

Fish recipes for fish caught by club members such as snapper, whiting, flathead, garfish, Gurnard, trout, squid and bream.

Many people don't cook whole fish because the bones remain and need to be taken out on the plate. There are plenty of videos on the net showing you how to get rid of bones once the fish is cooked

General crumbed fillets recipe

This can be used to cook all types of fish fillets. Cut the fillets in small pieces of 10/15cm long

Ingredient

- enough panko crumbs for the fish
- some parsley - not too much as can make it bitter
- 1 or 2 cloves of garlic - depend on how much fish
- whizz all these together in a mixer

Alternative is to also add Parmesan cheese and garlic chives in the crumb

Put some lemon juice on the fish

Whisk up an egg as the binder for the fish and the panko crumb mix

Dry the fish using plain flour - that is coat the fish in plain flour

Place fish in egg mix - then place fish in panko crumb mix, coat well then fry in deep oil

Alternative light batter

Ingredients

An egg

Plain flour

Rice flour

Corn flour

All flour should be in equal parts depending on how much batter you are making

Some salt to taste

A dash of coriander powder

Cumin seeds or powder (prefer seeds)

Pepper if required

Some oil

Some turmeric powder for colour or you can add a yellow food colourant if available

Method

Mix all together and add enough water to make it to a consistency that will stick to whatever it's fried in - examples sweet potato, zucchini slices, fish, etc

Snapper (or other firm fish like rockling)

Oven baked snapper fillets

Preheat the oven to 200°C. Place some (a dozen) cherry tomatoes cut in half, capers and thyme sprigs in a baking pan, then drizzle with olive oil, roast until tomatoes are cooked. Put the snapper fillets and cover with the juices then bake until cooked. Optionally add lemon. Serve with a salad

Oven baked whole snapper.

Preheat oven to 200°C. Place a large piece of foil in a baking tray. Grease with a few drops of olive oil. Place the whole snapper on the foil. Cover the fish with finely sliced onion, tomato and a little garlic. Season with salt and pepper and a few thin slices of lemon. Sprinkle with olive oil. Bake in oven for approx. 15-20 mins. To serve sprinkle with freshly chopped parsley and basil and cooking juices.

Spicy Snapper

Ingredients

Sauce:

- * 3 ounces fish sauce
- * 6 ounces water * 1 tablespoons chili garlic sauce
- * 2 limes, juiced
- * 2 ounces sugar * 1 tablespoons cornstarch mixed with 2 tablespoons of water
- * 2 tablespoons chopped scallion
- * * 2 cups vegetable oil * 1 whole red snapper (about 1 1/2 pounds), scaled, eviscerated, and fins removed
- * Salt and pepper
- * Flour
- * * Serving suggestion: Steamed rice

Steps Mix the fish sauce, water, chile garlic sauce, the lime juice, and sugar together in a small pan and bring to a boil.

Fill a large heavy saute pan with 1-inch of oil and heat for 5 minutes until hot, but not smoking.

Make 2 diagonal cuts on each side of the fish for ease of cooking. Salt, pepper, and flour both sides of the fish. Fish should be dry, as to not splatter oil when frying. Lower fish into oil, the oil should bubble vigorously. Cook 4 minutes on each side until golden brown. Check cuts on fish for doneness.

When fish is almost cooked, heat up sauce and stir in cornstarch mixture while sauce is boiling. Sauce should be slightly thick, but not lumpy. Remove fish from oil and slightly dry with paper towels. Add scallions to the sauce and pour over fish to cover. Serve with steamed rice.

Snapper fillets in sour sauce

Sauce ingredients

1 tsp fish curry powder or less
Some shallots (French preferred as they are sweeter)
2 small garlic cloves
Ginger (about a finger nail size)
Fresh turmeric (optional)
Couple of kaffir lime leaves
Enough red and green peppers
1 medium tomato
2 tsp Tomato paste
1 tsp tamarind paste or seeds (if using dried seeds need to soak in water for 30 mins or so before cooking)
2 tsp Tomato chutney (optional - to add to sweetness and sourness)
Vegetable or peanut or virgin coconut oil

To cook sauce.

Sweat the shallot, garlic, ginger and turmeric with the oil. Add the kaffir lime leaves at the point too.

Add the curry powder, chutney and tomato paste. Fry until smoky. Add some water.

Bring to boil and let reduce a little. Mix the tamarind paste with a half cup of water and add to sauce.

Add the peppers and chopped tomato. Can be chopped big to be obvious. Reduce the sauce if possible - add salt to taste.

To sweeten you can add brown sugar or pineapple cubes(in a can or fresh and add juice to the sauce)

Marinade for fish

Garlic powder

Pepper - Black or white - prefer white

Salt

Turmeric powder

Zest of half lemon

Lemon juice

A little oil (olive or vegetable)

Mix ingredients and spread on fish - leave fish in marinade aside for 1/2 hour to 1 hour.

Then

You can either flash fry the fish with the marinade on or fry with batter/panko crumbs

Pour sauce or on side to have as its own or with rice

Keralan fish curry

Ingredients

- 6 shallots or 4 spring onions finely chopped
- 4 cloves of garlic chopped
- 2.5 cm piece of ginger grated
- 1 fresh green or long red chilli
- 750 g firm white fish eg rock ling, snapper from sustainable sources – cut into pieces and the juice of one lemon squeezed over – sit for 15 mins, stirring occasionally
- groundnut oil
- 1 teaspoon mustard seeds
- 1 teaspoon coriander powder
- 20 curry leaves
- 1 tablespoon/teaspoon chilli powder
- 1 teaspoon turmeric
- 1 x 400 g tin of light coconut milk
- 1 x 400 g tin of quality chopped tomatoes
- a few sprigs of fresh coriander

Method

- Peel and finely slice the shallots, garlic and ginger. Trim and finely slice the chilli. Cut the fish into chunks.
- Heat a lug of groundnut oil in a large pan, add the mustard seeds and curry leaves and cook until the seeds start to pop.

- Add the shallot, garlic, ginger, coriander powder and chilli, and cook on a medium heat for 5 minutes, or until softened.
- Mix the chilli powder and turmeric together with a splash of water, and stir into the pan. Fry for 1 minute, then add the fish and cook 2 mins
- Add coconut milk and tomatoes (can reduce to make thicker).
- Season, bring to the boil, then simmer for 20 minutes, or until the fish is cooked and the sauce has reduced.
- Pick, chop and scatter over the coriander leaves. Delicious served with basmati rice and warm naan bread.

Whiting

6 (about 300gm each) whole whiting, backbone removed (see note), heads and tails intact

4 small lemons, thinly sliced, 1 bunch thyme,

6 stalks young garlic, roots trimmed

Some love bite or cherry tomatoes, halved

60 ml (¼ cup) extra-virgin olive oil

125 ml (½ cup) verjuice

1 lemon (juice only)

Season fish cavities with sea salt and freshly ground black pepper, insert lemon slices and a few sprigs of thyme into each and tie fish at intervals with cooking twine.

Preheat oven to 200C. Cut green tops off garlic and halve bulbs lengthways. Scatter tops over base of a roasting pan large enough to fit whiting snugly, layer over remaining

lemon slices, scatter with remaining thyme, then place fish on top. Scatter garlic bulbs, then tomato over fish. Drizzle with olive oil, verjuice and lemon juice. Cover with foil, roast for 10 minutes, then remove foil and cook for another 10-12 minutes or until fish is just cooked through. Serve fish with tomato, young garlic and pan juices.

Flathead

Flathead with pasta.

Finely chop 1/2 onion, 1/2 glass white wine, 1 crushed clove garlic, 300 ml cream, 3 chopped spring onions.

Sweat the onion until translucent, add garlic and white wine, reduce by 1/2. Season with salt and pepper. Add cream and cook for 2 mins. Set aside while cooking pasta. For fish fillet, season with salt and pepper then slowly pan fry fillets only 1/2 cook. Pour the sauce gently over the fish in frying pan then bring to the boil and turn off. To serve gently place fish and cooked sauce over cooked pasta and sprinkle with spring onion. Also goes well with fresh coriander

You could also add garlic chilli and ginger to this sauce which can be made the day before as it is a dressing for the salad

Pan fried flathead with lemon caper butter sauce

80g unsalted butter 2 teaspoons olive oil 600g flathead fillets (can also use sand whiting, reduce cooking time) 2 tablespoons baby capers, rinsed Juice 1 lemon Salt to taste

Heat 20g butter and olive oil in a non-stick frypan over medium high heat, until butter is frothing.

Fry the fillets for around 2 minutes, or until a lovely golden brown. The time will depend on the thickness of the fillet. Turn and fry for a further 1-2 minutes. Remove from the pan and cover with foil.

Add half the remaining butter to the pan and when hot, fry the capers until starting to crisp. Whisk in lemon juice and then remaining butter. Season with salt if necessary, but taste first because capers can be salty.

Serve the fish drizzled with the caper sauce and with a cucumber and fennel chiffonnade salad.

Flathead poached with Milk and Tarragon

40g butter, 5 sprigs of tarragon, 4 or 8 flathead tail fillets skinned (about 800g), salt, white pepper, 2/3 cup of milk, 1 tsp of chopped capers, 1/3 cup of cream, 2 tsp finely chopped parsley

Preheat oven to 180 degrees, butter an ovenproof dish that will hold fish snugly. Add 4 sprigs of tarragon and dispose fillets over them. Season and pour milk over.

Cover with buttered baking paper and cook for 10-15mn. Chop remaining tarragon and have 1 tsp of finely chopped tarragon

Remove fish and keep arm, strain cooking juice in a saucepan. Reduce volume by half on high heat. Add capers and cream, bring to boil and boil for 3-4 minutes. Taste for seasoning and add parsley and chopped tarragon. Spoon over fish. Or allow to cool down and serve cold.

Squid/Calamari

To be tender either cook for 10 seconds or 1 hour +

Squid/Calamari 101

With the inside part facing up, run your knife gently and evenly but don't cut off. Switch an angle, do the same thing again the squid across the body without cutting, then cut in long strip. This ensures even cooking and looks great. In a frying pan, melt some butter and oil together and when very hot put the Squid with the following alternative ingredients:

- Garlic, parsley, capsicum
- Chilli, ginger, lemon grass
- Soya sauce, chilli
- Cumin, paprika
- Chopped tomatoes, Thyme
- Etc

Once the squid strip curls up, it is ready to serve with a salad, couscous, rice or mix with some cooked pasta

Tagine of squid, tomato and red capsicum

2 tbsp extra virgin olive oil
½ red onion, cut into 1cm dice
½ red capsicum, peeled, cored and diced
400g cleaned squid tube, cut into 1cm strips
400g can tomatoes, peeled, diced and drained
2 tsp sugar
sea salt
2 tbsp fresh lemon juice
2 tbsp chopped coriander leaves

Chermoula:

1 large white onion, finely chopped
3 garlic cloves, peeled
sea salt
1 tsp ground ginger

½ tsp paprika
1 tsp cumin seeds, toasted and ground
½ bunch coriander, chopped
1 tbsp saffron water
1 tsp mild chilli flakes
3 tbsp extra virgin olive oil

1. To make the chermoula, place all the ingredients in a blender and blitz to a paste. Mix with the squid in a bowl, cover and marinate for an hour in the fridge.
2. Place a heavy-bottomed pan on medium-low heat. Add the olive oil and warm it, then add the onion and cook for 5 minutes. Add the capsicum and cook for a further 5 minutes. Add the marinated squid, cook for about 3 minutes, then follow with the tomato, sugar, salt and lemon juice. Bring to the boil, then reduce the heat to a simmer, cover with a lid and cook for 1 hour, until the squid is tender.
3. Spoon into a large serving bowl, scatter with the chopped coriander leaves, and serve.

Garfish

Butterfly garfish

Melt some oil and butter in a frying pan.

Open the garfish and fry them on the open side first, flattening the garfish opened.

Cook for a short time then turn around, at this stage you can remove all the bones in one go. Add garlic, parsley, thyme and other optional spices.

Serve with chips and salad

Skewered garfish with herb & olive butter

Ingredients:

8 garfish, scaled, gutted, cleaned

80ml (1/3 cup) olive oil

4 ripe egg tomatoes, quartered lengthways

100g baby rocket leaves

2 tbs fresh lemon juice

Cracked black pepper

160g haloumi cheese, cut into eight 5mm-thick slices

Canola cooking spray, to grease

herb & olive butter

100g unsalted butter, softened

1 tbs finely chopped fresh basil

2 tsp finely chopped fresh dill

6 whole black olives, pitted, finely chopped

Method

Remove the garfish from the fridge 5 minutes before preparing.

To make the herb & olive butter, place the butter, basil, dill and olives in a medium bowl and mix well. Set aside.

Rinse the garfish cavities under cold water and scrape away any black lining in the cavities. Pat dry with paper towel.

Brush the skewers with a little oil. Thread a garfish lengthways onto each skewer by pushing the skewer into the flesh at the tail end and along the inside of the fish, along the backbone and towards the head. This helps the garfish hold their shape while cooking and makes turning them easier. Rub the garfish all over with 2 tsp of the olive oil.

Combine the tomatoes and rocket in a bowl. Place 60ml (1/4 cup) of remaining oil with lemon juice in a screw-top jar and season with pepper. Shake to combine, then drizzle over tomatoes and rocket. Set aside.

Assemble the garfish, herb & olive butter and haloumi at the barbecue. Spray the cold barbecue grill well with cooking spray and then preheat on medium for 5 minutes.

Place the garfish on preheated grill and cook for 2 minutes each side, spooning over and rubbing in 2 small teaspoonful's of the herb & olive butter for each garfish, paying attention to the cavities. Test the garfish with a fork behind the heads, and if the flesh flakes easily, they are cooked. Transfer to serving plates.

Brush the haloumi lightly with the remaining oil and cook on the hot barbecue grill for 1 minute each side while the garfish are standing.

Place garfish on serving plates and top with remaining herb & olive butter. Serve immediately with haloumi and tomato and rocket salad.

Deep Fried Whole Garfish with Szechuan Pepper And Salt

Ingredients

* 4 whole fresh garfish gutted & scaled * 1 cup plain flour for dusting

* 2 large fresh red chilli's bruised

* Coriander sprig * ¼ cup green shallot julienne * 1 lemon cut into wedges * 1 tablespoon Szechuan pepper & salt

Method

Pat the fish dry and place on chopping board.

With a sharp knife, make three diagonal slits into side of fish, then repeat in the opposite direction to create a diamond pattern.

Turn the fish and repeat on the other side.

Lightly toss garfish in a little flour to coat.

Meanwhile, heat oil in a hot wok until a slight ripple effect occurs on surface of oil, carefully add garfish and shallow fry in batches for about 3 minutes or until golden brown.

When cooked, the flesh should be white on the inside, not transparent.

Remove from wok and drain on absorbent paper.

Add chillies to same hot oil and fry until a deep, bright red colour, remove with slotted spoon and drain well.

Arrange garfish on platter and garnish with combined coriander, shallots and fried chillies.

Serve immediately with bowls of lemon wedges and Szechuan pepper and salt.

Trout

Trout with Almonds – for 4 People

One of my favourite classic French recipe, easy to do and delicious.

Ingredients

- * 4 trouts cleaned – 250g each
- * 60g of slivered almonds
- * 200ml of milk
- * 1 table spoon of flour
- * 1 table spoon of olive oil
- * 75g of salted butter
- * Salt, pepper

Steps

- * Put the milk in a soup plate. Lay the flour on a plate. Dip the trouts (already salted and peppered) in the milk then pat them in the flour.
- * Heat a frying pan with the oil and 25g of butter on medium heat. Grill the trouts for 5mn on each side. Put aside in a warm dish and get rid of the cooking oil.
- * Melt the rest of the butter in the pan. Add the almonds (optionally garlic and parsley), and brown for 2mn while turning
- * Place the almonds over the trouts with the butter. Serve with Lemon and boiled potatoes.

Additionally, trout can be smoked using many different methods depending if you have a BBQ, Weber, etc. Google How to smoke trout to get many ideas

Also Trout or other fish can be cured

Salt, sugar, sechuan pepper, lemon zest,

Mix it, Put fish in it

Additional ingredient coconut milk, vinegar, etc....

Bream

Grilled Bream

Make crosses in the skin.

Marinate the bream with morrocan spices, oil, salt, lemon juice for 1/2hr

Grill the fish until it is cooked and put it on a bed of rice pillaf

Deep fried bream

Score crosses in the skin.

Marinate the bream with salt, turmeric, garlic, chillies, lime for 1/2hr

Deep fry the fish

Sauté garlic, ginger and onions until soft then add chillies, tomato paste, poured juice from pineapple (either from the can or when cutting the fresh fruit)

Add julienne carrots, capsicum, pineapple cubes, and tomatoes.

Then poured this on the fish

Spaghetti Marinara

Serves 4

You can add whatever amounts you want – these are just a guideline, mussels are good (cooked first and removed if you want) as are oysters, scallops, etc. Mint adds a nice flavour to this marinara.

500g Prawns – shelled or however many you want

500g Calamari cut into rings

500g Fish cut into pieces such as flathead, snapper etc

45g can of anchovies

2 cloves garlic

5 large tomatoes

1 tblspn chopped parsley

1-2 tblspn chopped mint

1 tblspn Tomato paste

Olive Oil

500g spaghetti cooked

1. Shell and devein prawns. Drain anchovies and cut into pieces
2. Heat oil and add garlic and anchovies, cook 1 min
3. Add chopped tomatoes and tomato paste. Cook 10-15mins until reduced a bit.
4. Add seafood and cook a minute or 2.
5. Add salt, pepper, parsley and mint. Stir and serve.