

Herb Crusted Sole

Ingredients

Quantity

Method of Cooking

For the Sole fillet

Sole fillet	800 gm
Mustard	2 tbsp
Plain flour	1 cup
Eggs (beaten)	2 pieces
Salt & white pepper	as required
Oil (to fry)	1/2 cup

For the Herb Crust

Stale bread without crust (roughly chopped)	10 slices
Parmesan (grated)	½ cup
Parsley	Handful
Thyme	Handful
Coriander	Handful
Dill	Handful

To Serve

Lemon wedges	to serve
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1. Season the fish fillets with a little salt and white pepper and marinate the fish fillets with mustard.

For the Herb Crust

2. Roughly chop the herbs; put all of the ingredients for the crust into a blender and pulse several times until it looks nice and green.

3. Pour the mixture into a deep dish (bowl/plate) and set aside.

For the Fillet

4. Coat each fillet with flour, beaten eggs, then the herb crust.

5. Shallow fry for about 2 minutes, until crisp and golden.

Drain on kitchen paper and keep warm while you fry the rest. Serve hot with lemon wedges.

Shrimp Provencal

Ingredients

Shrimp (peeled, deveined)	700 g
Olive oil	4 tbsp
Red bell pepper (chopped)	1 medium
Onion (chopped)	1/3 cup
Thyme (fresh/dried)	1 tsp
Garlic (chopped)	3 cloves
Tomatoes in juice (canned, finely chopped)	2 cups
Kalamata olives (pitted, halved)	1/2 cup
Tomato paste	1 tbsp
Basil leaves (fresh)	1/4 cup
Salt	as required
Black pepper	as required

Quantity

Method of Cooking

1. Heat oil in large sauté pan/ skillet over medium high heat.
2. Add shrimp and sauté for about a minute until just pink in colour.
3. Use a slotted spoon to transfer the shrimps into a bowl.
4. Add bell peppers, onion and garlic to the pan.
5. Sauté until the onions soften for about 4 minutes.
6. Add tomatoes with juices along with tomato paste and bring to a boil.
7. Reduce heat to medium – low, cover and simmer until flavors blend for about 10 minutes.
8. Add shrimp, olives and cook for another 2-3 minutes.
9. Add the thyme and basil, then season with salt & black pepper and take it off the heat.
10. Serve with rustic bread.



Marak Samak

Ingredients

Quantity

Method of Cooking

Canola oil	3 tbsp
Onion (sliced)	100 gm
Garlic (mashed)	5 cloves
Lumi (dried lime) (dried, finely crushed)	2 pieces
Turmeric	½ tsp
Cumin	1 tsp
Ground coriander	1 tsp
Salt & black pepper	as required
Chili pepper (green/red, whole)	2 pieces
Tomatoes paste	30 g
Tomatoes (blanched, peeled & chopped)	500 g
Tomato (juice)	100 ml
Fish stock	300 ml
Grouper/ hammour fillet (cut into cubes)	1 kg
Coriander (chopped)	1 bunch
Dill or fennel leaves (chopped)	1 bunch
Lemon (juice)	6 tbsp

1. Season the fish cubes lightly with salt, black pepper and half the lemon juice; set aside.
2. In a saucepan pour oil, add onions and sweat until wilted then add the garlic, chilli, lumi, spices and cook for 3 minutes.
3. To this add the tomatoes paste and cook for a minute.
4. Then add the tomatoes, tomato juice and fish stock, and cook for another 5 minutes and then season with salt & black pepper to taste.
5. Simmer on low heat for around 20 minutes.
6. Adjust seasoning, add in the fish and cover the fish with sauce, cooking gently over slow fire with lid on for around 10 minutes until the fish is well cooked.
7. Remove from the fire, add the fresh coriander & dill and then simmer for about a minute.
8. Serve with Mashkhoul rice or steamed white rice.

Tip: For a better taste, the fish can be marinated with salt, white pepper and lemon juice for around 10-15 minutes before cooking.

Fish and Chips

Ingredients

Medium fish fillets (haddock or cod)	8 pieces
Flour (extra for dusting)	1 ¼ cup
Sea salt	½ tsp
Black pepper (Freshly ground)	½ tsp
Cornstarch	4 tbsp
Baking powder	1 tsp
Non-alcoholic Beer (Very cold)	1 ½ cup
Vinegar	1 tsp
Potatoes (large)	4 pieces
Vegetable oil	for frying

Lemon Mayonnaise

Mayonnaise	2/3 cup
Lemon zest (finely grated)	2 tsp
Lemon (juice)	½ tsp
Black pepper (Freshly ground)	as required
Salt	as required

For Garnish

Lemon wedges	as required
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Method of Cooking

1. Slice potatoes with skin into chips. Parboil the potatoes for 5 minutes, drain and place in the freezer for 20 minutes.
2. Combine all ingredients for the lemon mayonnaise and put it a ramekin and place in the fridge to chill.
3. Pour the sunflower oil into the deep fat fryer or a large frying pan and heat it to 180 °C (just below smoking point).
4. Mix the salt and black pepper together and season the fish fillets on both sides.
5. Deep fry the potato in the oil until they are golden and crisp. Place on a paper towel to soak excess oil and set aside.
6. Whisk the flour & corn starch together with beer, vinegar and baking powder until it has no lumps (add the beer little at a time). Coat each side of the fish fillet in a little of the extra flour, then dip into the batter and allow any excess batter to drip off.
7. Holding one end, lower the fish into the oil one by one, carefully. The size of your fryer will determine the number of fish you can fry at a time. Make sure not to overcrowd the fryer.
8. Cook for around 4 minutes or so, until the batter is golden and crisp.
9. Serve on a plate or in paper cone with the lemon mayonnaise.

Baked Seabass

Ingredients

Quantity

Method of Cooking

For the Baked Sea Bass

Sea bass	1 piece (1.5 kg)
Saffron	a pinch
Anchovies	1/2 can
Potatoes (peeled, sliced into 1 cm)	750gm
Plum tomatoes (cut into quarters)	4 pieces
Chicken stock/ water	1 cup aprox
Red peppers (cut into 8 chunks)	4 pieces
Garlic (sliced into three)	8 cloves
Oregano (dried)	8 sprigs
Olive oil	¼ cup + 4 tbsp
Lemon (sliced)	1 pc
Salt & fresh ground pepper	as required

For the Lemon & Caper Sauce

Butter, chopped	½ cup
Shallots (finely chopped)	½ cup
Parsley (finely chopped)	1 tbsp
Baby capers (rinsed and chopped)	1 tbsp
Lemon (juice)	¼ cup

Baked Sea Bass

1. Pre heat the oven to 200C. Place the saffron in a small bowl, pour 2 tbsp of hot water on it and leave to soak.
2. In a sauce pan, add water as required and season with salt, bring it to a boil and put the potatoes in a pan and par-boil for 7 minutes. Drain well and arrange them in narrow strips on the base of a large roasting dish, large enough to hold the sea bass, either lengthways or diagonally.
3. The potatoes should form a bed for the fish, leaving plenty of room on either side for the red peppers.
4. In a mixing bowl add the tomatoes, bell peppers, anchovies, garlic, olive oil, oregano, salt, pepper and toss well using hands.
5. Scatter the vegetables over the potatoes, pour the saffron water into the tray and make sure the water is just cover the surface of the roasting tray, hence add the chicken stock accordingly and bake in the oven for 10-12 mins.
6. Once cooked, spoon out the tomatoes and bell peppers in bowl and set aside.
7. Score the fish 5-6 times on each side and then score it in the opposite direction to give an attractive criss cross pattern. Rub it generously with some olive oil, season well with salt and pepper (on the inside as well), stuff the fish with the sliced lemon and place it on top of the potatoes in the roasting tray.
8. Return the dish back to the oven and bake for a further 18-20 mins, until the fish is cooked through and the skin is crispy.

For the lemons caper sauce:

1. Clarify the butter in a frying pan over medium heat.
2. Add the shallots and sweat for less than a min.
3. Add the capers and stir for 1-2 min or until the butter starts to lightly brown.
4. Take off heat and add lemon juice and parsley.
5. Season with salt and pepper.
6. Serve the baked sea bass with the potatoes, tomatoes, bell peppers and lemon caper sauce.

TIP: for additional flavor stuff the fish with parsley stalks inside the fish before baking.