

# FISH for family and friends

ISSUE 2

A selection  
of quick and  
delicious  
fish dishes

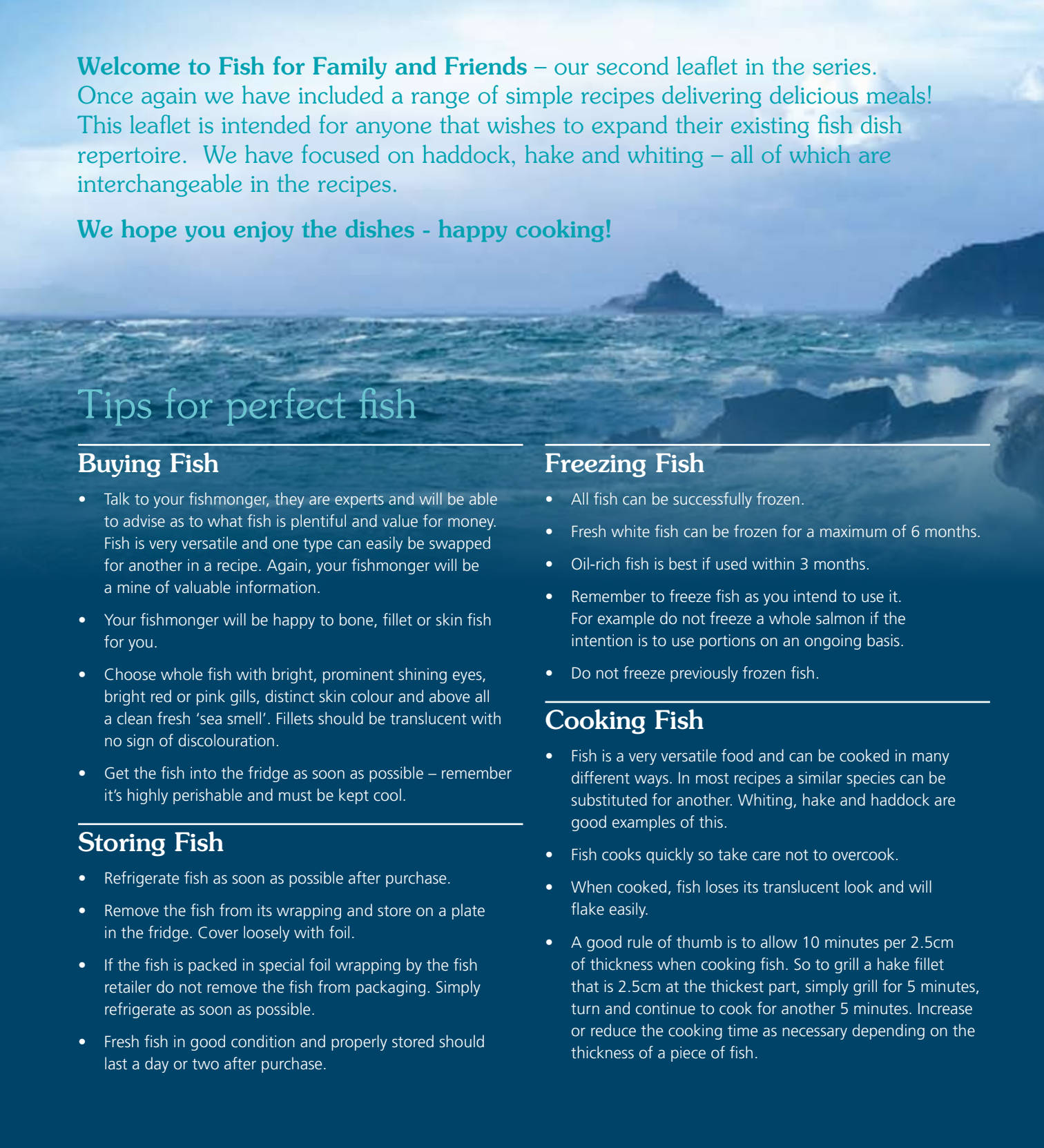


Your food is our passion

**Bord Bia**  
Irish Food Board



[bordbia.ie/fish](http://bordbia.ie/fish)



**Welcome to Fish for Family and Friends** – our second leaflet in the series. Once again we have included a range of simple recipes delivering delicious meals! This leaflet is intended for anyone that wishes to expand their existing fish dish repertoire. We have focused on haddock, hake and whiting – all of which are interchangeable in the recipes.

**We hope you enjoy the dishes - happy cooking!**

## Tips for perfect fish

---

### Buying Fish

- Talk to your fishmonger, they are experts and will be able to advise as to what fish is plentiful and value for money. Fish is very versatile and one type can easily be swapped for another in a recipe. Again, your fishmonger will be a mine of valuable information.
- Your fishmonger will be happy to bone, fillet or skin fish for you.
- Choose whole fish with bright, prominent shining eyes, bright red or pink gills, distinct skin colour and above all a clean fresh 'sea smell'. Fillets should be translucent with no sign of discolouration.
- Get the fish into the fridge as soon as possible – remember it's highly perishable and must be kept cool.

---

### Storing Fish

- Refrigerate fish as soon as possible after purchase.
- Remove the fish from its wrapping and store on a plate in the fridge. Cover loosely with foil.
- If the fish is packed in special foil wrapping by the fish retailer do not remove the fish from packaging. Simply refrigerate as soon as possible.
- Fresh fish in good condition and properly stored should last a day or two after purchase.

---

### Freezing Fish

- All fish can be successfully frozen.
- Fresh white fish can be frozen for a maximum of 6 months.
- Oil-rich fish is best if used within 3 months.
- Remember to freeze fish as you intend to use it. For example do not freeze a whole salmon if the intention is to use portions on an ongoing basis.
- Do not freeze previously frozen fish.

---

### Cooking Fish

- Fish is a very versatile food and can be cooked in many different ways. In most recipes a similar species can be substituted for another. Whiting, hake and haddock are good examples of this.
- Fish cooks quickly so take care not to overcook.
- When cooked, fish loses its translucent look and will flake easily.
- A good rule of thumb is to allow 10 minutes per 2.5cm of thickness when cooking fish. So to grill a hake fillet that is 2.5cm at the thickest part, simply grill for 5 minutes, turn and continue to cook for another 5 minutes. Increase or reduce the cooking time as necessary depending on the thickness of a piece of fish.



## Haddock with Cider and Apple Sauce

*The sauce can be made in advance, stored in the fridge and reheated when you are ready to use it.*

TIME **30 MINUTES**  
SERVES **4**

**4 haddock fillets about 175g each, skinned and boned**  
**Juice of half a lemon**  
**100mls cider**  
**2 small shallots, very finely chopped**  
**2 sprigs of thyme**  
**1 bay leaf**  
**A little salt and black pepper**  
**250mls chicken stock**  
**4 tablesp. cream**  
**2 dessert apples, cored and diced**  
**1 teasp. Dijon-style mustard**  
**1 tablesp. chopped chives or parsley**  
**To serve: Spinach and lightly sautéed potatoes**

Preheat oven to Gas Mark 4, 180°C (350°F).

Combine the lemon juice, cider, shallots, 1 sprig of thyme, bay leaf and black pepper in a saucepan. Cook for 8-10 minutes until the liquid is syrupy. Add the chicken stock, cream, and apples. Heat until it is simmering gently.

Allow to cook until the mixture is reduced by half. This will take about 10 minutes. Remove from the heat. Remove the sprig of thyme and bay leaf and discard. Purée the sauce until smooth. Then strain and return it to the saucepan. Stir in the mustard and chives or parsley and taste for seasoning. Keep warm.

Meanwhile season the fish with a little salt and pepper and sprinkle over the remaining thyme leaves. Place the fish in a lightly oiled roasting tin. Cook in the preheated oven for about 10-12 minutes until it can be flaked easily with a fork.

Delicious served with the warm Cider and Apple Sauce, spinach and lightly sautéed potatoes.

*Nutritional analysis per serving:*

**Energy:** 433kcal **Protein:** 37g **Fat:** 15g  
**Iron:** 3.5mg **Carbohydrate:** 36g



## Baked Hake with Herb Dressing

*The herb dressing is quick to make and is really tasty, but feel free to use pesto if you have a jar handy.*

TIME **45 MINUTES**  
SERVES **4**

**4 hake fillets, approx 175g each, skinned and boned**

**1kg potatoes, thinly sliced**

**1 red onion, thinly sliced**

**3 tablesp. olive oil**

**A little salt and freshly ground black pepper**

**8 cherry tomatoes, halved**

### **Herb Dressing**

**2 garlic cloves, finely chopped**

**1 lemon**

**Bunch of fresh parsley, finely chopped (about 40g)**

**1 red chilli, sliced (deseeded if you wish)**

**To serve: Steamed broccoli**

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

Spread the potatoes and onion over the base of a large roasting tin. Drizzle with 1 tablespoon oil, season, then toss to coat. Cook in the preheated oven for 15 minutes. Add in the tomatoes and cook for another 10 minutes.

Reduce the oven to Gas Mark 4, 180°C (350°F). Season the hake fillets and add them to the roasting tin. Grate the rind off the lemon and reserve for the dressing. Then cut 4 thin slices off the lemon and place a slice on top of each fillet. Keep the juice from the rest of the lemon for the dressing. Scatter the sliced chilli over the fish. Return to the oven and cook for 10-12 minutes until the fish flakes easily with a fork.

Meanwhile mix the garlic, lemon rind and juice, parsley and remaining 2 tablespoons of olive oil in a food processor to make the herb dressing. Taste and season.

Remove the roasting tin from the oven, top with the herb dressing and serve with steamed broccoli.

### **Nutritional analysis per serving:**

**Energy:** 417kcal **Protein:** 39g **Fat:** 11g  
**Iron:** 1.2mg **Carbohydrate:** 43g





## Fish Cakes with Chilli and Coriander Sauce

*Perfect as a starter or main course. You can use a prepared Sweet Chilli Sauce instead of the Chilli and Coriander Sauce if you are short on time.*

TIME **35 MINUTES**  
SERVES **4**

**700g whiting, skinned, boned and diced**  
**120g green beans, trimmed and chopped**  
**1 handful basil leaves**  
**2 tablesp. fish sauce**  
**2 tablesp. red curry paste**  
**Grated rind of 1 lemon**  
**1 teasp. brown sugar**  
**Freshly ground black pepper**  
**1 egg, lightly beaten**  
**1 tablesp. sunflower oil**  
**Chilli and Coriander Sauce**  
**120mls rice wine vinegar**  
**40g brown sugar**  
**1 red chilli**  
**A little salt**  
**2 cloves garlic**  
**1 handful fresh coriander**  
**60mls water**  
**1 teasp. cornflour**  
**A small piece of cucumber, 4-5cm, chopped**  
**To serve: Watercress or baby spinach salad**

Put the whiting, beans and basil in the food processor and whizz until just combined - you don't want it too smooth. Remove to a bowl and add the fish sauce, curry paste, lemon rind, sugar and black pepper. Mix well then add in the beaten egg. Shape into 8 fish cakes 2-3cm thick.

Heat the oil in a large frying pan and add in half the fish cakes. Fry gently until golden and cooked through. This will take about 10 minutes. Cover with foil and keep warm while you cook the remaining fishcakes.

Meanwhile make up the sauce by putting the rice wine vinegar, sugar, chilli, salt and garlic in a saucepan. Chop up the coriander stalks and add them to the saucepan. Keep the leaves to use later.

Heat gently until the sugar melts. Combine the water and cornflour and stir it into the mixture. Gently simmer until the sauce thickens. Set aside to cool then add in the cucumber and the chopped coriander leaves.

Serve with the fish cakes and watercress or baby spinach salad and noodles.

*Nutritional analysis per serving:*

**Energy:** 450kcal **Protein:** 43g **Fat:** 13g  
**Iron:** 2.3mg **Carbohydrate:** 43g

## Chunky Fish Soup with Leeks and Bacon

*Lovely warming soup, great as either a starter or for lunch.*

TIME **30 MINUTES**  
SERVES **6**

**700g whiting, skinned, boned and cut into 3cm chunks**

**1 tablesp. olive oil**

**4 streaky bacon rashers, smoked if possible, finely diced**

**A knob of butter**

**3 medium leeks, finely sliced**

**2 cloves garlic, chopped**

**500g potatoes, cut into small cubes (approx 1½cm)**

**1 litre fish or chicken stock**

**Grated rind of 1 lemon**

**600ml whole milk**

**340g can sweetcorn, rinsed and drained**

**Handful chives, chopped**

**4 tablesp. cream (optional)**

**Salt and freshly ground black pepper**

**To serve: Crusty bread**

Heat the oil in a large saucepan. Add in the bacon and sauté over a high heat until crispy. Remove to a plate. Add a knob of butter to the saucepan, reduce to a medium heat then add in the leeks and garlic. Fry gently for 5 minutes until softened, but not coloured. Add the potatoes and cook for a further minute. Pour in the stock and lemon rind, cover and simmer for 12-15 minutes or until the potatoes are tender. With a slotted spoon, remove half the potatoes and leeks from the stock and set aside.

Transfer the remaining potatoes, leeks, stock and milk into a blender or food processor and whizz until smooth. Pour back into the saucepan, add the sweetcorn, bacon, fish and the potatoes and leeks you have set aside. Cover and gently heat for 3-4 minutes until the fish is just cooked through - don't boil. Stir in chives and cream, if using, then season to taste.

Serve with some crusty wholemeal bread.

**Nutritional analysis per serving:**

**Energy:** 484kcal **Protein:** 32g **Fat:** 15g  
**Iron:** 1.5mg **Carbohydrate:** 56g







## Cheesy Crumbed Hake

*The addition of coriander and lime gives a nice flavour to the topping. You can of course use your favourite herb and replace the lime rind with lemon rind if you prefer.*

TIME **20 MINUTES**  
SERVES **4**

**Nutritional analysis per serving:**

**Energy:** 501kcal **Protein:** 41g **Fat:** 21g  
**Iron:** 1.1mg **Carbohydrate:** 33g

**4 hake fillets, about 175g each, skinned and boned**

**A little salt and freshly ground black pepper**

**1 tablesp. chopped coriander**

**1 teasp. drained capers**

**4 tablesp. reduced fat mayonnaise**

**4 heaped tablesp. white breadcrumbs**

**3 heaped tablesp. grated Cheddar cheese**

**1 tablesp. of chopped fresh coriander**

**Grated rind of 1 lime**

**To serve: Steamed potatoes and sautéed leeks**

Preheat the oven to Gas Mark 4, 180°C (360°F).

Wipe the fish fillets with kitchen paper to get them as dry as possible, then place them in a lightly oiled roasting tin. Season with a little salt and black pepper.

Mix the chopped coriander and capers into the mayonnaise. Add a little seasoning, then spread the coriander mayo all over the top surface of the fish. Combine the breadcrumbs, cheese, coriander and lime rind and sprinkle this over the fish as evenly as possible.

Place in the preheated oven for 10-15 minutes. When it is cooked the topping will be crispy and golden and the fish will flake easily with a fork.

Serve with steamed potatoes, tossed in chives and lemon juice, and sautéed leeks.

# Pan Fried Whiting with Tomato and Red Onion Salad

*This Tomato and Red Onion Salad could be served with any of the other recipes. It would be particularly nice with the Spiced Haddock on page 9.*

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

**4 whiting fillets, around 175g each, skinned and boned**

**½ tablesp. olive oil**

**A little salt and black pepper**

**A knob of butter**

**Tomato and Red Onion Salad**  
**200g tomatoes, roughly chopped**

**½ small red onion, thinly sliced**

**Juice of half a lemon**

**2 tablesp. olive oil**

**Salt and black pepper**

**Bunch of chives, thinly sliced**

**Pea and Potato Mash**

**1kg potatoes, peeled and freshly cooked**

**150g frozen peas, cooked**

**6 tablesp. milk**

**25g butter**

Heat a little olive oil in a large frying pan. Season the fish and add to the pan, skin side up. Fry for 3-4 minutes then turn it over. Add a knob of butter to the pan and continue to cook the fish for another 3-4 minutes until it flakes easily with a fork. As the butter melts spoon it over the fish.

Meanwhile combine the salad ingredients. Taste for seasoning.

Heat the milk and butter in a saucepan then combine with the cooked potatoes and peas. Mash well. Season to taste.

Serve the fish with the Tomato and Red Onion Salad and Pea and Potato Mash.

*Nutritional analysis per serving:*

**Energy:** 522kcal **Protein:** 41g **Fat:** 19g

**Iron:** 2mg **Carbohydrate:** 48g





# Quick Fish Curry with Haddock

*This curry can be on the table in less than 15 minutes.*

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



**700g haddock, skinned, boned  
and cut into 3cm chunks**

**1 tablesp. olive oil**

**5 heaped teasp. mild curry powder**

**6 scallions, finely chopped**

**3cm piece of ginger, peeled and grated**

**400ml low fat coconut milk**

**250ml chicken stock or water**

**½ cucumber, peeled, seeded and thickly  
sliced**

**1 handful coriander, chopped**

**Salt and freshly ground black pepper**

**To serve: rice and naan bread. A little  
Furikake Japanese seasoning sprinkled  
over the rice is delicious if you can get it.**

Heat a little olive oil in a saucepan over a low heat. Add the curry powder and cook for a minute or two. Then add the scallions and ginger and cook for a further minute.

Pour in the coconut milk, stock or water, bring to a gentle simmer and leave to cook for five minutes. Don't allow it to boil. Add the fish and cucumber and continue to simmer gently for 3-4 minutes. Add the chopped coriander and season to taste.

Serve with rice and naan bread.

**Nutritional analysis per serving:**

**Energy:** 704kcal **Protein:** 44g **Fat:** 24g  
**Iron:** 2mg **Carbohydrate:** 84g





## Spiced Haddock with Lemon Couscous

*Harissa paste is made from a mixture of chillies, garlic and spices and is very popular in North African cooking. This recipe also works well if you substitute curry paste for the harissa paste.*

TIME 15 MINUTES  
SERVES 4

**4 haddock fillets about 175g each, skin on and boned**

**2 tablesp. harissa paste**

**1 tablesp. olive oil**

**Lemon Couscous**

**400g couscous**

**Juice and finely grated rind of 2 lemons**

**A little salt and freshly ground black pepper**

**400g boiling water**

**100g baby spinach, roughly torn**

**Yoghurt and Garlic Dressing**

**250g Greek-style natural yoghurt**

**1 clove garlic, chopped**

**3 tablesp. mint, chopped**

**½ tablesp. wine vinegar**

**To serve: Tomato and Red Onion Salad – page 6**

Place the couscous, lemon rind and juice, salt and pepper in bowl and mix to combine. Pour in the water, stir and cover with cling film. Set aside until all the water has been absorbed and then stir in the spinach.

Make the Yoghurt and Garlic Dressing by simply stirring together all the ingredients. Season to taste. Set aside while you cook the fish.

Spread the harissa paste over the flesh side of the fish. Heat the oil in a frying pan over a medium heat. Then add the fish, skin-side down and cook for 4-5 minutes or until the skin is crispy.

Turn and cook for another 2-3 minutes until the fish flakes easily with a fork. Serve with the Couscous and Yoghurt and Garlic Dressing.

**Nutritional analysis per serving:**

**Energy: 583kcal**

**Protein: 44g**

**Fat: 18g**

**Iron: 1.6mg**

**Carbohydrate: 45g**



## Hake with Mushroom Sauce

*This alternative to fish pie would also be great served with mashed potato.*

TIME **40 MINUTES**  
SERVES **4**

**4 hake fillets about 175g each, skinned and boned**  
**A little salt and freshly ground black pepper**  
**1 tablesp. chopped parsley**  
**2 tablesp. butter**  
**½ onion, finely chopped**  
**250g mushrooms, sliced**

**Juice of half a lemon**  
**2 tablesp. flour**  
**200mls milk**  
**50mls cream**  
**4 tablesp. breadcrumbs**  
**1 heaped tablesp. grated cheese**  
**1 tablesp. paprika**  
**To serve: Wholemeal bread and steamed broccoli**

Preheat the oven to Gas Mark 4, 180°C (350°F).

Season the hake with a little salt and pepper and place in a single layer in a buttered baking dish. Sprinkle over the parsley.

Heat the butter in a saucepan over a medium heat and sauté the onion for a couple of minutes. Turn down the heat if it begins to brown. Add in the mushrooms and lemon juice and cook for five minutes, stirring occasionally. Stir in the flour and allow to cook

for a minute or two then blend in the milk and cream. Increase the heat and simmer the sauce for a couple of minutes, stirring all the time. Season to taste.

Pour the sauce over the fish, then sprinkle on the breadcrumbs, grated cheese and paprika. Bake in the preheated oven for 18-20 minutes. Serve with wholemeal bread and broccoli.

*Nutritional analysis per serving:*

**Energy:** 468kcal **Protein:** 45g **Fat:** 17g  
**Iron:** 1.6mg **Carbohydrate:** 38g



## Haddock with Pasta and Broccoli

*Hake or whiting would also work well  
in this simple and tasty dish.*

TIME **25 MINUTES**  
SERVES **4**

**700g haddock, skinned and boned**  
**375g pasta – linguini or spaghetti are ideal**  
**250g broccoli, broken up into small florets**  
**A little salt and black pepper**  
**125g cream**  
**125g stock**  
**2 cloves garlic, finely chopped**  
**2 chillies, deseeded and finely chopped**  
**Juice and grated rind of 1 lemon**  
**1 handful parsley, chopped**  
**2 handfuls watercress or spinach leaves,  
roughly torn**  
**To serve: Green salad**

Cook the pasta in a large saucepan of boiling water as per packet instructions. For the last minute add the broccoli. Drain and return to the saucepan, along with a couple of tablespoons of the cooking liquid. Keep warm while you cook the fish and make the sauce.

Heat the grill. Lightly oil a baking tray and place the fish on it. Season with salt and pepper. Cook under the hot grill for 5-6 minutes until the fish flakes easily.

Put the cream and stock in a saucepan along with the garlic, chillies, lemon juice and rind and season with salt and pepper. Bring to the boil, reduce the heat and let it simmer for 4-5 minutes. Then stir this mixture and the parsley and watercress through the pasta. Finally flake the fish and gently stir it in.

Serve with a green salad.

**Nutritional analysis per serving:**

**Energy:** 606kcal **Protein:** 48g **Fat:** 15g  
**Iron:** 3.2mg **Carbohydrate:** 72g





## Grilled Haddock with a Salad of Baby Gem, Egg and Crispy Bacon

*Any leftover dressing can be stored in the fridge for up to a week.*

TIME **20 MINUTES**  
SERVES **4**

**700g haddock, skinned and boned**  
**A little salt and black pepper**  
**6 streaky bacon rashers, smoked if possible**  
**100g green beans**  
**4 baby gem lettuces**  
**2 eggs, hardboiled, peeled and cut into quarters**

### **Dressing**

**2 garlic cloves, crushed**  
**1 dessertsp. wholegrain mustard**  
**1 teasp. chives, chopped**  
**2 teasp. tarragon, chopped**  
**2 tablesp. white wine vinegar**  
**4 tablesp. extra virgin olive oil**

Preheat the grill. Place the fish on an oiled baking sheet and season with a little salt and black pepper. Place the streaky rashers alongside the fish. Grill for about 5-6 minutes until the fish flakes easily and the bacon is crispy.

Cook the beans in a saucepan of boiling water for a couple of minutes then drain and keep warm.

Place the garlic, mustard, chives, tarragon, vinegar, oil and a little salt and pepper in a jam jar. Shake to combine.

Cut each lettuce into four and divide between four serving plates along with the eggs and beans. Flake the fish and roughly chop the bacon. Add to the plates then drizzle over the dressing and serve while still warm along with some crusty bread.

*Nutritional analysis per serving:*

**Energy:** 524kcal **Protein:** 46g **Fat:** 25g  
**Iron:** 2mg **Carbohydrate:** 31g





## Risotto with Hake and Basil

*This risotto can be served  
as a starter or main course  
and is always a favourite.*

TIME 40 MINUTES  
SERVES 4

**700g hake, skinned, boned  
and cut into chunks**

**A knob of butter**

**½ tablesp. olive oil**

**1 onion, peeled and finely  
chopped**

**300g carnaroli or arborio risotto  
rice**

**100ml white wine**

**800ml stock heated to simmering  
point**

**A little salt and black pepper**

**200g of vegetables – a mixture  
of frozen peas and broad beans  
works well**

**Handful basil leaves, lightly torn**

**To serve: Baby leaf salad and  
grated hard cheese to hand around**

Preheat the oven to Gas Mark 4, 180°C (150°F).

Melt a knob of butter with a dash of olive oil in a wide, shallow, ovenproof saucepan over a gentle heat. Add the onion and cook until softened, but not browned. This will take about 5 minutes. Add in the rice and stir for 1-2 minutes until it starts to look translucent. Add the wine and stir until it evaporates.

Pour in enough of the heated stock to just cover the rice and simmer gently, stirring now and again. Season with a little salt and pepper. As the stock evaporates add more and stir intermittently until all the stock is used. This will take about 15 minutes. Taste regularly and add a little more salt if necessary. Stir in the frozen vegetables and basil leaves. Then season the fish and place it in a single layer on top of the risotto. Cover and place in the preheated oven for 10-12 minutes until the fish flakes easily with a fork. Remove from the oven and serve immediately with a side salad.

*Nutritional analysis per serving:*

**Energy:** 615kcal **Protein:** 47g **Fat:** 16g

**Iron:** 2.15mg **Carbohydrate:** 69g



## Cajun Seasoned Haddock

*This is ideal for a quick dinner.*

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

**4 haddock fillets, about 175g each,**

**skin on and boned**

**4 tsp. cajun seasoning**

**1 tablesp. olive oil**

**Knob of butter**

**400g fresh baby spinach leaves**

**Salt and freshly-ground black pepper**

**To serve: Lemon wedges and crusty bread**

Preheat the oven to Gas mark 4, 180°C (350°F). Place the cajun seasoning on a flat plate and use to dust the fish fillets, shaking off any excess.

Heat an ovenproof frying pan. Add the olive oil and cook the fish, skin side down for 1 minute, then turn over and cook for another minute. Transfer the pan to the oven and roast for 4-6 minutes. The exact time will depend on the thickness of the fillets.

Meanwhile, heat the butter in a large pan and add the spinach. Cook until it wilts down, season to taste.

Arrange the spinach on warmed plates and top each one with a piece of haddock. Serve with a lemon wedge and crusty bread.

**Nutritional analysis per serving:**

**Energy:** 411kcal **Protein:** 40g **Fat:** 13g  
**Iron:** 3.9mg **Carbohydrate:** 35g

Your food is our passion

**Bord Bia**  
Irish Food Board



For more information and recipes, contact: Bord Bia, Clanwilliam Court, Lower Mount Street, Dublin 2  
Tel: + 353 1 668 5155 Fax: + 353 1 668 7521 Web: [www.bordbia.ie](http://www.bordbia.ie)