

Simply Tasty Recipe Series 9

Haddock with Warm Tomato Relish

Steamed Haddock with Carrots and Leeks

Fish Pie

Pan-fried Whiting

Monkfish in a Mild Thai Green Curry Sauce

Soy and Honey Glazed Rainbow Trout

Fish

simply tasty



Bord Bia
Irish Food Board

www.bordbia.ie

Fish

simply tasty

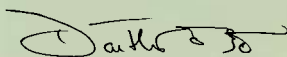
Fish really is surprisingly simple! Most of these recipes can be on the table in less than 30 minutes, and with very little work involved. They range from quick and easy midweek dinners to special occasion dishes. We have also used a variety of cooking methods, from steaming to poaching to grilling, so there is something for everybody.

The main focus is on haddock but you can adapt the recipes to use your favourite fish, or whatever is fresh on the day.

Fish has long been recognised as one of nature's healthiest foods and with its rich package of nutrients it is one of the few foods that can truly be called a super-food. It helps to develop a healthy body, for people of all ages, from teenagers to expectant mothers, and people of more mature years.

We hope you enjoy the recipes.

'So simple even I can cook it'



Dáithí Ó Sé





Steamed Haddock with Carrots and Leeks

By steaming the fish in this way, you end up with a delicious sauce to serve with it.

TIME **20 MINUTES**

SERVES **4**

**4 haddock fillets
about 175g each**

2 tablesp. lemon juice

2 tablesp. olive oil

4 tablesp. water

1 garlic clove, finely chopped

**1 carrot, peeled and sliced
into thin strips**

**1 red pepper, sliced
into thin strips**

**1 leek, cleaned and
sliced into thin strips**

**Salt and freshly-ground black
pepper**

**2 tablesp. flat-leaf parsley,
finely chopped**

1. Place the lemon juice, olive oil, water, garlic, carrot, pepper and leek in a large frying pan. Season with salt and pepper and bring to the boil. Lower the heat to a simmer and lay the fish fillets close together on top of the vegetables. Cover with a piece of baking parchment, then with a lid or a tray and cook for 6-7 minutes until the fish is cooked - the flesh should be flaking.

2. Using a fish slice, gently transfer the fish to warmed serving plates. Add the chopped parsley to the cooking liquid then spoon this over the fish and you have your sauce.

To serve. This is delicious served with some boiled new potatoes and sautéed spinach.



Leave the skin on to add extra flavour to the sauce.

Other fish you could use: Hake, whiting, monkfish.



Fish Pie

Always a family favourite.

TIME **45 MINUTES**
SERVES **4**

700g fish, e.g. haddock, hake, monkfish, trout, skinned and boned
625ml milk
½ onion
1 bay leaf
6 pepper corns
100g butter
50g plain flour
Salt and freshly-ground black pepper
2 tomatoes, skinned and sliced
3 tablesp. flat-leaf parsley, chopped
1 tablesp. lemon juice
Topping:
900g freshly mashed potatoes
25g cheddar cheese, grated

Preheat the oven to Gas Mark 6, 200°C (400°F).

- 1.** Place the milk, onion, bay leaf and pepper corns in a large saucepan and bring to the boil. Reduce to simmer, add the fish and cook gently for 4-5 minutes. Remove the fish from the pan, allow to cool a little, then flake into bite-sized pieces and place in a bowl.
- 2.** Melt the butter in a saucepan, then stir in the flour. Cook for 2-3 minutes, stirring all the time until golden brown. Gradually stir in the fish cooking liquid until the mixture boils, season with salt and pepper. Reduce the heat and allow to simmer gently for 3-4 minutes until thickened.
- 3.** Now add the sauce to the fish along with the parsley and lemon juice and taste for seasoning.
- 4.** Spoon half the fish mixture into a 1½ litre baking dish, arrange the sliced tomatoes on top and then spoon in the rest of the fish. Spread the mashed potatoes on top, finely sprinkle the cheese all over and bake in the oven for 15-20 minutes until heated through and browned.



Try not to over-cook the fish at the poaching stage as it will have plenty of time to cook through when in the oven.

Other fish you could use: Any combination of fish will work.

Soy and Honey Glazed Rainbow Trout with Cucumber and Mint

The marinade of soy sauce, honey and wine vinegar adds an oriental kick to this dish.

TIME **30 MINUTES**

SERVES **4**

4 rainbow trout fillets

4 tablesp. each of light soy sauce, clear honey and white wine vinegar

200g long-grain or jasmine rice

½ tablesp. olive oil

200g frozen peas

1 small cucumber, diced

Small bunch mint leaves



1. Mix the soy sauce, honey and vinegar together in a non metallic bowl. Set aside half for your dipping sauce. Add the trout fillets to the remainder and marinate for about 20 minutes.

Cook the rice according to the packet instructions.

2. Meanwhile heat the grill to high, place the trout fillets and marinade on a sheet of tin foil (turn it up at the edges to keep in the juices) and grill for 5 to 8 minutes, depending on the thickness of the fillets, until the trout is cooked through.

3. Heat a splash of olive oil in a frying pan and fry the rice with the peas and cucumber for a couple of minutes, until the peas have completely defrosted. Then stir through the mint leaves.

To serve. Divide the rice between four plates. Place the trout on top of the rice and serve with the reserved marinade as a dipping sauce along with a green salad or steamed pak choi.



Make sure all the bones are removed from the trout. Get your Fishmonger to do this for you.

Other fish you could use: Hake, haddock, whiting



Pan-fried Whiting with Crispy Bacon and Butter Sauce

This is a great combination of flavours and textures.

TIME **20 MINUTES**
SERVES **4**

4 whiting fillets, about 175g each, skin on
12 slices of thinly sliced streaky bacon
2 tablesp. olive oil

Butter Sauce

25g shallots, peeled and very finely chopped

4 tablesp. dry white wine
2 tablesp. water
1 tablesp. cream
125g unsalted butter, diced
Salt and freshly-ground pepper
Freshly squeezed lemon juice, to taste

- 1.** Grill the bacon until crispy, keep warm.
- 2.** Place the shallots, white wine and water in a heavy-based pan and bring to the boil. Let it simmer until reduced to a quarter. Add the cream and boil for one minute. Reduce the heat and add in all the butter. Whisk vigorously until you have a lovely silky sauce - do not let the sauce boil or it will separate. Remove from the heat, season and keep warm.
- 3.** Season the whiting with salt and pepper. Heat a frying pan over a medium heat and add 2 tablesp. of olive oil. Add the fillets skin side down and cook for 3–4 minutes until the skin is crispy. Turn and cook the other side for 1 minute.

To serve. Place the whiting on serving plates, lay the crispy bacon on top and spoon the sauce around the fish. Lovely served with a salad of watercress and rocket, and potato wedges.



If you prefer you could dice the crispy bacon and toss it through the salad.

Other fish you could use: Hake, haddock, monkfish.

Haddock with Warm Tomato Relish

This dish can be on the table in about 10 minutes, with very little work involved. It really is surprisingly simple!

TIME **10 MINUTES**
SERVES **4**

4 haddock fillets about 175g each, skin on

Salt and freshly-ground black pepper

3 tablesp. olive oil

250g cherry tomatoes, cut in half

8 scallions, chopped

1 teasp. castor sugar

A splash of white wine vinegar

A few sprigs of thyme, leaves only

A small handful of fresh coriander, chopped

1. Season the haddock with salt and pepper. Put 2 tablesp. of olive oil in frying pan and heat gently. Add the fish to the pan, skin side down. Fry until the skin is golden and crisp and the fish is cooked two-thirds of the way through. Turn the fish over and cook the flesh side for another 1–2 minutes until flaking. Transfer to a plate lined with kitchen paper to drain; keep warm.

2. Add the remaining tablesp. olive oil to the pan and sauté the tomatoes and scallions for a minute. Add the sugar and a splash of the wine vinegar. Cook over a high heat for a minute or two until the tomatoes are a little soft but still retain their shape. Season the tomatoes and add in the herbs.

To serve. Divide the tomato relish between 4 warm plates. Put the haddock fillets on top, skin side up and serve immediately with steamed potatoes or some nice bread to mop up the juices!



If you would like to spice it up a little, add a red chilli which has been halved, deseeded and chopped, to the pan with the tomatoes.

Other fish you could use: Whiting, hake, monkfish.



A perfect dish for a dinner party - it looks and tastes really great and is easy to prepare.

Monkfish in a Mild Thai Green Curry Sauce

TIME **15 MINUTES**

SERVES **4**

700g monkfish, filleted, skinned and cut into cubes

1 tablesp. oil

75g Green Thai paste

1 teasp. root ginger, grated

4 scallions, thinly sliced

1 red pepper, sliced

400ml coconut milk

Salt and freshly-ground black pepper

Small handful of fresh coriander and basil, chopped

Juice of ½ a lime

1. Add the oil to a large heavy based frying pan, and warm a little, then add the paste and cook for a minute. Stir in the ginger, scallions and pepper and coat in the paste. Pour in the coconut milk, and boil for 2 minutes, stirring from time to time.

2. Season the fish, add to the mixture in the pan and gently simmer for 5 minutes until the fish is beginning to flake. Add the chopped herbs and lime juice.

To serve. Serve immediately with rice or noodles.



Cut the fish into same-sized pieces so that they cook evenly.

Other fish you could use: Hake, haddock.

Bord Bia
Irish Food Board

For more information and recipes, contact:

Bord Bia, Clanwilliam Court, Lower Mount Street, Dublin 2

Tel: (01) 668 5155 Fax: (01) 668 7521 Web: www.bordbia.ie