 4

- 1 (about 1.4kg) monkfish tail
- 14 thin slices streaky bacon or pancetta
- 4 fresh bay leaves
- 3 cloves garlic
- 1 tbsp olive oil



Preheat oven to 200C. Wrap monkfish in bacon slices, inserting a few bay leaves underneath the bacon slices. Tie with kitchen string and place on a baking tray.



Drizzle with olive oil and season with sea salt and freshly ground black pepper. Roast for 30-40 minutes with garlic or until bacon crisps and fish is cooked. Serve with a simple salad.





# Swordfish

## *with roasted cherry tomatoes*



SERVES 2

- 2 (about 480g) swordfish steaks, thickly cut
- 1 tbsp olive oil
- 1 tbsp mixed fresh herbs, such as parsley, mint and chervil
- 1 lemon, peeled and segmented
- juice of ½ lemon
- Roasted cherry tomatoes
- 20 cherry tomatoes
- 1 tbsp olive oil
- ½ tsp dried oregano

-  Preheat oven to 200C. Place cherry tomatoes on a baking tray, drizzle with oil and oregano and season generously with sea salt and freshly ground black pepper. Place in oven and roast for 20 minutes until softened and beginning to blacken.
-  Meanwhile, season swordfish steaks with sea salt and freshly ground black pepper. Add olive oil to a large frying pan, add swordfish steaks and cook over high heat until cooked or for about 5 minutes on each side, adding lemon segments, herbs and lemon juice during last 2 minutes of cooking. Transfer to plates and serve with roasted cherry tomatoes.