



MASTER FISHMONGERS SCHEME

There are many ways to cook fish and shellfish and many flavour combinations that enhance the flavour. Most fish have a very delicate texture and a surprisingly short cooking time. It is easy to over-cook it. Set out below are some general guidelines to offer a customer.

METHODS OF COOKING

There are two main types of cooking: the dry heat method and moist heat methods of cooking. The former is designed for fast cooking of food that doesn't require tenderizing and gives additional flavour. Moist heat method is a gentle method of cooking and designed for food that requires tenderising or a longer gentler method if the food to be cooked is delicate.

BEST METHODS FOR COOKING SEAFOOD

DRY HEAT METHODS

BAKING and ROASTING

Cooked in the oven - the fish is BAKED with a SMALL amount of liquid to create steam and help prevent the seafood from drying out - until done. The oven temperature varies from 'moderate to moderately hot - gas mark 4 – gas mark 5 (180- 190C) depending on the recipe. The oven should always be pre-heated to the required temperature.

The food is cooked, uncovered, on a baking sheet or wrapped in foil and the length of time will depend on the type of fish and thickness of fish/fillet/steak being cooked.

Preparation of seafood:

Any fish that is baked requires some protection from the drying effects of the oven. Fillets of fish can be wrapped in foil to help create steam or topped with a crumb that protects the fish from drying

SUITABLE FOR:

- Whole fish, fillets and steaks of fish
- White fish fillets: Cod/haddock coley etc, salmon and trout
- Shellfish – to re-heat a completed dish including Hot Baked Crab

RECIPE

POCKETED FLAT FISH

This recipe is a simple method of cooking fish on the bone. Bones often deter people, but make the cooking easier as the fish is less likely to dry out in cooking. It is also easier to remove the bones after cooking than before.

Serves 2

2 small flat fish such as plaice, dab, flounder or slip soles (small Dover sole)

For the stuffing

Choose whatever is available or in your fridge or store-cupboard



The following combinations work well:

Halved cherry tomatoes, a sprinkle of pine nuts and freshly grated Parmesan cheese and shredded basil with a splash of olive oil

Deveined and peeled warm water (tiger) prawns, tossed in basil pesto

Flavoured butter with herbs, capers, lemon juice and a little anchovy essence

Autumn mushrooms (cooked in a little butter) with sage and a small amount of crème fraiche

- *If using a slip sole – skin the dark side of the fish if desired.*
 - *Lift the fillets from the dark side of the fish only. This is done using a filleting knife and making an incision down the centre of the fish and running the knife close to the bone as if to fillet and remove these completely from the bone. Leave the fillets attached to the bone at the frill.*
 - *Lay the fish on a lightly greased baking sheet, or aluminium foil. Fold the two top fillets back so that the bone and underside fillets are revealed.*
 - *Mix the stuffing together or simply spread with the prepared butter. Arrange the stuffing in the middle of the fish and refrigerate until required.*
 - *Preheat the oven to 210C or gas mark 7. Bake the fish in the oven for 12 – 15 minutes or until cooked: the flesh will be opaque, white and firm to the touch.*
 - *Using a sharp knife scrape away the fins of the fish. Lift the fish onto a serving plate and garnish with watercress and lemon if desired.*
-

ROASTING

Historically - traditional roasting was done over a roaring fire with the food skewered onto a spit and turned until cooked. Most people associate this with big pieces of meat, but in the 14th and 15th centuries large river fish including pike and carp were skewered onto a spit – have butter sewn into the belly – to baste the fish and then turned over an open fire until cooked.

Today roasting is meat or fish cooked in a high temperature oven AT GM 6 – 8 (200C-220C)

Preparation:

The fish needs to be basted with a marinade or drizzled with oil to help keep it moist. The fish can also be wrapped in bacon.

SUITABLE FOR:

- Whole small fish: mackerel, herring, trout, sardines, bass etc
- Large whole fish: Salmon (trad recipe OLD English Roast Salmon)
- Fish fillets as above

SEA BREAM & FENNEL TRAY ROAST

Serves 4

2 small sea bream, filleted

2 bulbs Florence fennel, finely sliced

1 red onion, finely sliced

3 tablespoons extra virgin olive oil

Salt and freshly ground black pepper

1 tablespoon oregano leaves

Splash of Pernod

Juice of ½ lemon and a few lemon wedges



-
- *Preheat the oven to gas mark 7. Pin bone the sea bass fillets, score the skin with a sharp knife and season.*
 - *Put the fennel and onion in a large roasting tin. Drizzle with olive oil and season with salt and pepper. Bake in the oven for 7 minutes.*
 - *Remove the vegetables from the oven and sprinkle with the oregano leaves. Arrange the fish on top. Splash with a little Pernod and lemon juice and tuck lemon wedged around the edge. Return to the oven for a further 7-10 minutes or until the fish is cooked; the flesh will be opaque and the skin will peel away easily. Serve straight from the roasting tin*
-

EN PAPILOTTE (lit foil)

A fast method of cooking 'en papilote' is cooked at a high temperature – the seafood to be cooked is wrapped securely in a paper case or in foil parcel with or without a squeeze of lemon. This method is a combination of baking and steaming as the fish cooks in its own juices.

The advantage of this method of cooking is that it traps in all the flavour of the fish – which is then enjoyed by the diner – who opens the parcel at the table

The key to successful en papillote is to wrap the fish securely in a paper case with a small number of ‘aromatics’ including a herb, squeeze of citrus and a spice.

It is ideal for superbly fresh fish and an excellent way to cook low fat food.

SUITABLE FOR:

- Whole SMALL fish: including trout, bass, gurnard
- Fillets of white fish: cod, haddock, plaice and lemon sole
- Shellfish: ideal for cooking mussels, clams and warm water prawns

GURNARD WITH SHITAKE & THYME EN PAPILOTTE

Serves 4

4 whole gurnard, each about 400g, prepared

1 red onion, thinly slice

100g shitake mushrooms, thickly sliced

Juice of ½ lemon

8 sprigs of thyme

Splash of extra virgin olive oil

Salt and freshly ground black pepper

To Serve

Splash of truffle oil

Rocket leaves or sprigs of water cress



-
- *Preheat the oven to gas mark 7. Preheat 2 backing sheets. Cut 4 heart shapes from pieces of good quality greaseproof paper, about 60 cm long and fold them in half to crease the centre line.*
 - *Put a gurnard on one side of each piece of greaseproof paper. Sprinkle the red onion and mushrooms over the top of each fish. Splash a little lemon juice over the top and add the sprigs of thyme. Drizzle with a little olive oil and season with salt and pepper.*

- *Wrap the fish carefully, taking care that the paper is sealed well (like a Cornish pasty) but that there is still room for the steam to circulate around the fish. Lift the paper parcels on to the hot baking sheets and cook in the oven for 12-15 minutes or until a metal skewer inserted through the paper and into the fish comes out piping hot after 20 seconds.*
 - *Lift the parcels on to individual dinner plates and allow each guest to open at the table and enjoy the freshly opened aroma of the fish and herbs.*
-

BARBECUE

This increasingly popular method of cooking is ideal for some types of seafood, but because it is fast and furious – it is essential it is performed with care - as over-cooked, the seafood will dry out in the intense heat of a BBQ.

Seafood used needs to be marinated or wrapped in a double layer of foil to prevent it from drying and burning.



SUITABLE FOR:

- Small whole fish: bass, trout, tilapia, barramundi (on a rack as above)
- Large whole fish: salmon, cod and haddock (wrapped in a double sheet of extra strong tin foil that is turned half way through cooking)
- Shellfish: Raw shell-on prawns (shell prevents them from drying) Cuttlefish steaks.

MARINADES, BASTES AND BUTTERS (SEE END OF SECTION)

FRYING

There are several methods of frying. Some using very little oil and others a large quantity for deep-frying.

Stir-frying uses different oils. In Oriental cooking peanut oil is often used, rape seed is also a good option. Sesame oil is not ideal for frying as it is already toasted and a second heating will burn it becoming bitter. It can be added right at the end of cooking to add flavour. Some brands make a 'stir-fry' or 'wok' oil that has a little sesame oil to lift the flavour.

Shallow-frying is usually done using vegetable oil (rape seed) as it can reach a high temperature without burning.

Pan-frying – this depends on the fish to be cooked. Butter gives the best flavour or a combination of butter and oil if the fish requires longer. Butter gives a good flavour, but the oil allows the fat to reach a higher temperature before the butter burns.

Deep-frying – this again depends on the fish and the desired result. Many fish and chip shops use beef dripping, but rape seed oil is a good substitute and is a 'healthier' oil as it doesn't contain large quantities of saturated fat.

'Healthy' frying!?! Many chefs are choosing to fry in coconut oil. This works well as it does not burn. It gives a delicate end result.

Shallow frying

This method of frying uses 1 cm of oil or enough to come part way up the side of the fish. It is usually done in a frying pan and is perfect for cooking fish cakes or crumbed goujon. Drain on absorbent kitchen paper and keep warm on a rack in the oven to prevent losing the crispy texture.

Pan-frying

This method uses a little fat for frying: the type will depend on the fish to be cooked. A thin fillet of sole that takes less than a minute to cook through can be cooked in butter or coconut oil without fear of burning.

If cooking in butter it is essential to heat the butter and allow it to melt and sizzle, only add the fish when the butter goes quiet and begins to brown.

Often the seafood to be cooked is rolled in seasoned flour (flour sifted with salt and pepper) prior to cooking. Roll the seafood to be cooked in the flour just before cooking and avoid stacking with other pre-floured seafood as they will go sticky.

SUITABLE FOR: Anything that fits easily into a frying pan.

- Delicate fish fillets: plaice, sole, brill
- Whole small fish: small mackerel, bass or sardines

PAN FRIED LEMON SOLE WITH SHIITAKE AND TRUFFLE OIL

Serves 4

8 lemon sole fillets, skinned

2 tbsp seasoned flour

55g butter

1 tbsp oil

55g shiitake mushrooms

1 tbsp capers

1 tbsp each chopped parsley and chopped sage

Juice ½ lemon

Salt and freshly ground black pepper

A splash of truffle oil



-
- *Roll the lemon sole fillets in the seasoned flour and shake to remove excess. Lay them in a single layer on a plate until you are ready to cook.*
 - *Melt half of the butter in a large frying pan, add the olive oil and heat until the butter has just begun to brown. Add the lemon sole fillets 4 – 5 at a time fry for 15-20 seconds on each side then flip over and continue to cook on the second side. Lift onto a serving dish and fry the second batch of fish and keep warm.*
 - *Wipe out the frying pan and add the remaining butter, heat until it is beginning to brown and then add the mushrooms, season with salt and pepper. Fry for 1 – 2 minutes and then add the capers, herbs and lemon juice. The liquid will bubble up, stir over the heat for a few seconds and whilst it is still sizzling pour over the fish. Splash with a little of the truffle oil to serve.*
-

Deep-fat frying

This is probably the least likely method of cooking prepared in the home as many pop out to the fish and chip shop. But deep-frying is used to cook goujons (fingers of breaded fish) and seafood tempura (Japanese) and frito misto (classic Italian fingers of fish).

This is a very intense method of cooking and can easily damage a fish fillet. Therefore the fish is usually protected in a coating prior to cooking: batters (inc tempura) flour/egg/breadcrumbs (known as pane). Coated and cooked the resulting seafood is an appetising golden brown colour.

SUITABLE FOR:

- Goujons of seafood
- Tempura – battered shellfish and small nuggets of meat
- Breaded and crumbed fish fillets

WHITE FISH IN BEER BATTER

Serves 4

1 kg coley or tilapia fillet, un-skinned
450g Maris Piper potatoes, cut into chunky chips and soaked in cold water
4 tablespoons plain flour seasoned with salt and pepper
Salt and freshly ground black pepper

For the batter

100g self-raising flour
½ teaspoon turmeric
½ teaspoon baking powder
½ teaspoon sea salt
250-300ml pale ale



-
- Prepare the fish. Remove the pin bones but don't skin the fillets, then cut into equal sized portions
 - In a bowl mix together the ingredients for the batter, adding just enough beer (or water) to make a smooth batter with the consistency of single cream.

- *Heat a deep-fat fryer to 160°C. Drain the chips on absorbent paper until roughly dry then fry for 3-4 minutes to blanch. Lift directly on to a wire rack and pat dry with absorbent paper.*
 - *Increase the fryer to 170°C. Roll the fish on the seasoned flour and, using tongs dip each piece in the batter. Holding with the tongs, carefully swish each piece back and forth in the hot oil for 10-15 seconds to allow the batter to set. The release into the fryer completely. If you drop the fish into the oil straight away it will sink to the bottom and stick to the wire rack, and when you attempt to move it the batter coating will tear.*
 - *Cook the fish for 5-7 minutes or until the batter is golden brown. Lift out on to a piece of absorbent paper. Pat dry and sprinkle lightly with salt and. Keep warm on a wire rack in the oven.*
 - *Heat the oil to 180°C and return he chips to the fryer for the second and final frying. When they are lightly browned lift on to a wire rack, season with salt and pepper, drain and serve along with the fried fish.*
-

STIR-FRYING

This quick method of cooking usually done in a wok or deep-frying pan. The food to be cooked is kept constantly on the move and cooked in a little oil. The seafood used should be firm textured and not likely to break up in the pan.

SUITABLE FOR:

- Firm textured fish fillets (cut into small pieces): tuna, swordfish, turbot and monkfish (cheeks too)
- Shellfish: scallops, prawns, squid and cuttlefish



GRILLING

This intense method of cooking is excellent for small fillets or loins of fish. The golden rule of grilling is to ensure that the grill is up to temperature and glowing red at the start of cooking. This will ensure that the fish has a chance to brown and take on a good colour.

Although cooking whole fish on the bone helps retain the moisture of the fish, grilling fillets is one of the quickest and easiest methods of cooking. Cooking the fillets skin side uppermost ensures the fish doesn't dry out as the skin protects the delicate flesh underneath, but the fillet will not need turning and cooking on the second side as the intense heat of the grill heats the baking tray and the fish then cooks evenly. Grilled fish fillets can take as little as 2 – 3 minutes to cook.

Marinades can help keep the fish from drying out.

SUITABLE FOR

- Small whole fish: mackerel, herring, trout, bass and bream
- Best for small fish fillets: as above

GRILLED MACKEREL WITH CHILLI AND GINGER BASTE

Oily fish including mackerel and herring have high levels of the health giving omega 3 known to benefit the heart, help keep cholesterol levels under control and thought to reduce the likelihood of some cancers – all good reasons to try and include these oily fish in your diet a few times each week.

Serves 4 - 4 small whole mackerel, gutted

For the baste

1 red chilli, de-seeded and finely chopped

1 tbsp ketjap manis

1 tsp freshly grated root ginger

Grated zest and juice of 1 lime

1 tsp honey

2 tbsp olive oil

Salt and freshly ground black pepper

To serve

1 cucumber, de-seeded and evenly diced



*A splash white wine vinegar
1 tsp soft brown sugar
A handful of bitter salad leaves such as rocket, raddichio or chicory,
A few mint and coriander leaves
2 tbsp sushi ginger*

- *Slash the fish 7-8 times on each side, straight to the bone. Arrange each fish on a large sheet of aluminium foil.*
 - *Mix together the baste ingredients and brush over the fish, taking care to push some into the slashes of the fish. Leave to marinade for 5-10 minutes.*
 - *Preheat the grill to its highest setting. Grill the fish for 3-4 minutes on each side until cooked through. The flesh will look opaque and be firm to the touch.*
 - *Make the salad: toss the cucumber together with the vinegar, sugar, salad leaves and herbs. Divide between 4 plates and arrange a fish on the top of each, sprinkle the ginger on top. Serve straight away.*
-

CHAR-GRILLING

Char-grilling takes place in a pre-heated griddle pan or cast iron frying pan. The fish to be griddled is ideally brushed with oil or marinated and seasoned so that it doesn't stick to the pan.

The golden rule for this method of cooking is to ensure that the griddle pan is very hot. Place the seafood to be cooked onto the pan and press down with a palette knife to ensure even contact on the pan. Lower the heat to avoid burning the fish and cook until the seafood will lift easily away from the pan, lifted too early it will tear. Once the fish is seared it will lift easily and can be turned onto the second side. To check for 'doneness' see How to tell when fish is cooked.

SUITABLE FOR:

- Fish steaks including: Tuna, swordfish, monkfish (and cheeks) salmon
- Shellfish: scallops, squid, cuttlefish

Char-grilled Tuna with Aubergine and Chilli Relish

Serves 2

2 yellow fin tuna steaks, each about 150g (5oz)
1 tablespoon olive oil
Salt and freshly ground pepper

For the relish

1 aubergine
2 tablespoons extra virgin olive oil
1 red onion, finely sliced
2 cloves garlic, chopped
1-2 red chillies, seeded and finely chopped
1 teaspoon honey
5 tablespoons white wine
5 tablespoons mirin
1 tablespoon dark soy sauce
Salt and freshly ground pepper
2 tablespoons freshly chopped flat leaf parsley
1 tablespoon freshly chopped mint (optional)



Method

- *Char-grilling is one of the best methods of cooking dense, meaty fish such as tuna. At school we often serve a salsa or pesto with tuna, and this relish is particularly good. Make the relish. Cut the aubergine into 2cm (3/4 in) dice, sprinkle with salt and leave to stand in a colander for 10 minutes*
- *Heat the oil in a large frying pan, add the onion and cook over a low heat for 3-4 minutes. Add the garlic, chilli, and aubergine, and cook for a further 5 minutes. Add the honey, white wine, mirin and soy sauce, bring to boil and cook over a low heat until the aubergine is tender and the liquid has evaporated. Season to taste with salt and pepper, and stir in the herbs.*
- *Brush the tuna steaks with oil and season lightly and salt and plenty of pepper. Heat a griddle Pan until it is beginning to smoke.*

- *Add the tuna and press on the ridges of the pan. Sear for 1 minute, turn over and sear on the other side. Reduce the heat under the pan and continue to cook for a further 1-2 minutes on each side until the tuna has been cooked as required. Transfer to serving plates and serve with the Aubergine relish*

BRAISING VS. STEWING

In meat cookery, braising is a long slow method of cooking of a whole piece of meat in a small amount of liquid. Similarly, stewing is also a long slow method of cooking, but the meat is cut into small pieces and is completely covered in liquid.

Most seafood only requires a short cooking time. The cephalopod group: squid, cuttlefish and octopus can be both fast cooked or cooked for a long period of time to give a meltingly tender result. We braise whole octopus in red wine, but the octopus can be cut into small pieces and cooked to create a stew.

BRAISED OCTOPUS IN RIOJA

Serves 4

*900g octopus, cleaned and blanched
1 tbsp oil and 30g butter
3 red onions, peeled cut into thick wedges
1 tbsp dark brown sugar
2 cloves garlic
1 tbsp balsamic vinegar
1 sprig of rosemary
200ml Rioja
300ml shellfish stock
sea salt and freshly ground black pepper
2-3 tbsp aioli OR crème fraîche*



-
- *Preheat the oven to 325C/gas mark 3. Heat the oil and butter together in a large ovenproof casserole. When the butter is foaming, brown the octopus pieces – a few at a time. Lift onto a plate and set aside.*

- *Add the red onions to the casserole and cook over a medium heat until beginning to brown. Add the sugar, garlic and balsamic vinegar; stir over a high heat for 1-2 minutes.*
 - *Replace the octopus and add the rosemary and Rioja. Simmer for 1-2 minutes then add the shellfish stock. Bring to the boil season lightly with salt and pepper. Cover and cook in the oven for 1 1/2 – 2 hours or until the octopus is completely tender.*
 - *When the octopus is cooked, lift onto a plate with a slotted spoon. Bring the cooking juices to boil and allow to simmer to a syrupy consistency. Replace the octopus and adjust seasoning if necessary. Spoon the aioli OR crème fraiche over the top and serve straight from the casserole.*
-

BOILING AND POACHING

Both boiling and poaching are done in large quantities of liquid.

For boiling the action of the water is a continuous rolling boil.

Boiling is suitable for some shellfish including whelks, winkles and crab are boiled in salted water to cook.

COOKINGS TIMES FOR BOILED SHELLFISH:

Lobster: Canadian – 10 mins per 500g

Native lobster – 12 mins per 500g

Langostine/crayfish:

Until the shellfish rises to the surface (usually 2 – 3 mins)

Sea-snails: Whelks: 8- 9 minutes for small to medium

Periwinkle: 5 – 7 mins for small to medium

Poaching is used to cook delicate fish in a small amount of liquid. For poaching the liquid should never boil rapidly but show the occasional blip or bubble breaking the surface to ensure the seafood doesn't break up in the liquid.

The poaching liquid can either be fish stock or court bouillon (lightly acidulated vegetable stock) Smoked fish is often cooked in milk as this draws out excess salt from the fish fillet.

Court Bouillon

This lightly acidulated cooking liquid is perfect for poaching fish or shellfish.

1 small onion, roughly diced

1 small carrot, peeled and thickly sliced

1 stick celery, sliced

A little green leek top, sliced

150mls (½ pint) dry white wine

2 tbsp white wine vinegar

6 black peppercorns

a large bouquet garni

a slice of lemon

1 Litre (1 ¾ pints) cold water

-
- *Put all the ingredients into a large saucepan. Bring to the boil, then reduce to a simmer. Cook for 30 – 40 minutes. Strain and use as required.*
-

Fish Stock



1 tbsp olive oil

1 – 2 tbsp chopped onion

1 – 2 tbsp carrot trimmings



1 – 2 tbsp celery trimmings

1 clove garlic, un-peeled



Fish bones, skins and fins, preferably from

white fish, such as plaice, sole, gurnard, sea bass etc.

Parsley stalks

1 bay leaf

1 sprig of thyme

Black peppercorns

-
- *Heat the oil in a large saucepan, add the vegetables and fry over a low heat until beginning to brown. Add the fish bones and fry over a high heat for 2 -3 minutes. Pour over 1 L of water then bring to the boil. Reduce the heat to a very gentle poach.*
 - *Add the herbs and peppercorns and cook over a low heat for 25 minutes. Remove from the heat and allow to stand for 15 minutes – plus before straining and discarding the bones and vegetables.*
 - *Skim the stock with a large spoon at intervals. This prevents fat and impurities boiling into the liquid which can impair the flavour and quality.*
-

NOTE: If the stock is allowed to boil it may become cloudy. Do not cook the stock for more than 30 minutes or it may taste bitter.

Note: the liquid left AFTER poaching fish is called a fumet – and can be used to make classic sauces including Beurre Blanc

SOUSING

Sousing is a traditional method of pickling fish or 'potting' fish in spiced. Herring and mackerel are most often used and are pickled in vinegar and spices for a few hours before baking at a very low temperature for 2 hours or until the fish is completely soft.

Other pickled seafood recipes include Escabeche or ceviche.

STEAMING

Steaming is a very gentle method of cooking and perfect for very delicate fish, either whole or in fillets. The food is cooked over rather than in hot liquid.

It is a very healthy method of cooking and is used extensively in Oriental cuisine for its simplicity and purity. There is also a minimal amount of flavour, mineral and vitamin loss.

Steaming can take place on a plate – covered with foil, sitting over boiling liquid. Bamboo steamers are used extensively in Oriental cooking and again – sit over the hot liquid.

An electric steamer is a good investment for cooking fish, other protein and vegetables.

SUITABLE FOR:

- Whole small fish or fish fillets; seabass, seabream, plaice, lemon sole, halibut etc
- Shellfish: warm water prawns are ideal for steaming as they tend to toughen in direct contact with a very hot frying pan or oil.

MARINADES

Marinades are designed to add extra flavour to a seafood dish, not to tenderize it as is the case with meat. Any mix of marinade can be used, but caution should be exercised over the addition of lemon or citrus flavour as left marinating seafood for more than 20 minutes, the texture of the fish breaks down to give a 'cold cooked' look as in the cured Spanish dish – ceviche.

In place of a marinade (see Mackerel with Ginger and Chilli Baste), a cold dressing can be added at the end of cooking to replace lost moisture.

FILLET OF SALMON

Serves 2

2 small salmon fillets, skinned

For the dressing:

1 tablespoon rice wine vinegar

grated zest and juice of 1 lime

2 tablespoon olive oil

1 teaspoon sesame oil

1 tablespoon light soy sauce

2 spring onions, thinly sliced

2.5cm piece of fresh root ginger, peeled and grated

2 teaspoon honey

1 tablespoon chopped coriander



-
- *Preheat the grill to its highest setting.*
 - *To make the dressing: whisk the vinegar, lime zest and juice, olive and sesame oils and soy sauce in a small bowl. Add the spring onions, honey and ginger. Season with pepper.*
 - *Grill the salmon for 3–4 minutes or until cooked (it should be opaque and firm).*
 - *Place a piece of grilled salmon on each plate and spoon over the dressing. Sprinkle with chopped coriander.*
 - *Serve with noodles*
-

HOW TO TELL WHEN FISH IS COOKED

The protein in fish cooks remarkable quickly and therefore it is unwise to use minutes to time the cooking of seafood. Using touch and visible changes to the seafood and keeping a close eye on the fish are key.

For flaky textured white fish fillets (cod, haddock, hake, bass etc):

The fish will lose translucency and the flakes will separate if the fish is gently pressed

Skin on fish fillets – the skin will peel away easily and again flakes will separate if pressed gently.

For firm textured fish fillets and shellfish and fish steaks (tuna, swordfish, monkfish, scallops etc) the fish will have lost translucency and will feel firm to the touch rather than soft and similar to a cushion when pressed.

RECIPE SOURCES

TOP SEAFOOD COOKERY BOOKS

The River Cottage Fish Book	Hugh Fearnley-Whittingstall and Nick Fisher
Fish Easy	Mitch Tonks
Fish & Shellfish	Rick Stein
Fish: 55 Seafood Feasts	Cree LeFavour
Leiths Fish Bible	Caroline Waldegrave and CJ Jackson
Nathan Outlaw's British Seafood	Nathan Outlaw
Coast to coast	Rick Stein
Fish	Mat Follas
Fresh Fish	Jennifer Trainer Thompson
Prep that fish: No.1	Rosemary Williams
200 Fab Fish Dishes	Gee Charman
Fish: Without a doubt	Rick Moonen and Roy Finamore
Seafood Odyssey	Rick Stein
Hook, Line and Sinker	Galton Blackiston
Dorling Kinderley's Fish	Editor - CJ Jackson
Simply Fish	Fishmongers' Hall and Steve Pini
Fish Cookery	Jane Grigson
Passion for Seafood	Gordon Ramsay
Fish Cuisine	Anton Mosimann
The Complete Guide to Sushi and Sashimi	Jeffrey Eliot and Robby Cook

Reliable on-line sources include:

PLEASE NOTE THAT THE ABOVE RECIPES ARE TAKEN FROM
BILLINGSGATE MARKET COOKBOOK BY FOX CHAPEL PUBLISHING
BY CJ Jackson