



FYNEST FISH

RECIPES SHARED BY OUR CUSTOMERS

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Whole Rainbow Trout

I pan seared it but it can also be oven baked (15 min at 200C, on baking sheet with parchment paper) or en papillote (in bacofoil lined with parchment for approx. 20 min at 200 C).

Ingredients

1 rainbow trout (or fillet of rainbow trout)
1 packet of asparagus
3 table spoons of olive oil
3 cloves of garlic minced up
Salt
Black pepper
1 lemon sliced

Preheat pan. Add the olive oil to the heated pan. Dry the trout. Add the trout (of filet skin down) Put slices of lemon inside belly cavity (or on top of rainbow filet). Place asparagus next to rainbow trout. Season everything with salt and black pepper. Add minced garlic on top of trout and asparagus. Bake with lid on pan for approx. 15 minutes on low heat, turning trout over halfway through.

Serve

Was simply delicious

Jerusalem Artichoke Fritters

Basic Ingredients

350g Jerusalem Artichokes - Grated
60g Plain flour
3 Eggs

Optional extras (whatever you fancy)

1 red onion - finely sliced
2 tbsp. Oats
30g Parmesan - Grated
30g Cheddar - Grated
½ tsp Salt
Pepper - sprinkle
Paprika - sprinkle
30g Parsley
2 tbsp. Light olive oil, for frying

Mix all together, spoon dollops into frying pan with hot oil and fry both sides till golden brown.

Serve with Sweet Chilli Sauce, chutney or alone



Jerusalem Artichoke Dip with feta and chilli

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Serves: 4 as a starter or side

Ingredients

600g Jerusalem artichokes
1 garlic clove
2 tsp lemon juice
30g pecorino, finely grated
60ml extra virgin olive oil, plus extra for drizzling
70g feta, crumbled
½ tsp dried chilli flakes
¼ x 25g pack flat leaf parsley, leaves only

Method

1. Peel the Jerusalem artichokes and wash under running water. (Don't worry if a small amount of peel remains in the crevices). Cut into small pieces, transfer to a pan of salted water and bring to the boil. Simmer for 15-20 minutes until completely tender.
2. Transfer the Jerusalem artichokes to a food processor with the garlic, lemon juice and pecorino. Whizz to a paste then, with the motor running, gradually pour in the oil until combined and smooth. Season, bearing in mind that you will be serving it with salty feta.
3. Put the dip into a serving bowl and scatter over the feta, chilli and parsley leaves. Drizzle over a little more olive oil and serve with bread to dip or as a side dish with grilled fish or meat.





Ingredients-

2x seabass fillets
Cherry tomatoes
1x red pepper
Annie's Herb Kitchen coarse Parsley salt
Red onion
Gnocchi
Olive Oil

Method-

- Slice the skin and rub with parsley salt
- prepare peppers, tomatoes and onion and cook in olive oil for 10 minutes
- Add seabass fillets to the pan and cook for a further 10 minutes
- Boil gnocchi as per instructions on pack, drain and serve
- place seabass and veggies on top of gnocchi
- Enjoy!

Inveroran Hotel Trout

This is a recipe we have used for years on our specials board at the Inveroran Hotel, inspired by local produce and our love of travelling the world looking for inspiration to add to our ever growing portfolio of recipes, hope you enjoy it as much as we do.

Ingredients

4 trout or sea trout each weighing about 338g flour, for dusting

75g salted butter

25 ml vegetable oil 6 rashers saddleback oak smoked streaky bacon, cut into thin strips 4 garlic cloves, chopped

25 ml shallot vinegar see below

1 teaspoon fresh chives finely chopped

(Garlic) salt and pepper for seasoning

Method

Season the fillets inside and out then dust with flour shaking off any excess. Melt the butter with the oil in a frying pan. Add the bacon and then the trout and fry for about 5 minutes on each side. Remove the trout and bacon from the pan and keep warm. Turn down the heat, add the garlic and cook gently until soft. Put the vinegar into the pan and bring to the boil. Add the chopped parsley, stir and pour over the fish. Serve immediately.

Shallot vinegar

Ingredients 85 ml red wine

85 ml red wine vinegar

1 shallot, finely chopped. Mix together all the ingredients.





Smoked Mackerel Kedgeree

Basmati or long grain white rice measured up to 225 ml in a jug
Hot vegetable stock measured to 450ml in a jug
2 – 3 smoked mackerel fish, skin removed and flaked
110g butter
1 onion chopped
¾ tsp of curry powder
3 hard-boiled eggs, chopped
3 tbsp. chopped parsley
1 tbsp. lemon juice
Salt and freshly milled black pepper.

Melt half of the butter in a large saucepan and gently soften the onion for 5 mins.

Stir in the curry powder and cook for 30 seconds.

Add the rice and the stock, stir once, cover and gently simmer for 15 mins.

Once the rice is ready add the flaked mackerel, eggs, lemon juice, parsley and the rest of the butter.

Cover the saucepan with a tea towel and place on a gentle heat for 5 mins. Tip into a hot serving dish, season and enjoy!

Pan fried sea bass with lemon garlic herb sauce



Ingredients

3 tablespoons butter divided
1 tablespoon extra-virgin olive oil
1.5 lbs. sea bass such as barramundi
1/4 cup all-purpose flour
1 teaspoon salt plus more if needed
1/2 teaspoon black pepper plus more if needed
2 cloves garlic minced
1/4 cup dry white wine such as sauvignon blanc
1/2 cup chicken stock/broth or water (I use stock)
Juice of one lemon about 2 tablespoons
1 tablespoon fresh oregano roughly chopped
1 tablespoon fresh thyme roughly chopped
1 tablespoon fresh parsley roughly chopped
Lemon wedges for serving optional

Instructions:

Pat the fish dry with a paper towel.

In a shallow dish, mix together the flour (1/4 cup), salt (1 teaspoon), and black pepper (1/2 teaspoon).

Dredge each piece of fish in the flour mixture, coating the entire surface, and shake off any excess.

In a large skillet, preferably stainless steel or non-stick, melt 1 tablespoon of the butter over medium high heat and add the olive oil (1 tablespoon).

Cook the fish in the skillet for 3-4 minutes on each side, until golden brown and fully cooked. Try not to move the fish too much, especially if you are using a pan that isn't non-stick, otherwise the fish may be more likely to stick to the bottom and not get browned as nicely. Remove fish from the skillet to a plate.

Turn down the heat to low. Add the white wine (1/4 cup) to the skillet to deglaze, stirring up any browned bits. Continue heating until almost all the wine has evaporated.

Add one more tablespoon of butter to the skillet. Once it's melted, add the minced garlic (2 cloves) and fresh herbs (1 tablespoon each of oregano, thyme, and parsley) to the skillet and sauté until fragrant, about 30 seconds.

Add the chicken broth (1/2 cup) and bring to a simmer.

Turn off heat and stir in remaining 1 tablespoon butter and lemon juice (about 2 tablespoons). Taste and adjust seasoning if necessary.

Serve sauce on top of fish and add slice of lemon.

Note: I used oregano, parsley, and thyme as I had them in the fridge. You can use other fresh herbs such as dill, basil, or coriander would be delicious as well!

Cod with mustard sauce

Ingredients for 2 people

2 cod fillets

1 shallot

1.5 dl fish stock

1 dl cream

1 tbsp. whole grain mustard preferably Dijon

Knob of butter

Salt and pepper to season

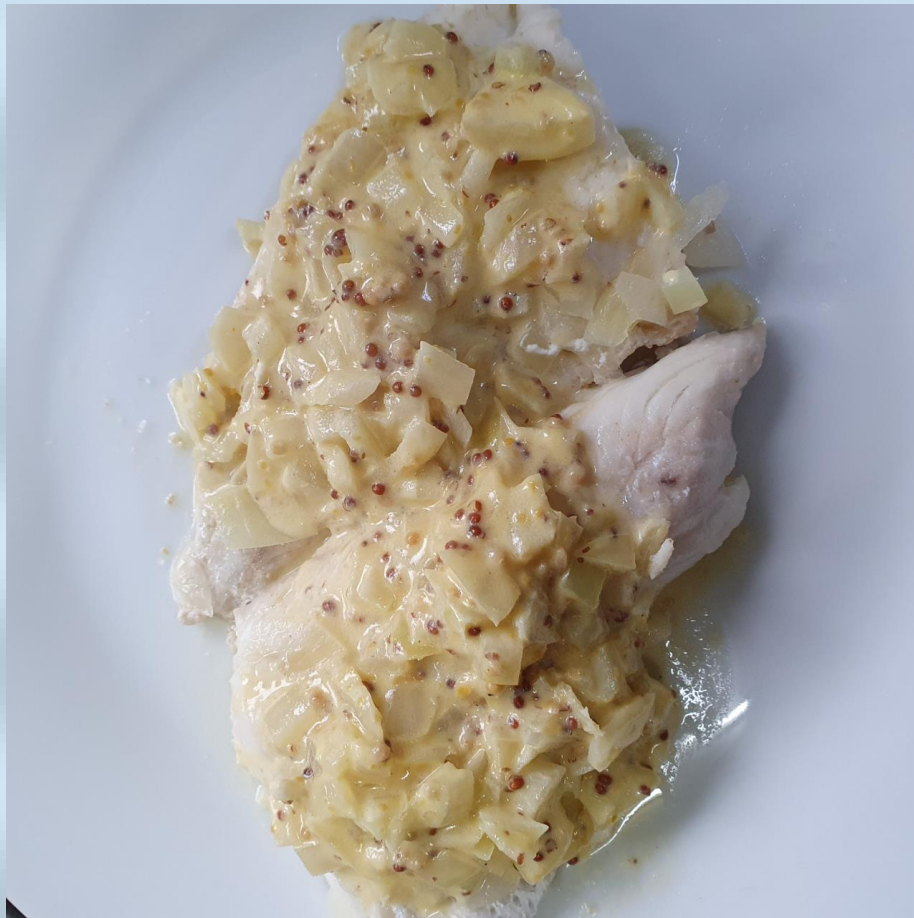
Preparation:

Chop the shallot and fry it translucent in butter. Deglaze with the stock and reduce by half.

You can add the cod fillet to this while reducing by half and cook it till flaky or steam them till flaky. If the first, remove the cod carefully onto the plates.

Strain, bring back to the boil and stir in the cream and mustard. Season with salt and pepper and spoon over the sauce

Excellent with mashed potatoes or with new boiled potatoes





Chicken breasts with curry sauce

Ingredients

2 boneless chicken breasts
1 large onions, sliced or diced
250g button mushrooms
20cl double cream
Butter or ghee
Olive oil
2 teaspoons curry powder (I use hot curry powder)
Salt, pepper, mild paprika, herbs de Provence

Fry the onions in some olive oil

Cut the chicken breasts into thin slices (less than 1cm thick)

Stir fry the chicken over a low heat in some butter or ghee, season with salt, mild paprika, pepper and dust with Herbs de Provence.

Ensure the chicken goujons stay white and evenly cooked. Slice the button mushrooms thin. Add to the chicken together with the fried onions, followed by the cream and the 2 teaspoons of curry powder. Stir well and cover, cooking on a very low heat for 5 minutes.

Adjust the seasoning.

To serve: Basmati rice, paratha (photo) or coriander naan

Mediterranean Baked Cod Recipe with Lemon and Garlic

Prepared Greek style with a few spices and a mixture of lemon juice, olive oil and lots of garlic. Bakes in less than 15 mins!

Ingredients for 2

0.6 lb Cod fillet pieces, 4-6 pieces
2 garlic cloves, peeled and minced
1 cup chopped fresh parsley leaves
Lemon Juice Mixture
2 tbsp. fresh lemon juice
2 tbsp. extra virgin olive oil
0.8 tbsp. melted butter

For Coating

0.13 cup all-purpose flour
0.4 tsp ground coriander
0.3 tsp sweet Spanish paprika
0.3 tsp ground cumin
0.3 tsp salt
0.2 tsp black pepper

INSTRUCTIONS

Preheat oven to 200 degrees CV.

Mix lemon juice, olive oil, and melted butter in a shallow bowl. Set aside

In another shallow bowl, mix all-purpose flour, spices, salt and pepper. Set next to the lemon juice mixture.

Pat fish fillet dry. Dip fish in the lemon juice mixture then dip in the flour mixture. Shake off excess flour. Reserve the lemon juice mixture for later.

Heat 2 tbsp. olive oil in a cast iron skillet over medium-high heat (watch the oil to be sure it is shimmering but not smoking). Add fish and sear on each side to give it some colour, but do not fully cook (about a minutes or so on each side) Remove from heat.

To the remaining lemon juice mixture, add the minced garlic and mix. Drizzle all over the fish fillets.

Bake in the heated oven for until it begins to flake easily with a fork (5 to 10 minutes should do it, but begin checking earlier). Remove from heat and sprinkle chopped parsley. Serve immediately.

NOTES

Serving suggestions: Serve immediately with rice and a traditional Greek salad.

Cook's Tip: Be sure to use a fish spatula to carefully turn the fish in the skillet.

