

Chef

express

seafood splendor





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introduction

Recent research shows that there are various reasons why we should eat seafood: it is low in fat and so low in calories; it contains many essential vitamins and minerals; it is a good source of protein; it contains Omega 3 fatty acids which have been shown to help prevent heart disease; and -best of all- it makes a delicious meal.



seafood splendor

introduction

Nutritionists and health professionals now recommend that we eat seafood at least three times a week.

Buying fish and shellfish

- Fillets: Should be shiny and firm with a pleasant sea smell. Don't buy fillets that are dull, soft, discolored or 'ooze' water when touched.
- Whole fish: Should have a pleasant smell and a bright luster to the skin. Gills should be red and eyes bright and bulging. When touched, the flesh should be firm and springy. Dull-colored fish with sunken eyes should be avoided at all costs.
- Smoked fish: Should have a pleasant smoked smell and be dry. Avoid smoked fish that is 'sweaty' or slimy with a rancid smell.
- Lobster (cooked): Limbs should be intact, tails curled and eyes bright. The lobster should feel heavy in proportion to its size. Discoloration at the joints and missing or loose limbs indicate that the lobster is past its best.

- Mussels (live): Shells should be tightly closed. Open shells indicates that mussels are already dead.
- Oysters: Should be plump and shiny with a natural creamy color and clear liquid. They should have a pleasant sea smell and be free of shell particles.
- Prawns (cooked): Flesh should be firm and shells tight. Prawns should have a pleasant sea smell. Avoid limp-looking prawns with black loose heads or legs.
- Prawns (uncooked): Should have a firm body and pleasant sea smell, and show no sign of black.

Frozen seafood

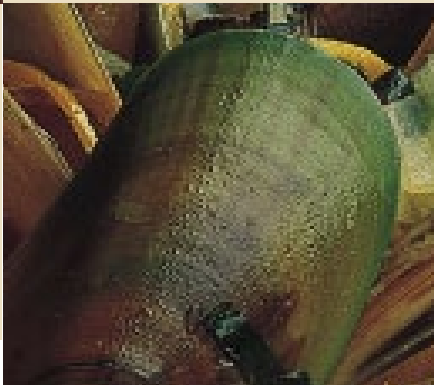
- As with all food, if you plan to freeze seafood, it should be as fresh as possible.
- When buying frozen fish watch out for freezer burn; this appears as dry, white or brown patches and indicates that the fish has been wrapped incorrectly and has dehydrated.
- Frozen seafood is best cooked directly from frozen. Just allow a little extra cooking time. Cooking seafood this way ensures that it holds its shape and retains its flavor and texture better.

Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience



wine steamed mussels with orange segments



■□□ | Cooking time: 15 minutes - Preparation time: 10 minutes

method

1. Heat oil in a large frying pan over medium heat. Add onions and garlic and cook for 2 minutes. Add oregano, orange strips and wine, cook for a further 2 minutes.
2. Increase heat, bring to the boil. Add mussels, cover and steam for 5 minutes. Transfer opened mussels to serving dish and discard any that do not open.
3. Stir parsley into mussel cooking liquid and bring to the boil. Stir in orange segments and pour sauce over mussels. Serve immediately.

ingredients

- > 2 tablespoons oil
- > 1 onion, chopped
- > 3 cloves garlic, crushed
- > 2 tablespoons chopped oregano
- > 10 strips of orange rind
- > 1½ cups dry white wine
- > 800 g/1 lb 10 oz mussels, scrubbed and beards removed
- > 1 tablespoon chopped parsley
- > 1 orange, peeled and segmented

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Serves 2-3

tip from the chef

Mussels grow in clusters, attaching themselves by means of a “byssus” to rocks or other supports such as jetties or gravel beaches.



scallops provençal

■□□ | Cooking time: 25 minutes - Preparation time: 15 minutes

ingredients

- > 2 teaspoons olive oil
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > 2 teaspoons finely chopped fresh thyme or 1/2 teaspoon dried thyme
- > 1/2 teaspoon dried oregano
- > 500 g/1 lb scallops
- > 2 tablespoons finely chopped fresh parsley
- > freshly ground black pepper
- > 30 g/1 oz Gruyère cheese, grated

method

1. Heat oil in a nonstick frying pan over a medium heat, add onion and garlic and cook, stirring, for 3-4 minutes or until onion is soft. Stir in tomatoes, thyme and oregano and bring to the boil. Reduce heat and simmer for 10 minutes or until mixture reduces and thickens.
2. Add scallops, parsley and black pepper to taste and cook for 5 minutes. Divide mixture between 4 scallop shells or shell shaped dishes, sprinkle with Gruyère cheese and cook under a preheated hot grill for 4-5 minutes or until cheese melts and is golden.

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Serves 4



tip from the chef

The sauce for this dish should be very thick before adding the scallops as the juices from them will dilute it.



cheesy

grilled mussels



■ ■ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

method

1. Place water in a large saucepan and bring to the boil. Add mussels (a) and cook for 5 minutes or until shells open. Discard any mussels that do not open after 5 minutes cooking. Using a slotted spoon remove mussels from liquid and set aside until cool enough to handle.
2. Remove top shells of mussels and discard. Loosen mussels in bottom shells (b) but do not remove. Place shells on griller tray.
3. To make topping, place garlic, coriander, chili, lemon rind, Parmesan cheese, breadcrumbs, butter and black pepper to taste in a bowl and mix to combine (c). Top each mussel with a little of the topping (d) and cook under a preheated grill for 3 minutes or until mussels are heated through and topping is golden.

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Makes 24

ingredients

- > 2 cups/500 ml/16 fl oz water
- > 24 mussels, scrubbed and beards removed

cheesy topping

- > 2 cloves garlic, crushed
- > 1 tablespoon finely chopped fresh coriander
- > 1 small red chili, seeded and chopped
- > 1 teaspoon finely grated lemon rind
- > 2 tablespoons grated Parmesan cheese
- > 1 cup/60 g/2 oz breadcrumbs, made from stale bread
- > 60 g/2 oz butter, melted
- > freshly ground black pepper



a



b



c



d

tuna

and prawn sushi

■■■ | Cooking time: 20 minutes - Preparation time: 35 minutes

ingredients

- > 2 teaspoons wasabi powder
- > 12 large cooked prawns, shelled and deveined, tails left intact
- > 125 g/4 oz fresh tuna
- > 1 sheet nori, cut into strips (optional)
- > soy sauce

sushi rice

- > 500 g/1 lb short grain rice
- > 2½ cups/600 ml/1 pt water
- > 2 tablespoons sweet sake or sherry
- > 4 tablespoons rice vinegar
- > 2 tablespoons sugar
- > ½ teaspoon salt

method

1. To make sushi rice, wash rice several times in cold water and set aside to drain for 30 minutes. Place rice and water in a large saucepan and bring to the boil, cover and cook, without stirring, over a low heat for 15 minutes. Remove pan from heat and set aside for 10 minutes.
2. Place sake or sherry, vinegar, sugar and salt in a small saucepan and bring to the boil. Remove pan from heat and set aside to cool. Turn rice out into a large shallow dish, pour over vinegar mixture (a) and toss gently until rice has cooled to room temperature. Take a tablespoon of rice in your hand and gently squeeze it to form a neat oval (b). Place on a serving platter and repeat with remaining rice to make 24 ovals.
3. Mix wasabi powder with a few drops of water to make a smooth paste and dab a little on each rice oval.
4. Split prawns on the underside, taking care not to cut all the way through, and flatten them out. Top twelve rice ovals with prawns.
5. Cut tuna into twelve 2 x 4 cm/¾ x 1½ in strips each 5 mm/¼ in thick. Top remaining rice ovals with tuna strips. Wrap a strip of nori, if using, around each sushi. Serve with soy sauce for dipping.

tip from the chef

Strips of spring onion can be used in place of the nori if you wish. Wasabi is a very hot horseradish powder. It is available from Asian food stores.

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Makes 24





bouillabaisse

■□□ | Cooking time: 15 minutes - Preparation time: 20 minutes

method

1. Heat oil in a large saucepan, add onions, fennel and garlic and stir over a medium heat for 5-6 minutes or until onions are soft. Stir in stock, tomato purée, tomatoes, thyme, bay leaves and turmeric, and bring to simmering.
2. Add fish, prawns, crabs and mussels and cook for 5 minutes or until seafood is just cooked. Discard any mussels that do not open after 5 minutes. Stir in basil and season to taste with black pepper. To serve, place seafood on a large serving platter and ladle soup into a tureen.

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Serves 8

ingredients

- > 2 tablespoons olive oil
- > 3 onions, chopped
- > 1 fennel bulb, thinly sliced
- > 4 cloves garlic, crushed
- > 4 cups/1 litre/1³/₄ pt chicken stock
- > 440 g/14 oz canned tomato purée
- > 2 x 440 g/14 oz canned tomatoes, undrained and mashed
- > 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme
- > 2 bay leaves
- > 1/2 teaspoon ground turmeric
- > 750 g/1¹/₂ lb firm white fish fillets, cut into 5 cm/2 in pieces
- > 500 g/1 lb uncooked prawns, shelled and deveined, tails left intact
- > 4 uncooked crabs, halved
- > 500 g/1 lb mussels, scrubbed and beards removed
- > 3 tablespoons chopped fresh basil
- > freshly ground black pepper

tip from the chef

More of a stew than a soup, bouillabaisse is one of the best known and most popular fish soups. It can be made using whatever seafood is available so use this recipe as a guide only. For a complete meal accompany bouillabaisse with crusty French bread and a glass of dry white wine.

tomato and shellfish soup

■ ■ □ | Cooking time: 50 minutes - Preparation time: 20 minutes

ingredients

- > 2 tablespoons olive oil
- > 2 red onions, cut into rings
- > 8 large tomatoes, chopped
- > 2 cloves garlic, crushed
- > 1 teaspoon cracked black peppercorns
- > 1 tablespoon chopped fresh oregano
- > 1 tablespoon chopped fresh parsley
- > 1 tablespoon chopped fresh basil
- > 3 cups chicken stock
- > 1/2 cup tomato purée
- > 155 g/5 oz vermicelli noodles
- > 1 cup assorted shellfish, cooked

method

1. Heat oil in a large deep frying pan, add onions and cook for 3 minutes. Add tomatoes, garlic, pepper and herbs and simmer until tomatoes are soft.
2. Add 2 cups of chicken stock to tomato mixture, boil, reduce heat and simmer for 30 minutes. Push mixture through a sieve into a large saucepan.
3. Add remaining stock and tomato purée to mixture, bring to the boil, add vermicelli and cook until tender. Stir in shellfish just before serving.

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Serves 4-6



tip from the chef

It is ideal to serve this delightful soup with a sauvignon blanc wine.



creamy

mussel soup



■□□ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Place wine, chili paste (sambal oelek), lemon juice and garlic in a large saucepan and bring to the boil. Add mussels and cook for 5 minutes or until shells open. Discard any unopened mussels. Using a slotted spoon remove mussels from liquid and set aside.
2. Strain liquid through a fine sieve and return to a clean pan. Stir cream into wine mixture and bring to the boil. Reduce heat and simmer for 10 minutes.
3. Remove mussels from shells and stir into soup mixture. Add dill and season to taste with black pepper. Serve immediately.

ingredients

- > 2½ cups/600 ml/1 pt dry white wine
- > 1 teaspoon chili paste (sambal oelek)
- > 2 tablespoons lemon juice
- > 2 cloves garlic, crushed
- > 500 g/1 lb mussels, scrubbed and beards removed
- > 1½ cups/375 ml/12 fl oz double cream
- > 1 tablespoon chopped fresh dill
- > freshly ground black pepper

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Serves 4

tip from the chef

Remember, any mussels that do not open their shells after 5 minutes of cooking should be discarded; they are bad.



mixed seafood salad

■ ■ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

ingredients

- > 2 cups white wine
- > 375 g/3/4 lb mussels
- > 315 g/10 oz pipis
- > 250 g/1/2 lb scallops
- > 155 g/5 oz squid, cut into rings
- > 200 g/6 1/2 oz medium cooked prawns, shelled and deveined, tails left intact
- > 1/2 cup olive oil
- > 3 tablespoons lemon juice
- > 2 tablespoons chopped fresh parsley
- > 1 tablespoon chopped fresh oregano

method

1. Combine wine, mussels and pipis in a large saucepan, cover, bring to the boil. Cook until shells open. Remove with a slotted spoon and place in a large bowl.
2. Add scallops and squid to the boiling liquid and cook for 2 minutes. Remove with slotted spoon and add to mussels and pipis. Add prawns.
3. Pour combined olive oil, lemon juice, parsley and oregano over seafood and chill for several hours before serving.

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Serves 6



tip from the chef

If you wish to serve this salad as a cocktail appetizer, place some spoonfuls of mixture over toasts.





smoked

mussel and squid salad

■□□ | Cooking time: 10 minutes - Preparation time: 15 minutes

method

1. Place water, wine and lemon juice in a medium frying pan and bring to the boil.
2. Slice squid into neat rings and add to frying pan, cook for 5 minutes. Remove from heat and leave to cool in juices.
3. Drain squid and arrange on serving plate with mussels, cucumber, parsley and orange rind.
4. Dress salad with combined walnut oil, vinegar and lime juice.

ingredients

- > 1 cup water
- > 1½ cups dry white wine
- > ¼ cup lemon juice
- > 250 g/½ lb cleaned baby squid
- > 1 cup smoked mussels, drained
- > 1 cucumber, sliced
- > 1 tablespoon chopped parsley
- > rind from 1 orange, sliced into thin strips
- > 3 tablespoons walnut oil
- > 1 tablespoon wine vinegar
- > 1 tablespoon lime juice

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Serves 4

tip from the chef

Squid, one of the major marine food resources and possibly the most important of those which are not yet fully exploited, occur in all oceans and seas except the Black Sea.



spanish

seafood salad

■ ■ □ | Cooking time: 35 minutes - Preparation time: 30 minutes

method

1. Place stock in a large saucepan and bring to the boil. Add prawns and cook for 1-2 minutes or until prawns change color. Remove and set aside. Add lobster tail (if using) and cook for 5 minutes or until lobster changes color and is cooked. Remove and set aside. Add mussels and cook until shells open –discard any mussels that do not open after 5 minutes. Remove and set aside. Strain stock and reserve. Peel and devein prawns, leaving tails intact. Refrigerate seafood until just prior to serving.
2. Heat oil in a large saucepan, add onion and cook for 4-5 minutes or until soft. Add ham, rice and saffron and cook, stirring, for 2 minutes. Add reserved stock and bring to the boil. Reduce heat, cover and simmer for 15 minutes or until liquid is absorbed and rice is cooked and dry. Stir in peas and red pepper and set aside to cool. Cover and refrigerate for at least 2 hours.
3. To make dressing, place oil, vinegar, mayonnaise, garlic, parsley and black pepper in a food processor or blender and process to combine.
4. To serve, place seafood and rice in a large salad bowl, spoon over dressing and toss to combine.

ingredients

- > 4 cups/1 liter/1³/₄ pt chicken stock
- > 500 g/1 lb uncooked large prawns
- > 1 uncooked lobster tail (optional)
- > 500 g/1 lb mussels in shells, cleaned
- > 2 tablespoons olive oil
- > 1 onion, chopped
- > 2 ham steaks, cut into 1 cm/1/2 in cubes
- > 2 cups/440 g/14 oz rice
- > 1/2 teaspoon saffron powder
- > 125 g/4 oz fresh or frozen peas
- > 1 red pepper, diced

garlic dressing

- > 1/2 cup/125 ml/4 fl oz olive oil
- > 1/4 cup/60 ml/2 fl oz white wine vinegar
- > 3 tablespoons mayonnaise
- > 2 cloves garlic, crushed
- > 2 tablespoons chopped fresh parsley
- > freshly ground black pepper

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Serves 8

tip from the chef

This creative salad is the cold version of paella, the world famous Spanish recipe.



marinated

seafood salad



■□□ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Bring wine and lemon juice to the boil in a medium frying pan. Add chili, scallops and squid rings and cook for 2 minutes. Transfer scallops and squid to a medium bowl with a slotted spoon.
2. Add 1 cup of water to the pan juices and bring to the boil. Add mussels, cover and steam for 5 minutes or until shells have opened. Remove mussels with a slotted spoon and leave to cool.
3. Remove mussels from shells and add to scallops and squid.
4. Bring pan juices to the boil, simmer and reduce to $\frac{1}{2}$ cup.
5. Add prawns to cooked seafood and pour over combined olive oil, lime juice, basil and reduced pan juices. Marinate salad in refrigerator 4 hours before serving.

ingredients

- > $\frac{3}{4}$ cup dry white wine
- > $\frac{1}{4}$ cup lemon juice
- > 2 teaspoons finely chopped chili
- > 250 g $\frac{1}{2}$ lb scallops
- > 250 g $\frac{1}{2}$ lb squid, cut into rings
- > 500 g 1 lb mussels
- > 500 g 1 lb cooked medium prawns, shelled and deveined, tails left intact
- > $\frac{1}{4}$ cup olive oil
- > 3 tablespoons lime juice
- > 1 tablespoon chopped fresh basil

.....
Serves 6

tip from the chef

It is highly suggested to present this salad over a bed of green leaves.



lobster salad

■ □ □ | Cooking time: 0 minute - Preparation time: 20 minutes

ingredients

- > 2 lobster tails, cooked and shells removed
- > 1 radicchio, leaves separated
- > 1 lettuce, leaves separated
- > 100 g/3½ oz snow pea sprouts or watercress
- > 1 orange, peeled and segmented
- > 250 g/8 oz strawberries

raspberry dressing

- > 125 g/4 oz fresh or frozen raspberries
- > 2 tablespoons raspberry vinegar
- > 2 tablespoons vegetable oil
- > 1 teaspoon chopped fresh mint
- > 1 tablespoon sugar

method

1. Cut lobster tails into 1 cm/½ in thick medallions and set aside.
2. Arrange radicchio and lettuce leaves, sprouts or watercress, orange segments, strawberries and lobster attractively on a serving platter. Cover and refrigerate.
3. To make dressing, place raspberries in a food processor or blender and process until puréed. Push purée through a sieve to remove seeds. Place raspberry purée, vinegar, oil, mint and sugar in a small bowl and mix to combine. Drizzle dressing over salad and serve immediately.

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Serves 4 as a main course



tip from the chef

To cook lobster, place dead lobster in a saucepan of cold water, bring slowly to the boil and boil, allowing 8 minutes per 500 g/1 lb of lobster. To kill a live lobster, either drown it in fresh water or freeze it.



baked snapper with pineapple seasoning



■■■ | Cooking time: 50 minutes - Preparation time: 25 minutes

method

1. Soak cracked wheat in boiling water for 20 minutes; strain; drain well. In a medium bowl combine wheat, half the pineapple pieces, half the spring onions, half the pepper, wheatgerm and egg; mix well.
2. Wash fish under cold water. Fill cavity of fish with pineapple mixture. Place fish on a greased oven tray, brush with oil and bake in moderate oven for 30 minutes.
3. In a small saucepan combine chicken stock, cornflour, soy sauce and pineapple juice. Stir sauce over a low heat until mixture boils and thickens, add remaining pineapple pieces, spring onions and pepper, serve over fish.

ingredients

- > 2 tablespoons cracked wheat
- > 450 g/14 oz canned unsweetened pineapple pieces, drained, and 1/2 cup juice reserved
- > 2 spring onions, chopped
- > 1/2 red pepper, chopped
- > 1 tablespoon wheatgerm
- > 1 egg
- > 1 whole snapper, cleaned
- > oil, for brushing fish
- > 1/2 cup chicken stock
- > 1 tablespoon cornflour
- > 1 teaspoon light soy sauce

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Serves 4

tip from the chef

It is an extremely original plate that combines very exotic flavors. When filling the fish, be careful not to use too much stuffing so that it does not overflow while being cooked.



fish

with orange butter

■ ■ ■ | Cooking time: 35 minutes - Preparation time: 30 minutes

ingredients

- > 60 g/2 oz butter
- > 4 spring onions, chopped
- > 1 clove garlic, crushed
- > 1 orange, peeled and segmented
- > 2 tablespoons chopped fresh parsley
- > 1 cup/60 g/2 oz breadcrumbs, made from stale bread
- > freshly ground black pepper
- > 1 kg/2 lb whole small fish, such as snapper or bream, cleaned

orange butter

- > 125 g/4 oz butter, softened
- > 3 teaspoons finely grated orange rind
- > 1 tablespoon orange juice
- > 2 teaspoons tomato sauce

method

1. Preheat barbecue to a medium heat.
2. Melt butter in a large frying pan and cook spring onions and garlic for 1-2 minutes. Remove pan from heat and stir in orange segments (a), parsley, breadcrumbs and black pepper to taste. Fill cavity of each fish with breadcrumb mixture. Close cavity and secure with wooden toothpicks.
3. Cut a piece of aluminum foil large enough to completely enclose the fish. Lightly grease foil and place fish in center. Fold foil over fish to enclose completely and seal by rolling edges together. Cook fish on preheated barbecue grill, turning several times, for 25-30 minutes or until flesh flakes when tested with a fork.
4. To make orange butter, place butter, orange rind, orange juice, tomato sauce and black pepper to taste in a bowl and mix to combine. Place butter mixture on a piece of aluminum foil (b) and form into a sausage shape. Wrap foil around butter and refrigerate until firm. Sliced and serve with fish.

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Serves 4



tip from the chef

This fish is also delicious baked in the oven at 180°C/350°F/Gas 4 for 30-35 minutes.



fish

baked in paper



■ ■ □ | Cooking time: 35 minutes - Preparation time: 20 minutes

method

1. Heat oil in a large frying pan and stir-fry zucchini, red peppers and lemon rind over a medium heat for 2-3 minutes. Remove pan from heat.
2. Cut 4 pieces of nonstick baking paper large enough to enclose each fish. Divide vegetable mixture between pieces of paper and top each with a fish. Sprinkle with lemon juice and fold baking paper around fish to enclose. Seal edges by rolling together tightly.
3. Bake at 180°C/350°F/Gas 4 for 30 minutes or until flesh flakes when tested with a fork.

ingredients

- > 1 tablespoon olive oil
- > 4 large zucchini, cut into strips
- > 2 red peppers, cut into strips
- > rind from 1/2 lemon, cut into strips
- > 4 small whole fish, such as bream, sea perch, snapper or pompano, cleaned
- > 2 tablespoons lemon juice

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Serves 4

tip from the chef

Cooking fish in paper prevents it from drying out and nearly all types of fish are suitable to cook this way. The fish is cooked when the paper browns and puffs up. The best part of cooking fish in this way is when you open the parcel and release the rich aroma that has formed during cooking. The French call this method of cooking en papillote.



steamed fish

■ □ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

ingredients

- > 2 small whole fish, such as snapper or bream, cleaned
- > 1 tablespoon finely chopped fresh ginger
- > 1 tablespoon soy sauce
- > 1 teaspoon sugar
- > 1 tablespoon white vinegar
- > 2 rashers bacon, cut into strips
- > 1 small carrot, cut into thin strips
- > 4 spring onions, cut into 3 cm/1¼ in lengths

method

1. Place fish in a shallow glass or ceramic dish. Combine ginger, soy sauce, sugar and vinegar. Pour mixture over fish, cover and set aside to marinate for 30 minutes.
2. Line a bamboo steamer with nonstick baking paper. Place fish in steamer, pour over marinade and sprinkle with bacon, carrot and spring onions.
3. Cover steamer, place over a wok of simmering water and steam for 10-15 minutes or until fish flakes when tested with a fork.

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Serves 2



tip from the chef

The Chinese always serve whole fish with the head pointing towards the guest of honor. It is believed that this assures him or her of good fortune.



bream

with grapefruit



■□□ | Cooking time: 25 minutes - Preparation time: 15 minutes

method

1. Place each fish on foil to wrap, brush with combined melted butter, garlic, lime juice and grapefruit juice. Wrap up in foil and bake in moderate oven for 25 minutes.
2. Decorate with grapefruit slices and fresh dill. Serve with blanched vegetables if desired.

ingredients

- > 4 medium bream, cleaned
- > 1/2 cup melted butter
- > 1 clove garlic, crushed
- > 2 tablespoons freshly squeezed lime juice
- > 4 tablespoons freshly squeezed grapefruit juice
- > 1 grapefruit, sliced
- > 1 tablespoon chopped fresh dill

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Serves 4

tip from the chef

This fish can be served either hot or cold. To eat it cold, shred the flesh, mix with greens and drizzle with a vinaigrette made with oil, the juices of the same citric fruits used for the cooking and some seasoning.



whiting with sweet and sour rice

■ ■ □ | Cooking time: 40 minutes - Preparation time: 20 minutes

ingredients

- > 4 whole whiting, cleaned
- > 2 tablespoons lemon juice
- > 2 tablespoons olive oil

rice

- > 4 tablespoons olive oil
- > 1 large onion, chopped
- > 1/4 cup pine nuts
- > 3/4 cup long grain rice
- > 1 tablespoon grated fresh ginger
- > 1/2 red pepper, seeded and chopped finely
- > 1/4 cup baby corn cobs, sliced
- > 3 tablespoons sugar
- > 2 tablespoons lemon juice
- > 1 tablespoon fresh parsley, chopped

method

1. Wash the fish and season inside and out. Brush the outside with combined lemon juice and olive oil. Wrap each fish in foil and bake in moderate oven for 20 minutes.
2. To make rice, heat oil in a large frying pan, add onion and pine nuts and cook for 2 minutes. Add rice, ginger, pepper and corn, pour 2 cups of water into mixture and bring to the boil. Simmer for 15 minutes or until rice is tender and water has evaporated (you may need to add more water).
3. Stir in sugar and lemon juice and cook for a further 2 minutes. Stir in parsley and divide rice between 4 plates.
4. Remove fish from foil and place on top of rice. Garnish with parsley if desired.

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Serves 4



tip from the chef

In order to give the rice a special flavor, add 3 spoonfuls of raisins.



warm

mullet niçoise



■ ■ □ | Cooking time: 25 minutes - Preparation time: 20 minutes

method

1. Cut the heads off the fish and wash thoroughly. Place fish in a single layer in a greased baking tray. Brush each fish generously with olive oil and wrap foil around the tails.
2. Mix together tomatoes, onion, garlic, olives and parsley and place on and around the fish in the baking tray.
3. Pour wine over the top and bake in moderate oven for 20-25 minutes or until fish is cooked through. Serve each fish with the tomato onion mixture.

ingredients

- > 4 whole mullet, cleaned
- > 1/4 cup olive oil
- > 3 tomatoes, chopped into small cubes
- > 1 onion, chopped
- > 2 cloves garlic, chopped
- > 10 black olives, pitted and chopped
- > 2 tablespoons parsley, chopped
- > 1 cup dry white wine

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Serves 4

tip from the chef

An excellent resource to intensify its flavor is to sprinkle the fish with grated Parmesan cheese.



jewfish

steaks with dill butter

■□□ | Cooking time: 10 minutes - Preparation time: 15 minutes

ingredients

- > 4 jewfish steaks
- > 3 tablespoons freshly squeezed lemon juice
- > 1 teaspoon chili paste (sambal oelek)
- > 3 tablespoons white wine
- > 3 tablespoons oil
- > 4 egg yolks
- > 2 tablespoons freshly squeezed lime juice
- > 60 g/2 oz butter, melted and boiling
- > 1 tablespoon chopped dill

method

1. Brush jewfish with combined lemon juice, chili paste, wine and oil and cook under a moderately preheated grill for 5 minutes each side or until cooked through.
2. Blend egg yolks with lime juice in a food processor or blender for 1 minute. While the motor is running, add the bubbling butter (it is important that the butter is boiling while pouring into egg yolk mixture) and process for a further 1 minute. Stir in dill and serve over jewfish.

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Serves 4

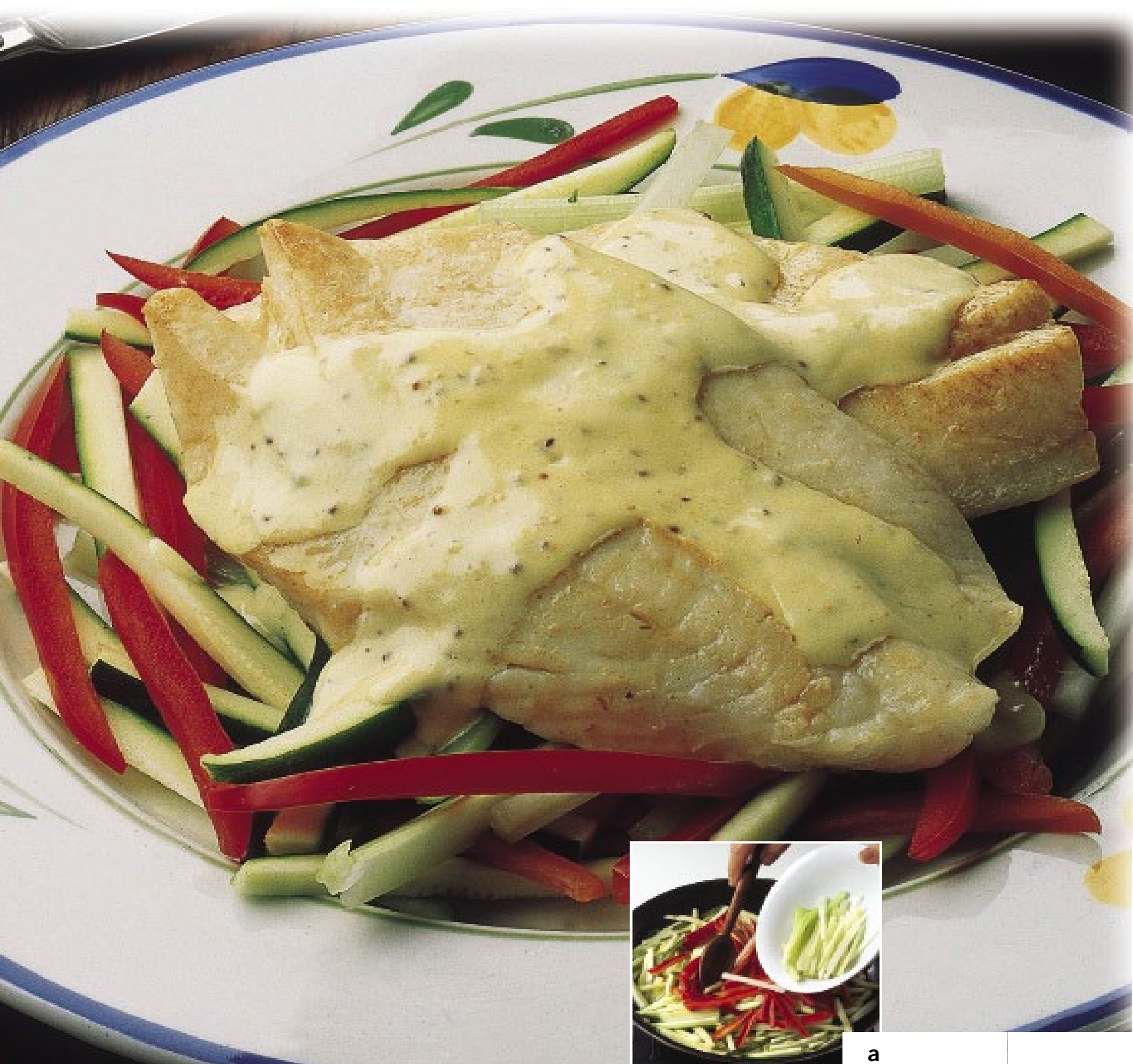


tip from the chef

These filets can also be cooked in the oven or in a barbecue.



fillet of fish with mustard sauce



■ ■ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Melt butter in a large frying pan over medium heat. Add zucchini, red peppers and celery (a) and sauté for 2 minutes. Remove with a slotted spoon and place in foil in a low oven to keep warm.
2. Add fish fillets to pan (b), cook for 2 minutes on each side or until cooked through. Transfer fillets to a baking dish, cover with foil and keep warm in oven.
3. Add cream to pan, bring to the boil and reduce to $\frac{3}{4}$ cup. Add mustard (c) and mix well.
4. Divide vegetables between serving plates, place two fish fillets on top of vegetables, top with mustard sauce (d) and serve immediately.

ingredients

- > 4 tablespoons butter
- > 4 zucchini, cut into thin strips
- > 2 red peppers, seeded and cut into thin strips
- > 2 celery sticks, cut into thin strips
- > 8 white fish fillets
- > $1\frac{1}{2}$ cups cream
- > 1 tablespoon whole grain mustard

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Serves 4

tip from the chef

Two tablespoons of Dijon mustard can be used instead of the whole grain mustard.



a



b



c



d

john dory rolls

■■■ | Cooking time: 25 minutes - Preparation time: 25 minutes

ingredients

- > 1/4 cup/60 ml/2 fl oz lemon juice
- > 2 cloves garlic, crushed
- > freshly ground black pepper
- > 8 x 60-75 g/2-2 1/2 oz John Dory fillets
- > 16 spinach leaves, stems removed
- > 1 tablespoon snipped fresh chives

lemon sauce

- > 2 tablespoons lemon juice
- > 1/2 cup/125 ml/4 fl oz evaporated milk
- > 2 teaspoons cornflour

method

1. Place lemon juice, garlic and black pepper to taste in a small bowl and whisk to combine. Brush each fillet with lemon juice mixture, then top with 2 spinach leaves, folding them to fit the fillets.
2. Roll up fillets and secure with wooden toothpicks. Place rolls in a lightly oiled, shallow ovenproof dish and bake at 180°C/350°F/Gas 4 for 20 minutes or until fish is cooked. Remove fish from dish, set aside and keep warm. Reserve cooking juices.
3. To make sauce, place the reserved cooking juices, lemon juice, evaporated milk, cornflour and black pepper to taste in a small saucepan and cook over a medium heat, stirring constantly, for 3-4 minutes or until sauce boils and thickens slightly. Spoon sauce over rolls, sprinkle with chives and serve immediately.

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Serves 4



tip from the chef

Lemon always makes fish taste better. For this recipe, a chardonnay wine with citric notes and wooden touches is the most appropriate beverage.



pink and white fish mosaic

■■■ | Cooking time: 25 minutes - Preparation time: 25 minutes

method

1. Cut each white fish fillet lengthwise into 4 strips, each measuring 15 x 2 cm/6 x 3/4 in. Sprinkle with 1 tablespoon lemon juice and season with white pepper. Wrap each strip in blanched spinach leaves (a) and set aside. Cut salmon fillets crosswise into 16 strips the same size as the white fish ones. Sprinkle with remaining lemon juice and season with white pepper.
2. Weave 4 strips of each fish into a square to form a checkerboard pattern (b) on pieces of foil. Trim ends if necessary. Place a wire rack and 2.5 cm/1 in water in a large frying pan and bring to the boil. Place fish on wire rack and steam for 6-8 minutes.
3. To make sauce, melt half the butter in a saucepan and cook spring onions, garlic and sage for 2 minutes. Add spinach and cook for 5 minutes longer or until wilted. Add stock, bay leaf and wine and boil until mixture reduces by half. Remove bay leaf.
4. Place sauce in a food processor or blender and process until smooth. Pass through a fine sieve into a clean saucepan. Stir in cream and cook over a low heat for 5 minutes. Whisk in small pieces of remaining butter. Season with black pepper and serve with fish squares.

ingredients

- > 4 large firm white fish fillets
- > 2 tablespoons lemon juice
- > freshly ground white pepper
- > 16 large spinach leaves, blanched, stalks removed
- > 2 salmon fillets

spinach sauce

- > 45 g/1 1/2 oz butter
- > 2 spring onions, chopped
- > 1 clove garlic, crushed
- > 2 fresh sage leaves
- > 200 g/6 1/2 oz young spinach leaves
- > 2 cups/500 ml/16 fl oz fish stock
- > 1 bay leaf
- > 1/2 cup/125 ml/4 fl oz dry white wine
- > 1 cup/250 ml/8 fl oz double cream
- > freshly ground black pepper

tip from the chef

This recipe can be easily cooked in the microwave. Thus, place the prepared fish squares on a piece of nonstick baking paper rather than the aluminum foil, place in a shallow microwave-safe dish, cover and cook on High (100%) for 4-5 minutes or until fish is cooked.

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Serves 4



seafood

terrine

■ ■ □ | Cooking time: 30 minutes - Preparation time: 20 minutes

method

1. Cut fish into small pieces and process (a) to a purée in a blender or food processor. Push purée through a sieve into a bowl set over ice. Mix in egg whites and cream (b) until mixture becomes bulky. Add lemon juice, mix well.
2. Brush a loaf pan with oil. Cut a long strip of non-stick baking paper the narrow width of the base of the pan and run it down one end, along the base and up the other end. Brush with oil (c).
3. Divide fish mixture into 2 bowls. Mix prawns into one bowl. Spread half the plain fish purée over the base of the pan. Lay zucchini slices on top, then spread half of the prawn mixture over the zucchini. Repeat layers of zucchini, prawn mixture (d) and plain fish purée, cover with foil and place pan in a roasting dish.
4. Pour hot water around to come about half way up the sides. Cook in moderate oven for 30 minutes. Allow terrine to cool for 10 minutes in pan before turning out.

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Serves 8

ingredients

- > 500g/1 lb boneless white fish fillets
- > 2 egg whites
- > 1½ cups thickened cream
- > 3 tablespoons lemon juice
- > 1 cup cooked medium prawns, shelled and deveined, chopped
- > 3 large zucchini, cut into thin slices

tip from the chef

If you prefer a more colorful terrine, blanched carrots can replace one of the zucchini layers.



a



b



c



d



barbecued

stuffed squid



■ ■ □ | Cooking time: 5 minutes - Preparation time: 15 minutes

method

1. Preheat barbecue to a high heat.
2. To make filling, place breadcrumbs, cheese, olives, tomatoes, lemon juice, oregano and black pepper to taste in bowl and mix to combine.
3. Spoon filling into squid tubes and secure opening with a wooden toothpick or cocktail stick. Lightly brush with oil and cook on barbecue for 1 minute each side or until squid is white and opaque.

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Serves 8

ingredients

- > 20 baby squid tubes, cleaned
- > olive oil

feta and olive filling

- > 1 cup/60 g/2 oz breadcrumbs, made from stale bread
- > 315 g/10 oz feta cheese, crumbled
- > 3 tablespoons chopped black olives
- > 2 tablespoons chopped sun-dried tomatoes
- > 1/4 cup/60 ml/2 fl oz lemon juice
- > 1 tablespoon chopped fresh oregano
- > freshly ground black pepper

tip from the chef

When filling the squid, take care not to overfill them or they will burst during cooking. As soon as the squid come in contact with the hot barbecue they will shrink. Only the squid bodies or tubes are used for this recipe, reserve tentacles for another use. It is sometimes possible to purchase cleaned baby squid in which case they could be used for this recipe.



prawn

skewers

■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

ingredients

- > 500 g/1 lb large uncooked prawns, shelled and deveined, tails left intact
- > 2 teaspoons sesame oil
- > 1 tablespoon soy sauce
- > 1 tablespoon vegetable oil
- > 1 teaspoon honey
- > 1 clove garlic, crushed
- > freshly ground black pepper

method

1. Thread prawns onto oiled bamboo skewers (a).
2. Place sesame oil, soy sauce, vegetable oil, honey, garlic and black pepper to taste in a small bowl and whisk to combine. Brush prawns with oil mixture.
3. Cook skewers under a preheated grill or on a preheated barbecue, brushing frequently with oil mixture (b), for 3-4 minutes each side or until prawns change color and are cooked.
4. Serve skewers on a bed of steamed rice.

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Serves 4

tip from the chef

When storing prawns, leave them in their shells. The shell acts as a natural insulator and helps retain moisture and flavor. Cooked prawns should be stored in the refrigerator in an airtight container or plastic food bag for no longer than 3 days. Uncooked prawns are best stored in water in an airtight container for up to 3 days. The water prevents oxidation.



a



b



barbecued

marinated prawns



■□□ | Cooking time: 5 minutes - Preparation time: 10 minutes

method

1. Preheat barbecue to a medium heat.
2. To make marinade, place chilies, garlic, oregano, parsley, oil, vinegar and black pepper to taste in a bowl and mix to combine. Add prawns, toss to coat and marinate for 10 minutes.
3. Drain prawns and cook on oiled barbecue for 1-2 minutes each side or until prawns just change color.

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Serves 8

ingredients

- > 1 kg/2 lb uncooked medium prawns, shelled and deveined, tails left intact

chili and herb marinade

- > 2 fresh red chilies, chopped
- > 2 cloves garlic, crushed
- > 1 tablespoon chopped fresh oregano
- > 1 tablespoon chopped fresh parsley
- > 1/4 cup/60 ml/2 fl oz olive oil
- > 2 tablespoons balsamic vinegar
- > freshly ground black pepper

tip from the chef

For an attractive presentation, line a serving platter with trimmed spring onions and pile the prawns on top. The juices from the prawns will flavor the spring onions and you will have another delicious pre-meal nibble.



seafood

combination

■ ■ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

ingredients

- > 1/4 cup/60 ml/2 fl oz vegetable oil
- > 375 g/12 oz uncooked large prawns, shelled and deveined
- > 250 g/8 oz squid rings
- > 250 g/8 oz firm white fish fillets, cut into cubes
- > 125 g/4 oz scallops
- > 1 red pepper, cut into strips
- > 250 g/8 oz snow peas
- > 220 g/7 oz canned sliced bamboo shoots, drained
- > 2 cloves garlic, crushed
- > 2 teaspoons grated fresh ginger
- > 2 teaspoons cornflour
- > 1/2 cup/125 ml/4 fl oz chicken stock
- > 1 teaspoon sesame oil
- > 2 teaspoons soy sauce

method

1. Heat 2 tablespoons vegetable oil in a wok or frying pan, add prawns, squid, fish and scallops (a) and stir-fry for 2-3 minutes. Remove seafood from pan and set aside.
2. Add remaining vegetable oil to pan, heat and add red pepper, snow peas, bamboo shoots, garlic and ginger (b) and stir-fry for 4-5 minutes or until red pepper and snow peas are tender.
3. Combine cornflour, chicken stock, sesame oil and soy sauce and stir into pan (c). Cook, stirring constantly, until sauce boils and thickens. Return seafood to pan (d) and cook for 2-3 minutes or until heated through. Serve immediately.

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Serves 4

tip from the chef

With their quick cooking times, fish and seafood are perfect for stir-frying.



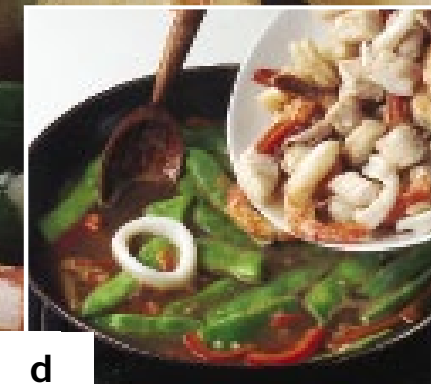
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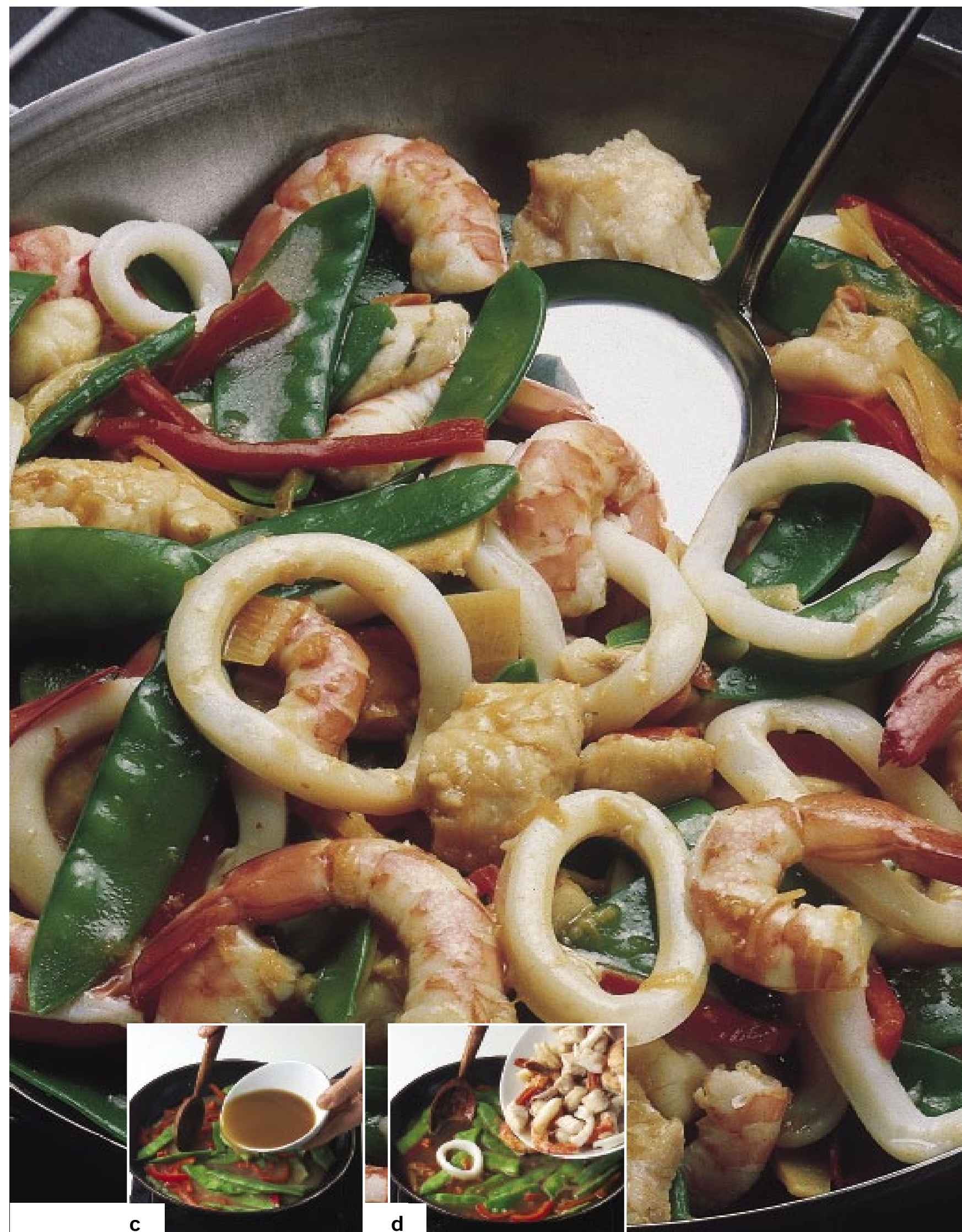
b



c



d



lime-battered

seafood



■ ■ □ | Cooking time: 5 minutes - Preparation time: 20 minutes

method

1. To make batter, place flour in a bowl and gradually stir in lime juice and soda water. Mix well to combine, then stir in lime rind. Set aside.
2. To make mayonnaise, place egg yolks, lemon juice and mustard in a food processor or blender and process to combine. With machine running, slowly pour in oil and process until mixture thickens. Stir in coriander and season to taste with black pepper.
3. Heat oil in a large deep saucepan. Dip prawns, squid rings and fish fillets in batter. Drain off excess batter and cook a few at a time in hot oil, until golden. Remove from pan and drain on absorbent kitchen paper. Serve with mayonnaise for dipping.

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Serves 4

ingredients

- > oil for deep-frying
- > 8 large uncooked prawns, shelled and deveined, tails left intact
- > 60 g/2 oz squid rings
- > 4 x 90 g/3 oz firm white fish fillets

lime batter

- > 1½ cups/185 g/6 oz flour, sifted
- > ½ cup/125 ml/4 fl oz lime juice
- > 1 cup/250 ml/8 fl oz soda water
- > 2 teaspoons finely grated lime rind

coriander mayonnaise

- > 3 egg yolks
- > 2 tablespoons lemon juice
- > ¼ teaspoon dry mustard
- > 1 cup/250 ml/8 fl oz vegetable oil
- > 1 tablespoon finely chopped fresh coriander
- > freshly ground black pepper

tip from the chef

Never before have fish and chips been this good. Make your own chips and no one will be able to resist. When heating oil for deep-frying, check the temperature by dropping a cube of bread into the hot oil. The oil is the right temperature when it will brown the bread cube in 50 seconds.

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