

## Recipes



### **1pm Cooking Demo - taste 3 separate fish dishes.**

These are all relatively simple, quick to do but still count as three of our signature dishes.

#### **1. Traditional crumbed fish**

Ingredients: fish, flour, salt-and-pepper, your choice of olive oil, lemons

#### **Method**

The essence is to have a tasty fish with texture represented by the Panko breadcrumb exterior and a juicy succulent interior which small fillets such as gurnard or terakihi fillets or thin fillets of snapper which would be appropriate. The difficulty with a thick fillet of fish is getting the balance between a cooked deep interior without overcooking and drying out the exterior.

- Flour fish fillets lightly with flour, salt-and-pepper
- dip in beaten egg so that fillet is well coated
- coat with coarse Panko breadcrumbs (fine breadcrumbs don't provide as much texture)
- place in 3 to 4 mm of hot oil which visually is searing and therefore hot enough. You want to be confident of the correct temperature and more recently I measure this with a thermometer so that it is at 180°C.

- Cook fillets on both sides until lightly browned. Depending on the oil, temperature this should only take one to one and ½ minutes a side, but will alter with fillet thickness.
- Ready to eat with lots of lemon juice and if necessary salt-and-pepper

Chef's tip.

- If the oil is too hot you will overcook the exterior. Don't leave the fish in the pan for too long as it will dry out. If the oil is not hot enough the exterior will not be crisp and the fish will be soggy. The fish is likely done when the exterior breadcrumbs are lightly browned, Al Brown in "Go Fish", recommends "turn after a minute or so when golden, add a little knob of butter and once golden on the other side remove and placed in an oven tray leaving to finish in the oven for 3 to 5 minutes". This technique is likely to avoid "overcooking the breadcrumb coating" while the centre may still be undercooked. This is an important point – especially for thicker fillets.
- The oil in the pan needs to be maintained at a relatively constant temperature throughout the cooking. Thus, you need to be careful to avoid overfilling the pan with too many fillets at one time and losing the oil temperature.
- Better in practising to have slightly undercooked fish that you could place back in the oven for a few minutes than overcooked.

## **2. Microwave fish for two persons**

Ingredients: fish fillets for two (200gm), butter, salt-and-pepper, fresh herbs, lemons

Method. The ease and convenience of this dish beguiles its taste. Choose a microwave dish that is neither too big or too small that accommodates two fish fillets comfortably.

- butter the bottom of the microwave proof dish
- cut the fish fillets into an appropriate size so that one fillet is the approximate mirror image of the other. One fillet will be your bottom fillet and the other fillet will be your top fillet
- on a suitable surface place your bottom two fish fillets side-by-side
- sprinkle on salt-and-pepper, finally cut fresh mixed herbs, (I usually use parsley and/or chives), one or two thin shavings of butter. If you wish you can also add wilted spinach, without the stems and/or thinly cut mushrooms.
- Place the second half fillet on top of the bottom fillet
- place three very finely cut lemon rounds on the top fillet with salt and pepper
- cover with gladwrap
- cook in a microwave for 2 ½ to 3 ½ minutes. The time will be dependent on the amount of fish you have. Fish is done when you can see or assess that the fillets easily break apart with a fork
- There will be some residual juice in the bottom of the pan. Pour this over the fillets once placed on a plate.

Chef's tip. Don't overcook the fish and better to underdo the duration in the microwave and if necessary place back again for 30-60 seconds.

## **3. Baked fish with tomatoes, capers, garlic and lemon zest (serves 4). Family favourite!**



Source: Donna Hay

Ingredients: sweet cherry tomatoes (350 g), lemon zest (1 tablespoon), 8 bruised garlic cloves with skins left on, 3 tablespoons capers, 2/3 cup olive oil, fish fillets (480gm ie 120gm/person) firm white fish fillets eg snapper or gurnard); lemon zest, juice, salt-and-pepper

Method. This recipe is credited to Donna Hay in her book Modern Classics and the only variation here is doubling the capers and olive oil. And using lemon zest. Choose a cooking dish that is suitable both for the oven and for serving straight on the table

- Preheat the oven to 180°C
- Place the lemon zest, crushed garlic and capers in a baking dish and drizzle with half of the olive oil and bake for 20 minutes. This is important to maximise the flavour of the cooking fluid
- add the fish fillets and tomatoes into the oven dish, drizzle with remaining oil and cook for 15-20 minutes until cooked through.
- Drizzle with lemon juice and sprinkle with salt-and-pepper
- this is a fine looking dish visually and can be served from the oven to table

Chef's tip. Don't ask people if they like capers (in case they don't) and fudge it until they have eaten.

### **3pm Hands on class. Take home and cook – baked fish**

**Baked fish with vegetables** translated from the French. This is a recipe from the first edition of a French cookbook in 1952, from the Auvergne area. (*Bouquet de France* by Samule Chamberlain). One might argue that it is trusted and true.

Ingredients: two strips of bacon, plus two tablespoons of diced prosciutto or ham; vegetable mix including one each – finely diced carrot, onion, shallot, 120gm of mushrooms, parsley, a stick of celery, fresh or dried thyme, dry white wine.

Method:

- In a shallow oven baking dish place two strips of bacon
- Add a layer sauteed vegetables made by mixing together finely chopped amounts including one carrot, one onion, one shallot, 120 g of mushrooms, 1 tablespoon of chopped parsley, one stick of finely chopped celery, half a teaspoon of thyme (ideally fresh but otherwise dried), 2 tablespoons of diced prosciutto. For the next step be prepared to keep a third of this mixture in reserve.
- Place two thirds of the sauteed vegetables on top of the bacon on the baking dish and season with salt and pepper.
- Place the fillets of fish, suitable for baking on top and sprinkle again with the remaining reserved sautéed vegetable.
- Season again with salt-and-pepper
- Pour over three quarters of a cup dry white wine.
- Dot with butter and bake, uncovered at 190 °C.
- Cooking time of 45 minutes is recommended for 900 g of fish
- Cooking time 20-25 mins for two people, with 240 g of fish.
- Check that the fish is likely cooked after 20 minutes when the sauce will be reduced.
- Pour any remaining juice over the fish at the time of serving. Sprinkle with lemon juice.

Chef's tip.

Again be careful not to overcook. If vegetables are tender the fish is likely to be cooked.  
Chef's main tip. Always choose fresh fish that is glistening; otherwise choose a different dish