

Chef

express



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treasures from the sea



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treasures from the sea

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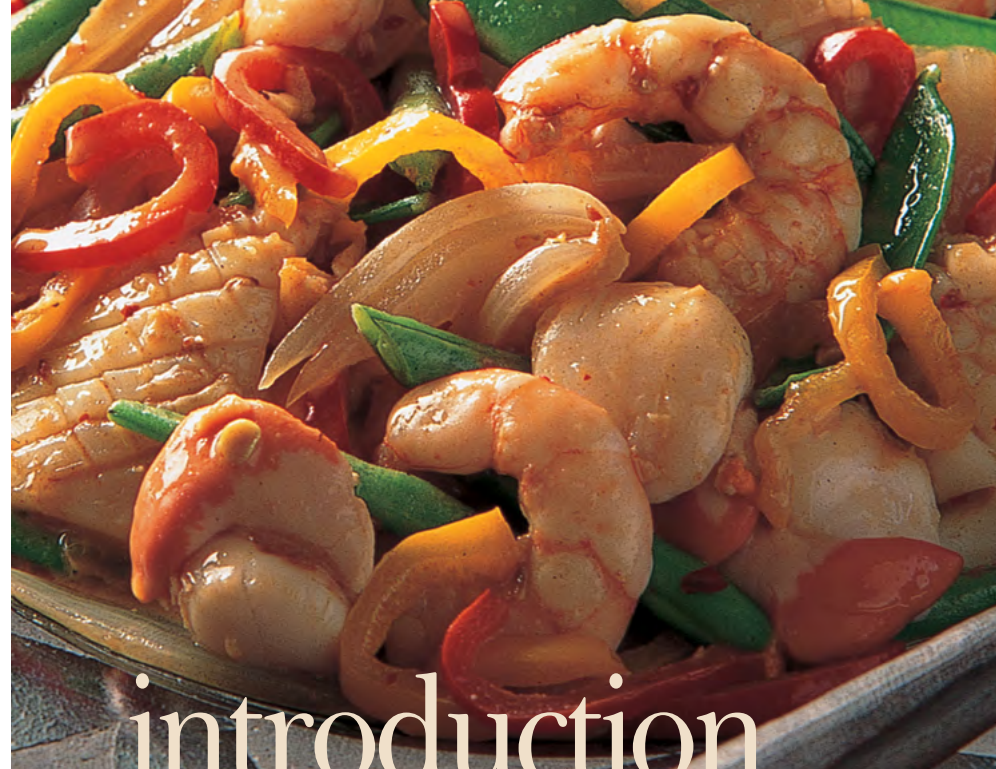
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introduction

Enjoying savory salmon fillets, stir-fried prawns and succulent mussels for dinner can be quick and simple. These easy recipes will help you master the essential techniques to prepare a vast variety of flavorful seafood treats. You will be out of the kitchen in no time, gracing your table with all kinds of underwater treasures!



treasures from the sea



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.

Buying fish and shellfish

- **Filletts:** Should be shiny and firm with a pleasant sea smell. Don't buy filletts 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 (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

snapper fillets

with lemon and coriander

■ □ □ | Cooking time: 8 minutes - Preparation time: 5 minutes

ingredients

- > 1 teaspoon chopped fresh ginger
- > 1 teaspoon crushed garlic
- > 2 tablespoons finely chopped coriander
- > 2 tablespoons olive oil
- > 1½ tablespoon lemon juice
- > 500 g/1 lb snapper fillets (4 portions)

method

1. Mix the first 5 ingredients together in a shallow dish. Place the fillets in the dish and turn to coat well. Cover and stand 10-15 minutes.
2. Heat the barbecue to medium/hot and oil the grill bars. Place a sheet of baking paper over the bars and make a few slashes between the grill bars to allow ventilation. Place the fish on the paper and cook for 3-4 minutes each side according to thickness. Brush with marinade during cooking. Remove to plate. Heat any remaining marinade and pour over the fish.

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Serves 4



tip from the chef

Fish is cooked, if when tested with a fork, it flakes or the sections pull away. Lingfish, haddock and perch may also be used.



salmon

with asparagus topping



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

method

1. Heat oil in a medium frying pan over moderate heat. Add garlic and spring onions, cook for 1 minute. Remove pan from heat and stir in asparagus (a), set aside.
2. Place salmon cutlets in a lightly greased baking dish and bake in moderate oven for 15 minutes.
3. Spread the top side of each cutlet with mustard (b), then spoon asparagus mixture on top (c). Sprinkle with cheese (d) and return to oven for 5-10 minutes or until cheese has melted.
4. Serve with fresh blanched vegetables.

ingredients

- > 1 tablespoon oil
- > 2 cloves garlic, crushed
- > 3 spring onions, sliced
- > 1 cup canned asparagus, drained and chopped
- > 4 salmon cutlets, 150-200 g/5-6 oz each
- > 1½ tablespoons Dijon mustard
- > ¼ cup grated low-fat cheese

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Serves 4



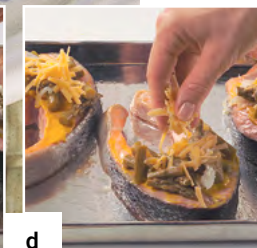
a



b



c



d

tip from the chef

It is a complete plate, ideal to invite some friends over and enjoy some healthy food together.



fettuccine

with scallops

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

ingredients

- > 500 g/1 lb fettuccine
- > 30 g/1 oz butter
- > 1 red pepper, seeded, cut into strips
- > 2 tablespoons chopped spring onions
- > 1½ cups cream
- > 500 g/1 lb scallops
- > ½ teaspoon ground black pepper
- > 1 tablespoon chopped fresh parsley

method

1. Bring a large saucepan of water to the boil, add fettuccine and cook until just tender.
2. Meanwhile, melt butter in a large frying pan over moderate heat. Add red pepper and spring onions, cook for 1 minute. Add cream, bring to the boil, reduce heat and simmer for 3-5 minutes or until cream begins to thicken. Add scallops and black pepper, cook until scallops are opaque, about 1 minute.
3. Drain fettuccine and pour scallop sauce over the top, sprinkle with parsley.

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Makes 4



tip from the chef

Always take care not to overcook the scallops because they toughen easily.

pad thai with chicken and prawns

■ ■ ■ | Cooking time: 15 minutes - Preparation time: 30 minutes

method

1. Place noodles in a bowl. Pour over boiling water to cover. Soak for 15-20 minutes, separate noodles with chopsticks or a fork if necessary. Drain. Set aside.
2. Heat oil in a wok or nonstick frying pan over medium heat. Add garlic. Stir-fry for 1 minute. Increase heat to high. Add chicken. Stir-fry for 2 minutes or until just cooked. Add prawns and red pepper. Stir-fry for 1 minute or until prawns just change color.
3. Stir in fish sauce, lime juice and stock. Stir-fry for 1 minute. Pour in egg whites. Cook, without stirring, until egg whites just set.
4. Add bean sprouts and prepared noodles. Cook, tossing, for 3 minutes or until heated through. Scatter with coriander, spring onions and cashews. Serve immediately.

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Serves 4

ingredients

- > 250 g/8 oz packet Thai rice noodles
- > 2 teaspoons oil
- > 2 cloves garlic, crushed
- > 2 boneless and skinless chicken breast fillets, trimmed of visible fat, cut into 2 cm³/₄ in cubes
- > 100 g/3½ oz uncooked medium prawns, deveined
- > 1 red pepper, chopped
- > 2 tablespoons fish sauce
- > ¼ cup/60 ml/2 fl oz lime juice
- > 2 tablespoons low-salt chicken stock or white wine
- > 2 egg whites, beaten
- > 2 cups/180 g/6 oz bean sprouts
- > ½ cup chopped fresh coriander
- > 2 spring onions, finely chopped
- > 2 tablespoons chopped toasted unsalted cashews

tip from the chef

If you cannot find fish sauce, replace it by soy sauce.



spiced

mussels in vinegar

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

ingredients

- > 2 teaspoons vegetable oil
- > 2 onions, chopped
- > 3 medium fresh green chillies, chopped
- > 1 tablespoon chopped fresh oregano
- > 1 teaspoon ground cumin
- > ½ teaspoon crushed black peppercorns
- > 3 bay leaves
- > 1 cinnamon stick
- > ¼ cup/60 ml/2 fl oz apple cider vinegar
- > 1½ cups/375 ml/12 fl oz fish stock
- > 1 kg/2 lb mussels, scrubbed and beards removed

method

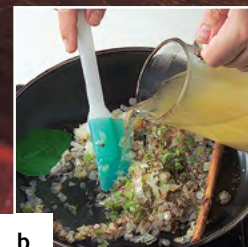
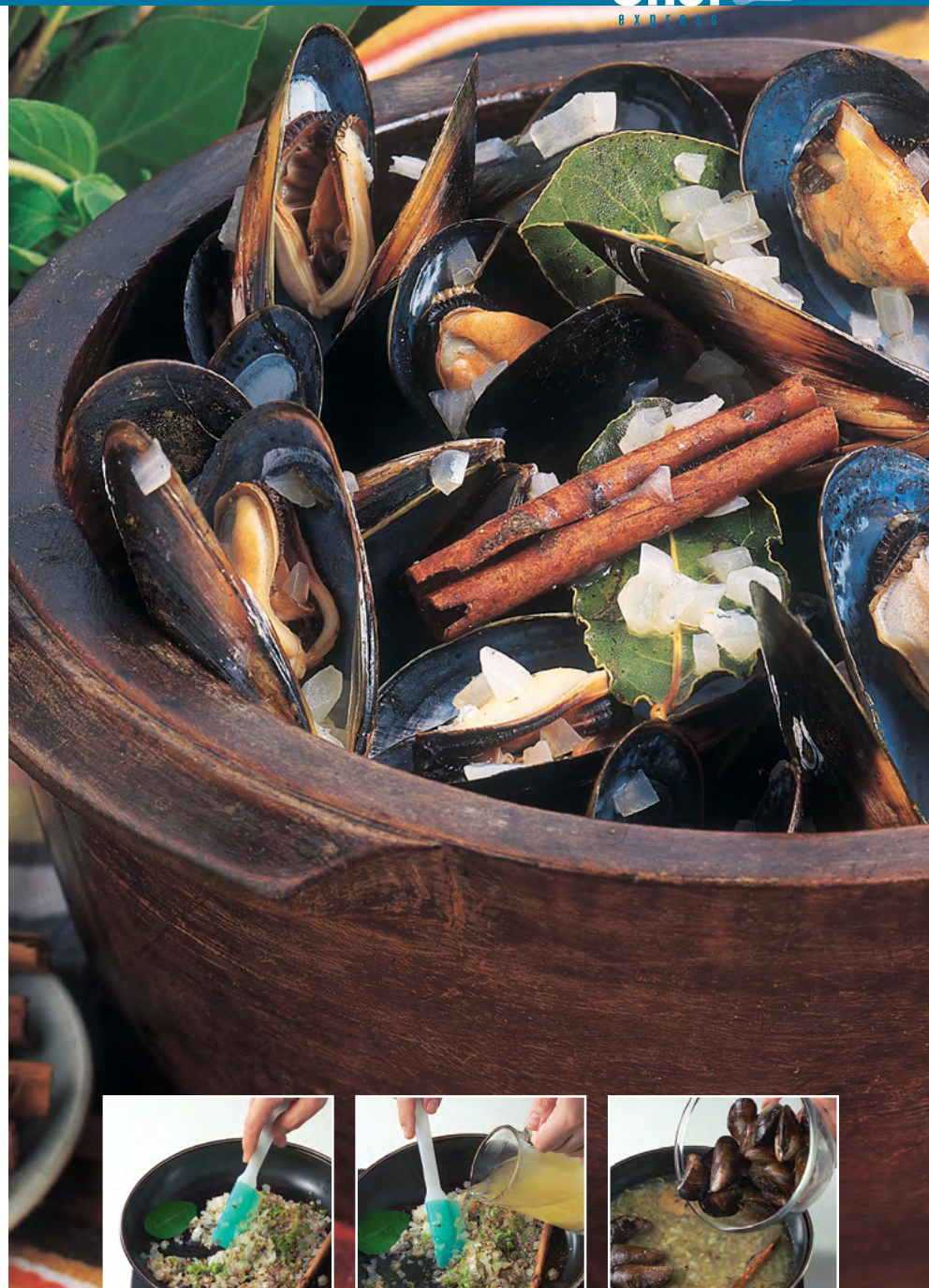
1. Heat oil in a saucepan over a medium heat, add onions and cook, stirring, for 3 minutes or until soft. Add chillies, oregano, cumin, peppercorns, bay leaves and cinnamon and cook, stirring, for 2 minutes (a).
2. Stir vinegar and stock into pan (b) and bring to the boil. Add mussels (c), bring to simmering, cover and simmer for 5 minutes or until mussels open. Discard any mussels that do not open after 5 minutes cooking. Serve mussels with pan juices.

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Serves 4



tip from the chef

Try this recipe using clams, cleaned baby octopus or squid.



a

b

c



grilled fish

with mandarin salsa

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

method

1. To make marinade, place mandarin juice, coriander, parsley, chili paste (sambal oelek), cumin, lime or lemon juice and wine in a bowl and mix to combine.
2. Place fish cutlets in a single layer in a shallow dish and pour marinade over. Cover and set aside to marinate for 1-2 hours. Drain fish and reserve marinade.
3. Cook fish cutlets on a preheated barbecue or under a preheated grill for 3-4 minutes each side or until flesh flakes when tested with a fork.
4. Place reserved marinade and mandarin segments in a small saucepan and bring to simmering. Remove saucepan from heat and stir in butter. Serve with fish.

ingredients

- > 6 x 155 g/5 oz fish cutlets
- > 310 g/10 oz canned mandarin segments, drained and juice reserved
- > 30 g/1 oz butter coriander marinade
- > reserved mandarin juice
- > 3 tablespoons chopped fresh coriander
- > 3 tablespoons chopped fresh parsley
- > 1 teaspoon chili paste (sambal oelek)
- > ½ teaspoon ground cumin
- > ¼ cup/60 ml/2 fl oz lime or lemon juice
- > 2 tablespoons white wine

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Serves 6

tip from the chef

The combination of coriander and chili in this fish dish is reminiscent of Asian cuisine. Serve with boiled or steamed white or brown rice and a stir-fry of mixed vegetables.



baby octopus

in red wine

■ ■ □ | Cooking time: 110 minutes - Preparation time: 20 minutes

ingredients

- > 1 kg/2 lb baby octopus
- > 3 tablespoons oil
- > 6 shallots, chopped
- > 2 cloves garlic, crushed
- > 125 ml/4 fl oz dry red wine
- > 125 ml/4 fl oz chicken stock
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > 1 teaspoon grated lemon rind
- > freshly ground black pepper
- > 2 tablespoons finely chopped coriander

method

1. Remove tentacles, intestines and ink sac from octopus. Cut out the eyes and beak. Remove skin and rinse well.
2. Place octopus in a large saucepan, cover and simmer for 15 minutes. Drain off any juices and set aside to cool slightly.
3. Heat oil in a saucepan and cook shallots for 2-3 minutes. Add garlic and octopus and cook for 4-5 minutes. Pour wine into pan and cook over medium heat, until almost all the wine has evaporated.
4. Combine stock, tomatoes, lemon rind, pepper and coriander. Cover and simmer gently for 1½ hours until octopus is tender.

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Serves 6



tip from the chef

Boiled potatoes sprinkled with paprika make a perfect side dish for this delicious stew.



stir-fried

tamarind prawns

■ □ □ | Cooking time: 8 minutes - Preparation time: 15 minutes

method

1. Place tamarind pulp and water in a bowl and stand for 20 minutes. Strain, reserve liquid and set aside. Discard solids.
2. Heat oil in a wok or frying pan over a high heat, add lemon grass or rind and chillies and stir-fry for 1 minute. Add prawns and stir-fry for 2 minutes or until they change color.
3. Add mangoes, coriander, sugar, lime juice and tamarind liquid and stir-fry for 5 minutes or until prawns are cooked.

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 Serves 4

ingredients

- > 2 tablespoons tamarind pulp
- > ½ cup/125 ml/4 fl oz water
- > 2 teaspoons vegetable oil
- > 3 stalks fresh lemon grass, chopped, or 2 teaspoons finely grated lemon rind
- > 2 fresh red chillies, chopped
- > 500 g/1 lb medium uncooked prawns, shelled and deveined, tails left intact
- > 2 green (unripe) mangoes, peeled and thinly sliced
- > 3 tablespoons chopped fresh coriander leaves
- > 2 tablespoons brown sugar
- > 2 tablespoons lime juice

tip from the chef

Lemon grass is an aromatic herb, native of India. It is widely used in Thai and Vietnamese cooking.



curried fish cutlets

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

ingredients

- > 2 tablespoons finely grated fresh ginger
- > 2 cloves garlic, crushed
- > 1 teaspoon chili powder
- > ½ teaspoon ground turmeric
- > 4 cod or mackerel cutlets
- > 2 tablespoons vegetable oil
- > 2 tablespoons black mustard seeds

method

1. Place ginger, garlic, chili powder and turmeric in a bowl and mix to combine. Add fish and toss to coat with chili mixture. Shake off any excess.
2. Heat oil in a nonstick frying pan over a medium heat, add fish and mustard seeds and cook for 5 minutes each side or until fish is golden and flesh flakes when tested with a fork. Serve immediately.

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Serves 4



tip from the chef

This dish can be made using any firm white fish cutlets or fillets.





sesame

prawn balls

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

method

1. Place prawns, onion and spices in a food processor or blender and process until smooth. Stir in rice flour, oil and coriander. Cover and refrigerate mixture for 1 hour. Using wet hands, roll mixture into small balls, then roll in seeds. Refrigerate for 1 hour.
2. To make sauce, blend cornflour with stock in saucepan. Stir in tamarind sauce, soy sauce, lime juice and coriander. Bring to the boil, stirring constantly, reduce heat and simmer, uncovered, for 5 minutes.
3. Heat oil in a large saucepan. Cook balls until golden and cooked through. Serve balls with sauce.

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Serves 6

ingredients

- > 1 kg/2 lb uncooked prawns, shelled and deveined
- > 1 onion, finely chopped
- > ½ teaspoon garam masala
- > ¼ teaspoon ground turmeric
- > 185 g/6 oz rice flour
- > 1 teaspoon sesame oil
- > 15 g/½ oz fresh coriander, finely chopped
- > 3 tablespoons sesame seeds
- > oil for deep frying sauce
- > 1 tablespoon cornflour
- > 250 ml/8 fl oz chicken stock
- > 125 ml/4 fl oz prepared

tamarind sauce

- > 2 tablespoons soy sauce
- > 1 tablespoon lime juice
- > 1 tablespoon finely chopped coriander

tip from the chef

To enhance sauce's flavor, substitute champagne or white wine for chicken stock.



citrus and wine

poached mackerel

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

ingredients

- > 1 red pepper, finely diced
- > 2 green onions, sliced
- > 1-2 cm³/₄ in piece fresh ginger, thinly sliced
- > 1 teaspoon extra virgin olive oil
- > 1 teaspoon grated orange rind
- > ½ cup dry white wine
- > ⅓ cup orange juice
- > 2 tablespoons lemon juice
- > 1 teaspoon reduced-salt soy sauce
- > 4 x 150 g/5 oz mackerel fillets
- > 2 tablespoons chopped fresh coriander
- > freshly ground black pepper

method

1. Place red pepper, green onions, ginger and oil in a large deep nonstick frying pan over a medium heat. Cook, stirring, for 1-2 minutes or until red pepper is soft. Stir in orange rind, wine, orange and lemon juices and soy sauce. Bring to the boil.
2. Reduce heat. Add fish in a single layer. Cover. Cook for 5 minutes or until fish just starts to flake when tested with a fork. Using a slotted spoon, remove fish from cooking liquid and place on a plate. Cover with aluminum foil. Keep warm in a low oven.
3. Add coriander and black pepper to taste to liquid in pan. Bring to the boil. Boil rapidly until mixture reduces to a sauce consistency.
4. Serve fish with sauce and steamed green vegetables of your choice or a tossed green salad.

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Serves 4



tip from the chef

Mackerel, just as salmon, is rich in omega-3 fatty acids. This is why fish is recommendable to keep the heart and arteries healthy.





herb & pepper tuna

■ □ □ | Cooking time: 30 minutes - Preparation time: 10 minutes

method

1. To make marinade, place garlic, wine, vinegar and lemon juice in a shallow glass or ceramic dish and mix to combine. Add tuna, cover and marinate in the refrigerator for 2 hours.
2. Place tomatoes on a wire rack set in a baking dish and bake at 180°C/350°F/Gas 4 for 20 minutes or until soft.
3. Place dill, parsley and black peppercorns in a bowl and mix to combine. Drain tuna and roll edges of each steak in herb mixture to coat.
4. Place tuna in a lightly oiled baking dish, cover and bake for 10 minutes or until tuna flakes when tested with a fork. Serve with tomatoes.

ingredients

- > 14 x 200 g/7 oz tuna steaks, skin removed
- > 4 Italian tomatoes, halved
- > 3 tablespoons chopped fresh dill
- > 3 tablespoons chopped fresh parsley
- > 2 tablespoons crushed black peppercorns

wine and garlic marinade

- > 1 clove garlic, crushed
- > ¼ cup/60 ml/2 fl oz white wine
- > 1 tablespoon white wine vinegar
- > 1 tablespoon lemon juice

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Serves 4

tip from the chef

If fresh tuna is unavailable, frozen tuna can be used instead. Swordfish and salmon are also delicious prepared this way.



fish and chippies

■ □ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

ingredients

- > 4 firm white fish fillets
- > 1 clove garlic, crushed
- > 1 tablespoon chopped fresh dill
- > ¼ cup/60 ml/2 fl oz white wine
- > 2 tablespoons lemon juice
- > 4 large potatoes, cut into wedges
- > 1 tablespoon olive oil

method

1. Pat fish dry with absorbent kitchen paper and set aside.
2. Place garlic, dill, wine and lemon juice in a shallow glass or ceramic dish and mix to combine. Add fish, cover and marinate in the refrigerator for 2 hours.
3. Place potatoes on a nonstick baking tray, brush lightly with oil and bake at 220°C/425°F/Gas 7, turning several times, for 30-45 minutes or until potatoes are crisp and golden.
4. Drain fish well and cook under a preheated medium grill for 5 minutes or until fish flakes when tested with a fork. Serve immediately with potato wedges.

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Serves 4



tip from the chef

Nearly all white meat sea fish, like sole, are lean. Freshwater fish, of yellowish meat, are fatter, the same as tuna fish.





lemon grass

tuna

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

method

1. Cook noodles in boiling water in a saucepan following packet directions. Drain, set aside and keep warm.
2. To make sauce, place basil, coconut milk, fish and chili sauces and lime juice in a bowl and mix to combine. Set aside.
3. Heat peanut and sesame oils together in a wok over a medium heat, add onion, ginger, lemon grass and chili and stir-fry for 3 minutes or until onion is golden. Add tuna and stir-fry for 3 minutes or until it just changes color. Remove mixture from wok, set aside and keep warm.
4. Add asparagus, red pepper and snow peas to wok and stir-fry for 3 minutes or until vegetables are just tender. Return tuna mixture to wok, stir in sauce and bring to the boil. Reduce heat and simmer for 3 minutes or until sauce thickens slightly. Season to taste with black pepper.
5. Divide noodles between serving plates, top with tuna mixture and scatter with almonds.

Serves 4

ingredients

- > 250 g/8 oz fresh egg noodles
- > 1 tablespoon peanut oil
- > 1 teaspoon sesame oil
- > 1 onion, cut into eighths
- > 1 tablespoon finely grated fresh ginger
- > 2 stalks fresh lemon grass, chopped, or 1 teaspoon dried lemon grass, soaked
- > 1 small fresh red chili, finely chopped
- > 3 tuna steaks, cut into thick strips
- > 250 g/8 oz asparagus, cut into 5 cm/2 in lengths
- > 1 red pepper, chopped
- > 125 g/4 oz snow peas
- > freshly ground black pepper
- > 2 tablespoons flaked almonds, toasted

basil and coconut sauce

- > 2 tablespoons chopped fresh basil
- > ½ cup/125 ml/4 fl oz coconut milk
- > 1 tablespoon each fish and sweet chili sauces
- > 1 tablespoon lime juice

tip from the chef

Fresh lemon grass is available from Oriental food shops and some supermarkets and greengrocers. It is also available dried; if using dried lemon grass soak it in hot water for 20 minutes or until soft before using.



mussels

cooked in wine

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

ingredients

- > 24 mussels, scrubbed and beards removed
- > 2 cups dry white wine
- > 1 onion, finely chopped
- > 2 cloves garlic, crushed
- > 2 tablespoons chopped parsley
- > 2 egg yolks
- > 1 tablespoon freshly squeezed lemon juice
- > 1 tablespoon Dijon mustard
- > 3 tablespoons oil
- > dill sprigs for garnish

method

1. In a large saucepan, combine mussels, wine, onion, garlic and parsley over moderate heat. Bring to the boil, reduce heat, cover and simmer until mussels open, about 4 minutes, discard any that do not open.
2. Remove mussels with a slotted spoon, remove flesh from shells and reserve; discard shells. Strain liquid and return to pan. Bring to the boil again and cook until it has reduced to ¼ cup, set aside and cool to room temperature.
3. In a medium bowl, whisk egg yolks, lemon juice and mustard until creamy. Add oil in droplets, while whisking, until mixture thickens.
4. Slowly whisk in reduced liquid, add mussels and toss until well coated. Chill until ready to serve, garnish with fresh dill if desired.

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Serves 4

tip from the chef

Fresh herbs are a good resource to add flavor and aroma to preparations without adding calories.



seafood

lasagna



■ ■ □ | Cooking time: 60 minutes - Preparation time: 45 minutes

method

1. Preheat oven. Heat the oil in a large frying pan, add the leek and cook until tender. Stir in the tomatoes and tomato purée. Cook until mixture boils then simmer, uncovered, until sauce is slightly thickened. Stir in the prawn and fish pieces, cover and cook over low heat for about 5 minutes.
2. Cook the lasagna in a saucepan of boiling water until al dente. Place lasagna in a large bowl of cool water until ready to use.
3. Spoon one third of the sauce into the bottom of a 5 cm/2 in-deep casserole dish. Drain lasagna sheets and arrange a single layer over the seafood sauce. Spoon another third of the sauce over the lasagna, and top with another layer of lasagna.
4. Spread the remaining third of sauce over lasagna and top with mozzarella cheese. Bake at 180°C/350°F/Gas 4 for 40 minutes.

ingredients

- > 2 tablespoons olive oil
- > 1 leek, white part only, finely chopped
- > 440 g/14 oz chopped canned tomatoes
- > 2 tablespoons tomato purée
- > 500 g/1 lb uncooked prawns, shelled and deveined, cut into small pieces
- > 250 g/8 oz boneless white fish fillets, cut into small pieces
- > 15 sheets spinach lasagna
- > 125 g/4 oz mozzarella cheese, thinly sliced

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Serves 4

tip from the chef

Lasagna is a hearty and plentiful dish, ideal for inviting guests or for large families.



tagliatelle

with chili octopus

■ ■ □ | Cooking time: 22 minutes - Preparation time: 15 minutes

ingredients

- > 1 kg/2 lb baby octopus, cleaned
- > 500 g/1 lb spinach tagliatelle

chili ginger marinade

- > 1 tablespoon sesame oil
- > 1 tablespoon grated fresh ginger
- > 2 tablespoons lime juice
- > 2 tablespoons sweet chili sauce

tomato sauce

- > 2 teaspoons vegetable oil
- > 3 spring onions, sliced diagonally
- > 440 g/14 oz canned tomato purée (passata)

method

1. To make marinade, place sesame oil, ginger, lime juice and chili sauce in a large bowl and mix to combine. Add octopus, toss to coat, cover and marinate in the refrigerator for 3-4 hours.
2. Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
3. To make sauce, heat oil in a saucepan over a medium heat. Add spring onions and cook, stirring, for 1 minute. Stir in tomato purée (passata), bring to simmering and simmer for 4 minutes.
4. Cook octopus under a preheated hot grill for 5-7 minutes or until tender. Add octopus to sauce and toss to combine. Spoon octopus mixture over hot pasta and toss to combine.

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Serves 4



tip from the chef

As a main course, all this dish needs is a sauté of mixed vegetables or a tossed green salad and crusty bread or rolls. If served on its own as a starter, it will serve six. This is also delicious made with squid rings instead of octopus.





cajun

blackened fish

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

method

1. Brush each fish fillet liberally with melted butter.
2. Combine spice mix, paprika and chili powder and using your hands, rub spice mixture evenly over fillets.
3. Heat a large cast iron frying pan over a high heat until very hot. Add fish fillets and cook for 1-2 minutes each side or until fish flakes when tested with a fork. Serve immediately with any remaining melted butter.

ingredients

- > 6 firm white fish fillets, each about 2 cm/¾ in thick
- > 100 g/3½ oz unsalted butter, melted
- > 1½ tablespoons Cajun spice mix
- > 1 teaspoon paprika
- > ¼ teaspoon chili powder

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Serves 6

tip from the chef

It may be necessary to cook the fish in batches for this recipe. Shelled and deveined uncooked prawns are also delicious prepared in this way.



seafood

and oyster mushrooms

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

ingredients

- > 8 uncooked medium prawns, shelled and deveined
- > 125 g/4 oz squid tubes, honeycombed
- > 8 baby octopus, cleaned
- > 155 g/5 oz scallops
- > 2 teaspoons vegetable oil
- > 250 g/8 oz oyster mushrooms
- > 6 spring onions, chopped
- > freshly ground black pepper

chili coriander marinade

- > 3 tablespoons chopped fresh coriander
- > 2 cloves garlic, crushed
- > 4 tablespoons Worcestershire sauce
- > 1/3 cup/90 ml/3 fl oz soy sauce
- > 2 tablespoons sweet chili sauce

method

1. To make marinade, place coriander, garlic and Worcestershire, soy and chili sauces in a bowl and mix to combine. Add prawns, squid, octopus and scallops and toss to combine. Cover and marinate in the refrigerator for 2-3 hours.
2. Drain seafood and reserve marinade. Heat oil in a wok over a high heat, add seafood and stir-fry for 2 minutes. Add mushrooms, spring onions and 3 tablespoons reserved marinade and stir-fry for 2 minutes longer or until seafood is cooked. Season to taste with black pepper.

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Serves 4

tip from the chef

To honeycomb squid, make a single cut down the length of the tube and open out flat with inside facing up. Using a sharp knife, cut parallel lines down the length of the squid, taking care not to cut right through the flesh. Then make more cuts in the opposite direction to form a diamond pattern.



stuffed

salmon fillet



■ ■ □ | Cooking time: 20 minutes – Preparation time: 10 minutes

method

1. To make filling, heat oil in a wok over a medium heat, add leek and ginger and stir-fry for 3 minutes or until leeks are golden. Add mushrooms, spinach and dill (a) and stir-fry for 5 minutes or until mushrooms are just tender. Remove mixture from wok and season to taste with black pepper. Set aside to cool slightly.
2. Make a deep slit in the side of each salmon fillet to form a pocket. Spoon filling into pockets and secure openings with wooden toothpicks (b).
3. Half fill a clean wok with hot water and bring to the boil. Place salmon in a bamboo steamer lined with nonstick baking paper (c). Cover steamer, place on a wire rack in wok and steam for 10 minutes or until salmon flakes when tested with a fork.

ingredients

> 4 x 185 g/6 oz salmon fillets

leek and mushroom filling

- > 1 tablespoon vegetable oil
- > 1 leek, finely chopped
- > 1 tablespoon finely grated fresh ginger
- > 250 g/8 oz button mushrooms, finely chopped
- > 6 English spinach leaves, shredded
- > 2 tablespoons chopped fresh dill
- > freshly ground black pepper

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Serves 4

tip from the chef

Before using a bamboo steamer for the first time, wash it well then place it over a wok of simmering water and steam it empty for about 5 minutes.



deep-fried

chili fish

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

ingredients

- > 2 x 500 g/1 lb lean whole fish (bream, whiting or cod)
- > 4 fresh red chilies, chopped
- > 4 fresh coriander roots
- > 3 cloves garlic, crushed
- > 1 teaspoon crushed black peppercorns
- > vegetable oil for deep-frying

red chili sauce

- > $\frac{2}{3}$ cup/170 g/5½ oz sugar
- > 8 fresh red chilies, sliced
- > 4 red or golden shallots, sliced
- > $\frac{1}{3}$ cup/90 ml/3 fl oz coconut vinegar
- > $\frac{1}{3}$ cup/90 ml/3 fl oz water

method

1. Make diagonal slashes along both sides of the fish.
2. Place chopped chilies, coriander roots, garlic and black peppercorns in a food processor and process to make a paste. Spread mixture over both sides of fish and marinate for 30 minutes.
3. To make sauce, place sugar, sliced chilies, shallots, vinegar and water in a saucepan and cook, stirring, over a low heat until sugar dissolves. Bring mixture to simmering and simmer, stirring occasionally, for 4 minutes or until sauce thickens.
4. Heat vegetable oil in a wok or deep-frying pan until a cube of bread dropped in browns in 50 seconds. Cook fish, one at a time, for 2 minutes each side or until crisp and flesh flakes when tested with a fork. Drain on absorbent kitchen paper. Serve with chili sauce.

.....
Serves 6



tip from the chef

This dish is a stunning centerpiece for a Thai feast.





fillets

of fish florentine

■■■ | Cooking time: 40 minutes - Preparation time: 25 minutes

method

1. Place fish fillets in a glass or ceramic dish, pour over lemon juice and marinate for 5 minutes.
2. Heat oil in a frying pan over a medium heat, add onion and cook, stirring, for 5 minutes or until onion is soft. Add spinach and cook, stirring, for 3 minutes longer. Stir in sherry and cinnamon, remove pan from heat and set aside to cool.
3. Stir cottage cheese, feta cheese, Brie, if using, and black pepper to taste into spinach mixture and mix to combine.
4. Drain fish and place a heaped spoonful of spinach mixture at one end of each fillet then roll up loosely. Place fish rolls seam side down in an ovenproof dish and pour over stock.
5. Combine breadcrumbs and Parmesan cheese, sprinkle over fish and bake at 200°C/400°F/Gas 6 for 25-30 minutes or until fish is cooked when tested with a fork.

ingredients

- > 6 firm white fish fillets
- > ¼ cup/60 ml/2 fl oz lemon juice
- > 1 tablespoon vegetable oil
- > 1 onion, diced
- > 250 g/8 oz frozen chopped spinach, thawed and squeezed
- > 1 tablespoon dry sherry
- > pinch ground cinnamon
- > 100 g/3½ oz cottage cheese, drained
- > 75 g/2½ oz feta cheese, crumbled
- > 75 g/2½ oz Brie, diced (optional)
- > freshly ground black pepper
- > ½ cup/125 ml/4 fl oz chicken stock
- > ¼ cup/30 g/1 oz dried breadcrumbs
- > 30 g/1 oz grated Parmesan cheese

Serves 6

tip from the chef

Goat's cheese is a tasty alternative to the feta cheese in this recipe.



fish

with green aioli

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

ingredients

- > 3 tablespoons butter
- > 1 clove garlic, crushed
- > 440 g/14 oz bream fillets, cut into 2 cm/¾ in squares
- > 2 cups watercress sprigs

green aioli

- > 3 egg yolks
- > ½ cup chopped parsley
- > ½ cup chopped basil
- > ¼ cup chopped chives
- > 2 tablespoons freshly squeezed lemon juice
- > 1 clove garlic, crushed
- > 1 cup oil

method

1. Melt butter in a large frying pan over moderate heat, add garlic, cook for 1 minute. Add fish pieces and cook for 2 minutes each side or until cooked through.
2. Meanwhile, to make aioli, place egg yolks, parsley, basil, chives, lemon juice and garlic in a blender or food processor. While motor is operating, gradually add oil, drop by drop, until aioli reaches a suitable consistency.
3. Arrange watercress and fish pieces on a serving plate, pour aioli over the top.

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Serves 4



tip from the chef

It is important not to overcook the fish, in order to not upset its texture.

linguine with prawns and scallops

■■■ | Cooking time: 55 minutes - Preparation time: 50 minutes

method

1. Cook the linguine in salted boiling water until al dente and set aside.
2. Preheat oven at 180°C/350°F/Gas 4. Cut the tomatoes in half and place on a baking tray. Drizzle with a little olive oil, sprinkle with a little salt and pepper, and roast in the oven for 20-25 minutes until tomatoes are well roasted.
3. Place roasted tomatoes in a food processor and process for a few seconds, but do not over-process. (The mixture should still have texture.)
4. Heat half the oil in a pan. Sauté the scallops and the prawns for 2 minutes until just cooked, and remove from the pan. Add the calamari and cook for 2 minutes, before removing from the pan. Adding a little more oil if needed, sauté the fish for a few minutes until just cooked, and remove from the pan.
5. Heat the remaining oil, and sauté the garlic and onion for a few minutes until cooked. Add the tomato mixture, tomato paste and water, and simmer for 10 minutes. Carefully add the seafood to the sauce, season with salt and pepper, and mix through the chopped parsley.
6. Serve with the linguine and Parmesan cheese.

ingredients

- > 400 g/13 oz linguine
- > 1 kg/2 lb tomatoes
- > salt and pepper
- > 80 ml/3 fl oz olive oil
- > 200 g/7 oz scallops
- > 200 g/7 oz green prawns, peeled
- > 150 g calamari, cut into rings
- > 200 g/7 oz firm white fish pieces
- > 3 cloves garlic, crushed
- > 2 brown onions, diced
- > 1 tablespoon tomato paste (optional)
- > 80 ml/3 fl oz water
- > 1/3 cup/20 g/2/3 oz parsley, chopped
- > Parmesan cheese, grated

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Serves 4



stir-fried vegetable and seafood

■ ■ □ | Cooking time: 10 minutes - Preparation time: 25 minutes

ingredients

- > 2 squid tubes
- > 2 tablespoons olive oil
- > 1 teaspoon sesame oil
- > 1 onion, sliced
- > ½ red pepper, sliced
- > ½ yellow pepper, sliced
- > 100 g/3½ oz snow peas
- > 200 g/7 oz scallops
- > 200 g/7 oz uncooked prawns, shelled and deveined
- > 2 tablespoons soy sauce
- > salt
- > freshly ground black pepper

method

1. Using a sharp knife, make a single cut down the length of each squid tube and open out. Cut parallel lines down the length of the squid, taking care not to cut right the way through the flesh. Make more cuts in the opposite direction to form a diamond pattern.
2. Heat oils in a deep frying pan and stir-fry onion for 2 minutes. Add red and yellow pepper, snow peas and squid. Stir-fry for 5 minutes or until vegetables are tender.
3. Add scallops, prawns and soy sauce. Season with salt and black pepper to taste and cook for 2 minutes more.

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Serves 6



tip from the chef

This dish is delicious when seasoned with fresh thyme leaves and sesame seeds. Add the seeds at the moment of serving so they will be crisp. Also, include other seafood and fish, cut into strips, for variation.





bream

fillets with grapes

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

method

1. Melt butter in a medium frying pan over moderate heat. Add fish fillets and cook for 3 minutes each side or until just cooked, remove from pan and keep warm in a low oven.
2. Add mushrooms to the frying pan and sauté over medium heat for 1 minute. Add grapes, sour cream and mayonnaise, mix well and cook until just heated through. Serve over fish fillets.

ingredients

- > 4 tablespoons butter
- > 4 bream fillets, 200g/6½ oz each
- > ½ cup sliced button mushrooms
- > 24 seedless grapes
- > ½ cup sour cream
- > ¼ cup mayonnaise

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Serves 4

tip from the chef

Steamed green beans or boiled potatoes sprinkled with chopped dill are excellent side dishes for this fish dish.



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.





tuna with wasabi butter

■ □ □ | Cooking time: 0 minutes - Preparation time: 25 minutes

method

1. To make marinade, place oil, soy sauce, garlic and ginger in a bowl and mix to combine. Cut tuna into thin slices. Add to marinade and toss to coat. Cover and set aside to marinate for 1 hour. Drain.
2. To make wasabi butter, place butter, wasabi paste and coriander in a small bowl and beat until smooth.
3. Spread pumpernickel rounds with wasabi butter, then top with tuna slices. Cover and chill until ready to serve.

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Makes 20

ingredients

- > 250 g/8 oz tuna steaks, cut 1 cm/½ in thick
- > 20 small rounds pumpernickel bread

ginger marinade

- > 2 teaspoons sesame oil
- > 1 tablespoon soy sauce
- > 1 clove garlic, crushed
- > 2 teaspoons grated fresh ginger

wasabi butter

- > 75 g/2½ oz butter, softened
- > ½-1 teaspoon wasabi paste or wasabi powder mixed with water to form a paste
- > 2 tablespoons chopped fresh coriander

tip from the chef

If fresh tuna is unavailable, use fresh salmon fillet.



baked lime and lemon grass fish

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

ingredients

- > 2 green onions, thinly sliced diagonally
- > 2 tablespoons chopped fresh coriander
- > 2 teaspoons grated fresh ginger
- > 1 teaspoon ground lemon grass or bottled sliced lemon grass
- > 1 fresh red chili, finely chopped
- > 2 tablespoons lime juice
- > 2 tablespoons mirin
- > 1 tablespoon fish sauce
- > 1 teaspoon reduced-salt light soy sauce
- > 2 kaffir lime leaves (optional)
- > 500 g/1 lb firm white fish fillets

method

1. Place green onions, coriander, ginger, lemon grass, chili, lime juice, mirin, fish and soy sauces and lime leaves in a deep casserole. Mix to combine. Add fish. Turn to coat. Cover. Marinate in the refrigerator for 1 hour.
2. Preheat oven to 190°C/370°F/Gas 5.
3. Bake fish for 10 minutes or until it just starts to flake when tested with fork.
4. Serve with steamed snow peas or other steamed Oriental greens of your choice.

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Serves 6

tip from the chef

In order to make this plate healthier, you can choose fish rich in omega-3 fatty acids such as mackerel, salmon, sardines or anchovies (deep sea fish). Kaffir lime leaves are most commonly available dried. These aromatic, intensely fragrant leaves are used in South-east Asian cooking. Rather than adding flavor, kaffir lime leaves tend to surround the food with an aura and are often the secret behind classic Thai dishes.





fish with julienne vegetables

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

method

1. Heat oil and wine in a large frying pan over moderate heat. Add choko, pumpkin, red pepper and black pepper and stir over heat for 2 minutes.
2. Remove vegetables with a slotted spoon and keep warm in an ovenproof dish in a low oven.
3. Add extra wine, lime juice, soy sauce, Worcestershire sauce and water to frying pan. Bring to the boil, reduce heat to a simmer, add jewfish pieces. Cover and cook fish for 4 minutes on each side or until cooked through.
4. Arrange vegetables on each serving plate, place jewfish fillets on top and garnish with watercress sprigs.

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Serves 4

ingredients

- > 1 tablespoon oil
- > ¼ cup semi-sweet white wine
- > 1 choko (chayote), cut into thin strips
- > 155 g/5 oz pumpkin, peeled and cut into thin strips
- > 1 red pepper, seeded and cut into thin strips
- > ¼ teaspoon cracked black peppercorns
- > ½ cup semi-sweet white wine, extra
- > ¼ cup freshly squeezed lime juice
- > 2 tablespoons soy sauce
- > 3 tablespoons Worcestershire sauce
- > ½ cup water
- > 4 jewfish (turbot, rockfish) fillets, 155 g/5 oz each, cut into rectangles
- > watercress sprigs to garnish

tip from the chef

Fish is generally associated with white wine because even the lightest red wine's tannins will make us taste a metallic flavor.



index

Snapper Fillets with Lemon and Coriander	6
Salmon with Asparagus Topping	8
Fettuccine with Scallops	10
Pad Thai with Chicken and Prawns	12
Spiced Mussels in Vinegar	14
Grilled Fish with Mandarin Salsa	16
Baby Octopus in Red Wine	18
Stir-Fried Tamarind Prawns.....	20
Curried Fish Cutlets	22
Sesame Prawn Balls	24
Citrus and Wine Poached Mackerel	26
Herb & Pepper Tuna	28
Fish and Chippies	30
Lemon Grass Tuna	32
Mussels Cooked in Wine	34
Seafood Lasagna	36
Tagliatelle with Chili Octopus	38
Cajun Blackened Fish	40
Seafood and Oyster Mushrooms	42
Stuffed Salmon Fillet	44
Deep-Fried Chili Fish	46
Fillets of Fish Florentine	48
Fish with Green Aioli	50
Linguine with Prawns and Scallops	52
Stir-Fried Vegetable and Seafood	54
Bream Fillets with Grapes	56
Steamed Fish	58
Tuna with Wasabi Butter	60
Baked Lime and Lemon Grass Fish	62
Fish with Julienne Vegetables	64



treasures from the sea