

***Simply Tasty Recipe Series 7***

Steamed sliced whiting with herby dressing

Aromatic steamed haddock

Pan-fried hake with lemon and herb butter sauce

Blackened cajun hake with wilted spinach

Crispy whiting with dill mayonnaise

Roast haddock with champ

# Fish

surprisingly simple

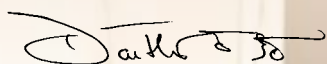


***Bord Bia***  
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# Fish, surprisingly simple

Discovering the fantastic flavour and texture of fresh fish and the simple pleasure and satisfaction of cooking it well, is a revelation to so many people. This selection of quick and easy recipes for everyday meals for the family is sure to convince you that cooking with fish doesn't have to be difficult or daunting. We have used hake, haddock, whiting and mussels in the recipes but feel free to experiment with your favourite fish.

"So simple even I can cook it!"



Dáithí Ó Sé



## Steamed sliced whiting with herby dressing

*This can also be cooked in the oven  
– see aromatic steamed haddock recipe.*

TIME **15 MINUTES**  
SERVES **2**

**2 x 150g skinless  
and boneless whiting  
fillets**

### **Herby dressing**

**Handful of fresh flat-  
leaf parsley**

**1 garlic clove, finely  
crushed**

**Finely grated rind  
of 1 lemon**

**2 tablesp. extra-virgin  
olive oil**

**Salt and freshly-  
ground black pepper**

**To serve: New  
potatoes and lightly  
dressed mixed salad**

- 1.** Firstly make the dressing. Strip the leaves from the parsley and finely chop, then mix with the garlic, lemon rind and oil and set aside.
- 2.** Slice the whiting into 10mm (half inch) pieces. Season, place in a steamer and steam for a couple of minutes until it is just flaking.

**To Serve:** When the fish is cooked arrange on warm plates and spoon over the dressing. Delicious served with new potatoes and salad.



*This would also be delicious served with crusty bread and a tomato salad on a warm summer's evening. It is important that the fish is as fresh as possible and it is always worth checking with your fishmonger what has just come in that morning. It should have no odour and look translucent with nice firm flakes. Eat it the day you buy it, or freeze for up to 1 month.*

*Other fish you could use:  
Hake or haddock fillets.*

# Aromatic steamed haddock

*If you don't have a steamer just place the haddock in a baking dish, drizzle over a little olive oil, cover with a lid or tinfoil and cook at Gas Mark 6, 200°C (400°F) for 8-10 minutes.*

TIME **15 MINUTES**  
SERVES **4**

**4 x 150g skinless and boneless haddock fillets**

**Dressing - optional**

**3 tablesp. extra-virgin olive oil**

**2 tablesp. dark soy sauce**

**2 garlic cloves, finely chopped**

**2 tablesp. freshly-grated root ginger**

**2 scallions, finely chopped**

**1 red chilli, deseeded and finely chopped**

**Juice of half a lime**

**To serve: Steamed pak choi or vegetable of your choice**



**1.** Put the haddock fillets in a steamer. Cover tightly and steam for 8-10 minutes, depending on the thickness of the fillets: they should be flaking slightly but still be moist. Remove from the steamer and keep warm.

**2.** If serving with pak choi place it in the steamer and cook for a minute or two.

**3.** Meanwhile make the dressing by whisking everything together in a small bowl.

**To Serve:** Arrange the steamed haddock and pak choi on warmed plates and drizzle over the dressing.

*For even more flavour in the dressing add some chopped fresh coriander and a splash of sesame oil. Before cooking check for bones by running your clean fingers over the surface and along the edges. The easiest way to pull them out is with a tweezers.*

*Other fish you could use: Whiting, hake or trout fillets.*



## A SIMPLE STARTER

### Garlic Stuffed Mussels

Place the cleaned mussels in a shallow, heavy-based pan, cover with a tight fitting lid and cook over a high heat for 3-5 minutes, shaking occasionally until they have opened. Melt some butter in a small pan and add crushed garlic cloves, parsley, breadcrumbs and a squeeze of lemon juice. Take the top shell of each mussel and place a little of the mixture onto each of the mussels. Pop under a hot grill for 3-4 minutes until golden. Serve with lemon wedges.



# Pan-fried hake with lemon and herb butter sauce

TIME **15 MINUTES**  
SERVES **4**

**4 x 175g hake fillets, skin on and boned**

**1 tablesp. olive oil**

**50g butter**

**1 tablesp. chopped fresh herbs (parsley, chives and tarragon)**

**½ lemon, pips removed**

**Salt and freshly-ground black pepper**

**To serve: Steamed broccoli and sautéed new potatoes**

**1.** Heat the olive oil in a large frying pan and add the seasoned hake fillets, skin side down. Cook for a minute or two until the skin is just beginning to crisp, then add little knobs of butter to the pan and cook for another couple of minutes.

**2.** Turn the hake fillets over and cook for another 3-4 minutes until cooked through. This will depend on the thickness of the fillets. Transfer to warmed plates while you make the sauce.

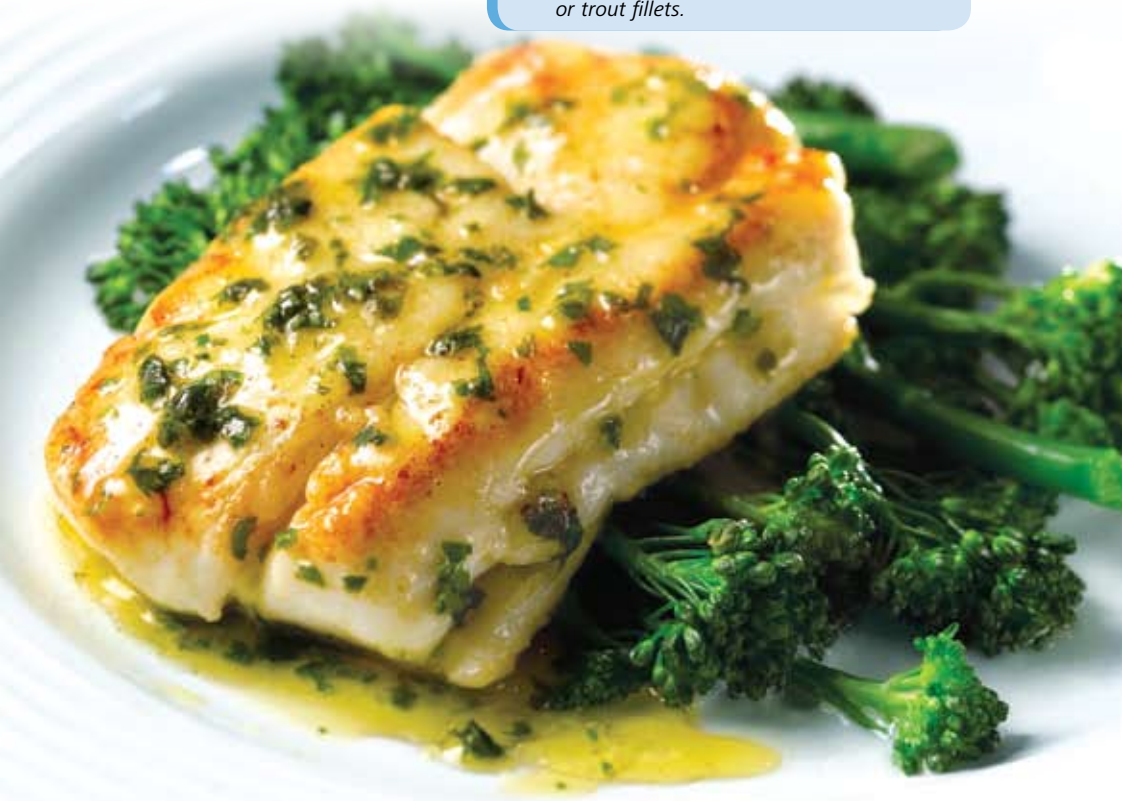
**3.** Add the rest of the butter to the frying pan and allow it to gently melt over a moderate heat. Then add the herbs and a squeeze of lemon juice, swirling to combine. Season to taste.

**To Serve:** Spoon this sauce over the hake fillets and serve with steamed broccoli and some sautéed new potatoes.



*Of course this recipe is great with just parsley, but experiment with a combination of soft fragrant herbs such as parsley, chives, tarragon or chervil. To check if the fish is cooked, gently prod the thickest part with a small knife. If it is cooked the flakes will separate easily. If it isn't done yet, it will still have the translucent look of raw fish.*

*Other fish you could use: Whiting, haddock or trout fillets.*



# Blackened cajun hake with wilted spinach

*This is ideal for a quick dinner.*

TIME **15 MINUTES**  
SERVES **4**

**4 x 175g hake fillets, skin on and boned**  
**4 teasps. cajun seasoning (from a spice jar)**  
**1 tablesp. olive oil**  
**400g fresh baby spinach leaves**  
**Knob of butter**

**Salt and freshly-ground black pepper**  
**Lemon wedges to garnish**

1. Preheat the oven to Gas mark 4, 180°C (350°F). Place the cajun seasoning on a flat plate and use to dust the hake fillets, shaking off any excess.
2. Heat an ovenproof frying pan. Add the olive oil and cook the hake, skin side down for 1 minute, then turn over and cook for another minute. Transfer to the oven and roast for 4-6 minutes. The exact time will depend on the thickness of the fillets.
3. Meanwhile, heat the butter in a large pan and add the spinach. Cook until it wilts down, season to taste.

**To Serve:** Arrange the spinach on warmed plates and top each one with a piece of blackened cajun hake. Garnish with a lemon wedge.

*Experiment with your favourite spice mixture or curry powder instead of the cajun seasoning. If the sun is shining cut the hake into cubes and dust with cajun seasoning, then thread onto skewers and drizzle with the olive oil. Grill on the barbecue for 8-10 minutes, turning once and serve with warmed flour tortillas, shredded lettuce and tomato salsa or cucumber raita.*

*Other fish you could use: Whiting, haddock or trout fillets.*



## Crispy whiting with dill mayonnaise

TIME **15 MINUTES**  
SERVES **4**

**4 x 175g skinless and boneless whiting fillets**

**2 eggs, lightly beaten**

**Salt and pepper**

**200g fresh white breadcrumbs**

**25g plain flour, seasoned with salt and pepper**

**1 tablesp. olive oil**  
**25g butter**

**4 tablesp. mayonnaise**

**1 teasps. chopped fresh dill**

**To serve: garden peas**

1. Heat a large frying pan. Place the eggs in a shallow dish with a pinch of salt and put the breadcrumbs in a separate shallow dish. Lightly dust the whiting fillets in the seasoned flour and then dip in the beaten egg, shaking off any excess. Coat in the breadcrumbs.
2. Add the olive oil and butter to the frying pan and cook the coated whiting fillets for 2-3 minutes on each side until crisp and golden brown. The exact time will depend on the thickness of the fillets.
3. Meanwhile, mix the mayonnaise with the dill and season to taste.

**To Serve:** Arrange the crispy whiting on warmed plates with the dill mayonnaise and some garden peas to serve.

*This recipe could also be made into goujons (long pieces about the size of your finger), which are always a winner with children. Then simply cook for 1-2 minutes on each side. Small bowls of soured cream or crème fraîche topped with a little sweet chilli sauce would also be an excellent accompaniment for the crispy whiting.*

*Other fish you could use: Hake or haddock fillets.*





TIME **15 MINUTES**  
SERVES **4**

## Roast haddock with champ

**4 x 175g skinless and boneless haddock fillets**

**Salt and pepper**

**1 tablesp. olive oil**

**Cherry tomatoes on the vine**

**25g butter**

**4 scallions, finely chopped**

**6 tablesp. milk**

**900g freshly cooked floury potatoes, cut into even-sized chunks**

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

**1.** Arrange the haddock fillets on a non-stick baking sheet and season, then drizzle over the olive oil. Roast in the oven for 8-10 minutes until cooked through. This will depend on the thickness of the fillets. Toss the tomatoes in a little olive oil and roast in the oven for 5 minutes.

**2.** Melt the butter in a small pan and gently sauté the scallions until softened. Pour in the milk and bring to a simmer. Mash the potatoes and then using a wooden spoon, beat in the scallion and milk mixture until you have achieved smooth, creamy mash. Season to taste.

**To Serve:** Divide the champ among warmed plates and arrange a piece of roasted haddock on each one to serve.



*For best results choose chunky haddock fillets and ask at the fish counter that all the skin and bones be removed. Try adding a little finely grated lemon rind and/or a crushed garlic clove to the fish fillets before drizzling with the olive oil and roasting.*

*Other fish you could use: Whiting, hake or trout fillets.*

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