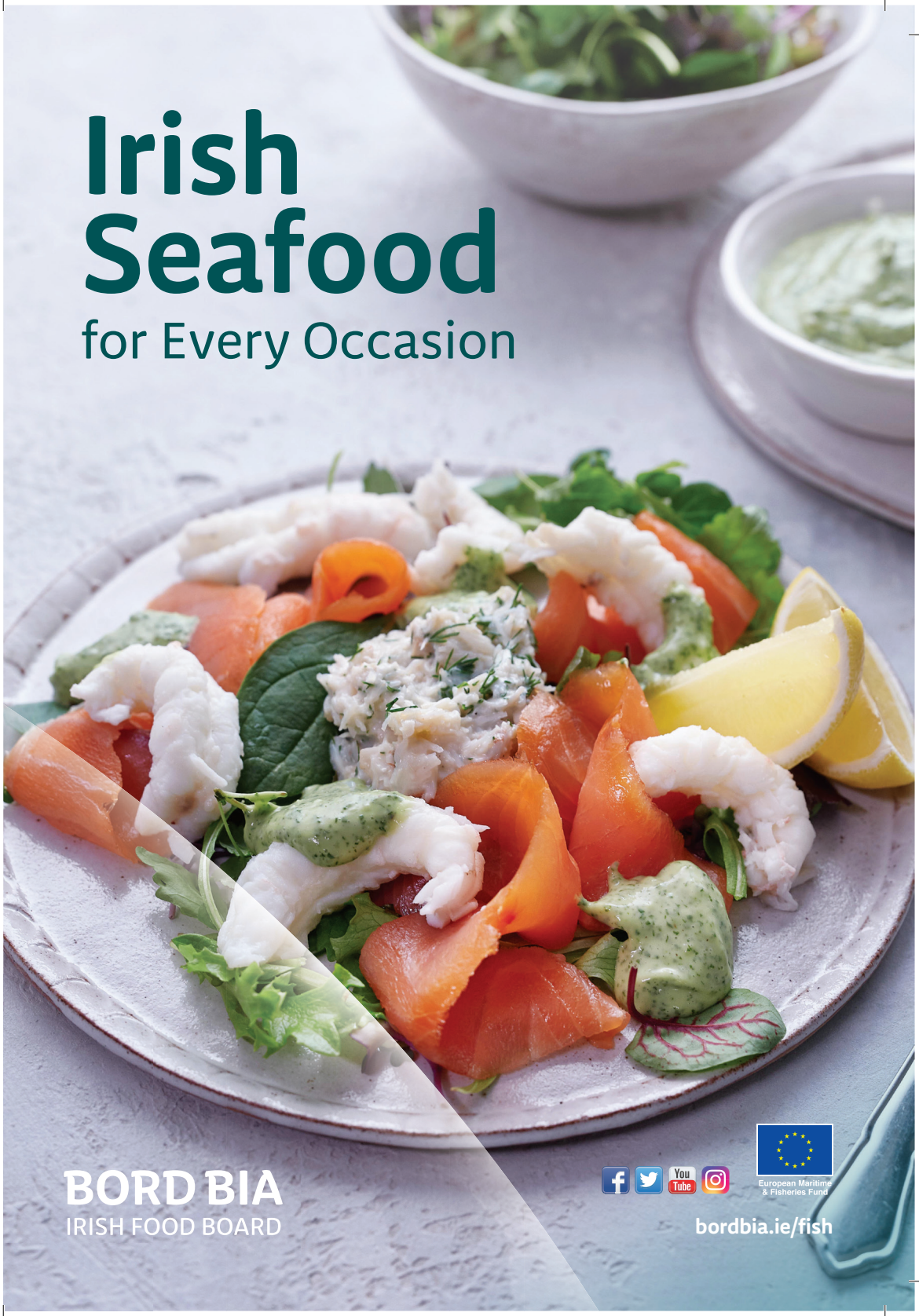

Irish
Seafood
for Every Occasion
BORD BIA
IRISH FOOD BOARD
European Maritime
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The Irish coastline of dramatic peninsulas and deep bays is surrounded by one of our greatest natural resources - the sea. These waters are rich in aquatic life and form an exceptional environment for Irish fish and shellfish to flourish. They also support a thriving seafood industry which is the life-blood of some of the oldest coastal communities in the country.

Our location puts us close to a diverse range of fresh, premium quality seafood that's both naturally tasty and nutritious. It is also surprisingly simple to cook, packed full of goodness and is suitable for every occasion.

Whether it is Irish monkfish or trout, salmon or oysters, Dublin Bay prawns or Irish crab, look out for Irish seafood when in your local fishmongers or supermarket. You will then know that you are serving a meal that everyone will love and you are supporting your local fisherman too!



Organic Smoked Salmon and Spinach Risotto

It may seem like a lot of spinach when you start adding it to the pan but it will reduce as it cooks.

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

200g Organic Smoked Salmon, cut into strips or cold smoked trout
1 tablesp. rapeseed or olive oil
1 onion, finely chopped
2 garlic cloves, peeled and crushed
300g risotto rice
700mls warm vegetable stock, if not homemade use a low salt variety
150g baby spinach leaves
40g finely grated mature cheddar cheese
A good handful of basil leaves

TO SERVE: A green salad

To make the risotto: Heat the oil in a wide, shallow saucepan over a gentle heat. Add the onion and cook for about 10 minutes until the onion has softened. Then add the garlic and rice and stir well to combine. Gradually add the stock, a ladleful at a time. As the stock is absorbed add more and stir regularly until all the stock is used and the rice is cooked. This will take about 15 minutes.

Stir through the smoked salmon and spinach. Continue to cook for a couple of minutes.

Taste and season with a little salt and pepper.

To serve: Turn off the heat, stir through the cheese and sprinkle over the basil leaves. Serve straight away with a green salad.



Monkfish Curry

You could make the sauce in advance and store it in the fridge. When you are ready to finish it off, just heat the sauce and add in the fish. It will probably taste even better!

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

700g monkfish fillets, skinned, boned and cut into cubes
2 tablesp. rapeseed or olive oil
1 onion, finely chopped
2 garlic cloves, peeled and chopped
3 cm piece of ginger, peeled and finely chopped
½ teasp. mustard seeds
400g tin of chopped tomatoes
400ml of low fat coconut milk
2 curry leaves
1 handful of coriander leaves, chopped

SPICE MIX:
1 teasp. chilli powder
1 teasp. ground cumin
½ teasp. ground turmeric
1 teasp. fennel seeds
2 teasp. ground coriander

TO SERVE: Rice or noodles and a salad



To make the sauce: Add a tablespoon of oil to a thick-bottomed pan over a medium heat. Add the onion, garlic and ginger and cook gently for about 15 minutes until the onion softens. Then add the mustard seeds and cook for another minute or two until they begin to crackle.

Add all the spice mix ingredients to the pan and stir them into the mixture. Cook for a couple of minutes then add the chopped tomatoes, coconut milk and curry leaves.

Bring to a simmer and cook for about 10 minutes until the sauce thickens. Then add the cubes of fish and simmer very gently for another 3-5 minutes. Remove from the heat. Taste and season.

To serve: Remove the curry leaves and sprinkle with chopped coriander. Serve immediately with rice or noodles and a salad.

Grilled Trout with Pak Choi

This Asian inspired dish is a lovely way to serve fresh trout. You could replace the pak choi with spinach, just cut back on the cooking time.

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

4 trout fillets
2 tablesp. rapeseed or olive oil
2 cm fresh ginger, peeled and finely chopped
2 garlic cloves, finely diced
1 red chilli, diced
1 shallot, peeled and finely chopped
2 pak choi, trimmed and cut into halves, lengthways
25g butter, melted
2 tablesp. soy sauce
1 tablesp. sesame oil
2 teasp. honey
1 shallot, finely chopped
20g sesame seeds, toasted
Juice of ½ a lemon

TO SERVE: Brown rice



Heat the grill to high.

To cook the pak choi: Heat a tablespoon of oil in a frying pan over a low heat. Add the ginger, garlic, chilli and shallot. Then add the pak choi, cut side down, and cook gently for a minute. Cover the pan and cook for a further 2 minutes. Remove the pak choi and keep warm. Keep the liquid in the pan to make the sauce.

To cook the trout: Brush a little of the melted butter over a baking tray. Lay the trout fillets on top, skin-side down and brush over the rest of the butter. Season with a little salt. Cook for 4-6 minutes depending on the size of the trout fillets.

For the sauce: To the contents in the frying pan add the soy sauce, sesame oil, honey, a tablespoon of olive oil, the sesame seeds and juice of half a lemon. Stir and heat gently for a minute.

To serve: Place the trout and pak choi onto four plates and drizzle over the sauce. Serve with brown rice.

Crab Tacos

This is a great recipe and best of all there's no cooking involved!

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

300g cooked crab meat
30ml low fat mayonnaise
Juice ½ lime
2 tablesp. fresh chives, finely chopped
Salt and freshly ground black pepper

SALAD
1 yellow pepper, deseeded and finely sliced
½ small cucumber, halved lengthways, deseeded and sliced
Small bunch fresh coriander, roughly chopped
2 scallions, finely sliced
Juice of ½ lime
1 tablesp. olive oil

TOMATO AND AVOCADO SALSA
200g cherry tomatoes, quartered
1 avocado, peeled and diced
½ small red onion, very finely diced
1 red chilli, diced very finely
Juice ½ lime
Handful fresh mint leaves, chopped

TO SERVE: Coriander and mint leaves to garnish and lime wedges to serve
Small tortillas or taco shells x 8 - 2 per person



Haddock and Dublin Bay Prawn Chowder with Leeks

The whole family will love the simple, delicious flavours of this soup.

TIME **25 MINUTES** SERVES **6**



300g haddock fillets, boned and skinned
150g smoked haddock fillets, boned and skinned, undyed if possible
200g Dublin Bay prawns, peeled
1½ tablesp. olive oil
Knob of butter
2 medium leeks, cleaned and thinly sliced
2 garlic cloves, peeled and finely chopped
3 thyme sprigs (lemon thyme if available), plus extra leaves to garnish
1 bay leaf
650g potatoes, peeled and diced into 2 cm cubes
700ml fish or vegetable stock
½ teasp. chilli flakes
Salt and freshly ground black pepper
3 tablesp. crème fraîche
Chives, to garnish

TO SERVE: Brown soda bread

To make the chowder: Heat a tablespoon of the oil and a knob of butter in a large sauce pan over a medium heat and fry the leeks and garlic for about 3 minutes. Add the thyme sprigs, bay leaf and potatoes and cook for another minute or two. Pour in the stock. Bring to the boil. Cover, reduce to a simmer and cook for 8-10 minutes until the potatoes are almost cooked. The liquid should have thickened slightly. Scatter in the chilli flakes and season with a little salt and black pepper.

Cut the fresh and smoked haddock into 3 cm pieces. Season the haddock and prawns then add them to the sauce pan and gently press down into the broth so that the fish is only just submerged. Cover and simmer very gently for about 5 minutes or until the fish is cooked. You will know it is cooked when the haddock flakes easily. Timing will depend on the thickness of the fish.

To serve: Take the sauce pan off the heat and remove the thyme sprigs and bay leaves. Still off the heat, spoon in the crème fraîche and gently swirl around in the broth until it looks creamy. Add the chives and serve with brown soda bread.



Check through the crab meat and discard any pieces of shell. Squeeze out any liquid then combine the crab meat, mayonnaise, lime juice and chives. Mix well, taste and season. Set aside while you prepare the salad and salsa.

Mix all the salad ingredients together, including the lime juice and olive oil, then taste and season. In a separate bowl mix all the ingredients for the salsa, taste and season.

To assemble: Warm the tortillas or taco shells as per packet instructions. Then fill each with a spoonful of salad, add some of the crab mixture and top with the salsa. Garnish with some coriander and mint leaves and serve with a lime wedge on the side. Alternatively place the various elements in bowls in the middle of the table and let everyone help themselves.

Seafood Plate
with Dublin Bay Prawns, Crab, Organic Smoked Salmon and Basil Mayonnaise

A great starter or lunch dish. These quantities are perfect for lunch, just cut down the amount of seafood if you are serving it as a starter.

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

100g cooked crab meat
200g Dublin Bay prawns, cooked and peeled
400g organic smoked salmon
200g low fat mayonnaise
30g basil leaves
1 garlic clove, peeled and chopped
Juice of 1 lemon
1 tablesp. dill, finely chopped
Salt and freshly ground black pepper

TO SERVE:
Watercress/mixed leaves tossed in a little French dressing. Crusty bread.

For the crab: Check through the crab meat and discard any pieces of shell. Squeeze out any liquid. Mix the crab meat with 1 tablespoon of the mayonnaise, ½ tablespoon lemon juice and the dill leaves. Season with a little salt and black pepper. Taste and adjust the seasoning as necessary.

For the basil mayonnaise: Add the rest of the mayonnaise, the garlic, lemon juice and the basil leaves to a mini food processor. Whiz for 1-2 minutes until the basil is finely chopped and the mayonnaise turns a lovely green colour. Season with a little salt and black pepper. Taste.

To serve: Divide the watercress or mixed leaves between four serving plates. Place a spoonful of the crab mixture in the middle and surround it with the prawns and smoked salmon. Drizzle over the basil mayonnaise. Serve any remaining mayonnaise on the side.





Twice Baked Organic Smoked Salmon or Trout Soufflés

The great thing about these soufflés is that you can make them ahead, store in the fridge and finish them off at the last minute. They will puff up again and the crème fraîche will turn golden.

TIME **45 MINUTES**
SERVES **6**

200g organic smoked salmon or cold smoked trout
40g butter
25g plain flour
300ml milk
Salt and freshly ground black pepper
85g creamy cheese
2 teasp. chopped dill
3 large eggs, separated
Zest ½ lemon
6 teasp. crème fraîche
Dill sprigs

TO SERVE: A green salad

To make the soufflés: Heat the oven Gas Mark 4, 180°C (350°F).

Butter 6 x 150ml soufflé dishes / ramekins and line the base with discs of baking paper.

Place the butter, flour and milk in a small sauce pan over a medium heat. Whisk the sauce until it begins to bubble and thicken. Turn the heat down, continue to whisk and cook the sauce gently for about 5 minutes.

Add the cheese, in small spoonfuls, and whisk until it has all melted. Then stir through the dill. Taste and season.

Take off the heat, stir the egg yolks into the sauce. Cut about half the fish into strips, leave the rest aside for serving. Then add it, along with the lemon zest, to the sauce. Stir through.

Whisk the egg whites until stiff, then carefully fold into the sauce. Spoon into the dishes and bake in a tin half-filled with hot water for 15 minutes until risen and golden. Remove from the oven and cool. Don't worry if they sink.

When ready to serve, very carefully turn the soufflés out of their dishes, peel off the lining paper, spoon the crème fraîche over them and place in a roasting tin lined with non-stick baking paper. Bake for 10-15 minutes at Gas Mark 4, 180°C (350°F) until the soufflés start to puff up.

To serve: Remove from the oven and quickly top each with a piece of salmon/trout and a dill sprig. Serve on their own or with some dressed salad leaves.

Oysters from Ireland

Oysters from Ireland have a distinctive, rich flavour. The unique blend of wild Atlantic waters, clean freshwater rivers and minerals from an unspoilt landscape makes each Irish oyster a unique taste experience.

How to store:
When you bring raw oysters home, store them in the fridge, in their shell. Keep them as cold as possible to keep them fresh. The flavour is best if you eat them within 24 hours.

How to prepare:

1. Cover the palm of your hand with a folded tea towel. Place the cupped side of the oyster into your hand, with the flat side facing up.
2. Holding the oyster firmly with the towel insert the oyster knife into the hinge and lever upwards with a twisting motion.
3. Slide the blade along the underside of the shell to sever the muscle inside.
4. Use the knife to flip open the top shell, and then sever the muscle underneath which attaches the base of the oyster to the bottom shell.

How to serve:
Once the oysters are open you can throw away the top shell. Try and save any juices with the oyster in the bottom shell. Place on a bed of ice and check for any stray bits of shell.

Oysters are most often served raw, on the half shell with plenty of lemon for squeezing over or with a splash of Tabasco Sauce. Other options include a classic shallot vinaigrette called Mignonette or a Ponzu Sauce.



Mignonette Sauce

2 shallots, peeled and very finely chopped

60 mls red wine vinegar

Freshly ground black pepper

Mix together the shallots and wine vinegar and season with a little black pepper. Keep it chilled until you are ready to serve it with the oysters.

Ponzu Sauce

2 tablesp. soy sauce

1 teasp. lemon juice

1 teasp. lime juice

2 tablesp. fish sauce

1¼ teasp. mirin

1 teasp. rice wine vinegar

1 scallion, finely sliced

Pour all ingredients, except the scallion, into a small bowl. Whisk together and taste.

Garnish with the sliced scallion.

For more information and recipes, contact: Bord Bia, Clanwilliam Court, Lower Mount Street, Dublin 2
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