

Boathouse Fish Recipes

Fish Stew

A quick and easy dish and open to versatility as the ingredients can be changed to suit taste. Serves one, main course. Simply replicate for more portions.

Ingredients:

250g white fish cubed (pollack, hake, haddock or mixed)
2 tomatoes, chopped
½ red or green pepper, diced
1 red chilli, finely chopped
2 tsp Cornish sea salt or Cornish sea salt chilli preparation
2 tbsp butter
dash white wine or cider (optional)
coriander (optional)
1 clove garlic (optional)

Method

Place all ingredients in a foil envelope. Place in a preheated oven at 180 for 20 minutes. Pour into a bowl and serve with crusty bread or roll.

Fish Provencal Style

Much the same as above but use one whole fillet or loin (yes, cheating to make one recipe look like two).

Rest the fillet on some wedges of lemon or lime. Bake for about 20-25 minutes depending on the thickness of the fish.

If you want to be really naughty pour the juices into a pan and stir in some clotted cream, then pour back over your fish on the plate.

Fried in Flour

Best to use wholemeal flour but plain will do fine.

Use a fillet of any fish including plaice, whiting, pollack, megrim, sole, etc.

Roll in seasoned flour. Season the flour with whatever you like, we use Cornish Sea Salt's Fiery Sea Pepper. (Have also used Bahamian fish seasoning and curry seasoning – just about anything you fancy goes.)

Pour oil into a pan so it just goes up the sides and heat until a little flour bubbles.

Place the fish in the hot oil and cook each side for about 3 minutes. If not sure use a knife to part the flakes to ensure the fish is cooked.

For thicker fillets, such as hake loin portion, fry each side until crispy, a couple of minutes each side, then wrap in foil – leave the foil slightly open – and drop a knob of butter on the fillet. Place in a pre-heated oven at 180' for twenty minutes to finish off.

Grilled

Good for thicker loins of fish and flat fish on the bone.

Place under a medium grill, skin side down first, smothered with butter and sea salt to taste for about 5 minutes. Turn and grill the skin side. Check with a knife to ensure fish is cooked through. Grill some more if required.

Simple Goujons

Cut your fillet of hake, haddock, pollack into meaty strips. Roll in seasoned wholemeal flour (see above) and fry in a good dollop of oil until golden and crispy.

Drain on kitchen towel then serve with mayonnaise of your choice and a few leaves in a bowl.