

Fish

Sorrelle Orelowitz Recipes



EIGHT SALIENT POINTS ON HOW TO BRAAI FISH

1. When buying fish get fishmonger to butterfly fish, remove all fins and centre bone. If so required, remove head.
N.B. Keep centre bone.
2. Fish to be properly prepared, spiced and marinated. e.g. Wet fish, dry with Carlton Towel before spicing and marinating.
3. Fire to be at it's highest temp with no flames, preparation essential - don't be stingy on coal. Coals should be bright red and turning grey with no flames.
4. Get a double sided grid big enough to take the whole fish, remember that it is double now that it has been butterflied.
Make a boat out of silver foil (shiny side up) ensuring that there are no leaks.
Place the spiced and marinated fish into grid boat.
Take the centre bone which should be spiced and marinated with the fish and place on the side of fish.
Close grid.
5. Place the fish face down onto braai ± 4 - 5 minutes. Make sure fish has braai marks on surface.
6. Now turn fish onto it's back. The boat of silver foil prepared in (4) above will provide an excellent vessel for retaining all the natural juices of the fish.
7. Marinade fish generously and as much as possible. (Oil and soya with lemon juice).
8. Fish to be served with an Aioli sauce i.e., garlic mayonnaise sauce or any other sauce that compliments the fish.

Also use any juices left in the silver foil boat.

SHELLEY'S SNOEK DIP.

INGREDIENTS:

7-8 large onions
500g snoek
pepper to taste
1-2 tablespoons mayonnaise
1-2 tablespoons horseradish sauce

METHOD:

Gently fry the onions until pale golden brown.
Drain and process until fine.
Debone and flake the snoek finely.
Fold into the onions.
Season with the pepper, the mayonnaise and horseradish sauce.
The horseradish sauce is optional but I find it gives a nice bite.
Serve with crisps.

JUNE'S DIP.

INGREDIENTS:

250g smooth creamcheese
125ml cream
2-3 tablespoons brown onion soup powder
20g can shrimps

METHOD:

Mix the creamcheese, cream and soup powder.
If too thick, add more cream.
Taste and if need be, add a little more soup powder.
Fold in the drained and rinsed shrimps.

SWEET AND SOUR BAKED HERRING.

INGREDIENTS:

6 herrings
1 cup water
½ cup vinegar
4 generous tablespoons syrup
½ cup sultanas
2 large onions, sliced
10 peppercorns
4 bayleaves
½ teaspoon ground ginger
½ teaspoon ground cinnamon

METHOD:

Do not fillet and do not skin the herrings.
Soak in water, at least overnight.
Taste soaked herrings, they should not be too salty.
If necessary, soak longer.
Cut into generous portions.
Place in a baking dish.

Boil all remaining ingredients together for 10 minutes.
Spoon out onions and place under herring portions.
Pour rest of sauce over herring.
Bake uncovered in a 180°C oven for 30 or so minutes or
until golden brown.
Baste occasionally.

Adjust sauce according to the number of herrings used.

ISOBELLE'S SWEET AND SOUR BAKED HERRING.

INGREDIENTS:

12 very well soaked herrings

4 cups boiling water

4 sliced onions

250g sultanas

½ teaspoon pepper

1½ cups vinegar

1 cup sugar

1 cup syrup

4 ginger biscuits

1 large peeled and grated apple

2 bayleaves

a few peppercorns

METHOD:

Slice the herrings into generous portions through the bone.

Put into a baking dish.

Add the onions to the boiling water.

Simmer 5 minutes.

Add all remaining ingredients and simmer 10 - 15 minutes.

Pour hot sauce over sliced herring.

Bake 1 - 1½ hours until golden and syrupy.

Start baking at 160°C (325°F) and when bubbling reduce oven to 150°C (300°F).

Remove bayleaves after baking.

CHOPPED HERRING.

INGREDIENTS:

2 herrings.
1 thickish slice white bread.
Vinegar.
1 large green apple.
2 hardboiled eggs.
1 small onion.
Sugar to taste.

METHOD:

Soak the herrings overnight.
Fillet and skin the herrings.
Soak the bread in vinegar, squeeze out excess.
Peel the apple, eggs and onion.
Mince the herrings, bread, apples, eggs and onion.
Season with sugar and additional vinegar to taste.
Heap on platters and garnish.

MOCK CHOPPED HERRING.

INGREDIENTS:

A 475 g. tin plain mackerel.
9 hard boiled eggs.
4 Granny Smith apples.
1 medium onion.
15 Marie biscuits.
10 ml. salt.
10 ml. vinegar essence.
A pinch of cinnamon.
Sugar to taste.

20 oz. tin.

2 teaspoons.

2 teaspoons.

METHOD:

Debone the mackerel.
Mince the mackerel, the eggs, the apples,
the onion and the biscuits.
Season with salt, the vinegar essens, the cinnamon
and the sugar.
Put out on platters and decorate as if it was chopped
herring.

ZIVA'S MUSTARD HERRING.

INGREDIENTS:

6 soaked herring
sliced onion

1½ cups white vinegar
½ cup sugar
2 bayleaves
4 peppercorns
2 whole eggs
½ cup sugar
1 teaspoon mustard

METHOD:

Fillet but do not skin the herring.
Cut in to serving portions.
Layer the herring portions and the sliced
onions in a casserole.

Boil together the 1½ cups vinegar
the ½ cup sugar
the bayleaves and peppercorns.

Allow to cool

Beat the eggs with the other ½ cup sugar and
the mustard powder.

Beat till thick and yellow.

Add the vinegar mixture and stir well.

Bring to the boil but stir all the while until
thickened.

Cool completely.

Pour over the layered herring and onion.

Cover and allow to pickle for 3 - 4 days.

TO DRESS UP MAATJIES HERRING.

Slice herring and lay down on a platter.

Sprinkle with freshly ground pepper.

Cover with a layer of sliced onion.

Sprinkle with some more ground pepper.

Trickle over oil.

Serve immediately.

DANISH HERRING.

INGREDIENTS:

4 - 6 herrings	
1 cup sugar	250 ml
less than ½ cup oil	less than 125 ml
1 cup tomato purée	250 ml
1 cup brown vinegar	250 ml
1 teaspoon made mustard	5 ml
a generous sprinkling pepper	
a good dash of tomato sauce	
1 cup peeled and diced apple	250 ml
1 cup sliced onion	250 ml
½ cup diced, pickled cucumber	125 ml

METHOD:

Soak herring overnight.
Change the water several times.
Fillet but do not skin the herrings.
Cut into portions.
Using the mixmaster, beat the sugar and the oil very well.
Beat in the tomato purée, the vinegar, the mustard, the pepper and the tomato sauce.
Stir in the herring portions, apple, onions and the pickled cucumber.
Bottle and keep in fridge for 3 - 4 days before serving.

MUSTARD HERRING.

INGREDIENTS:

6 soaked herring	
sliced onion	
1 cup white vinegar	250 ml
1 cup water	250 ml
a few bayleaves and a handful of peppercorns	
3 eggs	
¾ cup sugar	200 ml
1½ teaspoons mustard powder	7,5 ml
1 cup thick cream	

METHOD:

Fillet but do not skin the herring.
Cut into serving portions.
Layer the herring portions and the sliced onions in a casserole.

MAUREEN'S PICKLED FISH.

INGREDIENTS:

About 20 kingklip fingers.

2 - 3 sliced onions.

$\frac{3}{4}$ cup brown sugar. 190 ml.

$1\frac{1}{2}$ cups water. 375 ml.

$\frac{3}{4}$ cup white vinegar. 190 ml.

2 bayleaves.

4 cloves.

6 peppercorns.

$1\frac{1}{2}$ tablespoons medium curry powder. 18.5 ml.

$\frac{1}{2}$ teaspoon tumeric. 2 ml.

A large tin of apricot halves. 825 g. size.

Juice from the apricots and extra to make $1\frac{1}{2}$ cups - use Liquifruit. 375 ml.

METHOD:

Batter and fry the fish fingers.
Drain and set aside.

Bring to the boil the onions, the brown sugar, the water, the vinegar, the bayleaves, the cloves, the peppercorns, the curry powder and the tumeric.
Simmer until the onions are soft.
Puree the tinned apricots. Sieve.
Mix with the apricot juices and add to the boiling mixture.
Simmer for 15 minutes.

Pour the hot mixture over the fried fish and allow to marinate in fridge for 24 hours.

FRIED FISH CAKES.

INGREDIENTS:

1 kg fish - I like kingklip or a mixture of
hake and kingklip
1 big carrot
4 - 5 large, sliced and fried onions
3 beaten eggs
1 teaspoon dried parsley
1 teaspoon fish spice
1 teaspoon salt
1 teaspoon sugar
pepper to taste
third cup matzo meal
1 tablespoon oil

METHOD:

Mince fish with the carrot.
Mince the fried onion and add most of it to the minced
fish.

Beat the eggs until frothy.

Add to the fish with the rest of the ingredients.

Mix well with hands.

Only add water if needed, as most times fish gives
off a lot of liquid.

Taste, add more onion or any of the seasonings.

Dip hands in water and roll fish into balls.

Wet hands give smooth balls and prevent the fish
from sticking to your hands.

Flatten the balls slightly.

Roll each ball in a mixture of $\frac{1}{4}$ cup flour and
 $\frac{1}{4}$ cup breadcrumbs.

Two-thirds potato flour and a third cakemeal for Passover.

Put fish cakes on greasproof paper on board in fridge
for an hour or two to firm.

Fry in medium to hot oil, fairly slowly, till crisp and
golden approx 15 minutes.

Drain well.

This quantity makes about 20 medium size fish cakes.

2 eggs.

at least 1½ cups water.

375 ml.

4 additional carrots, sliced.

METHOD:

Mince the fish, the fried onion and the carrot.

Season with the ground almonds, the oil, the salt, pepper, vegetable stock powder and the fish spice.

Beat very well in the mixmaster, using the "K" beater.

The advantage of using the "K" beater is that all the fish sinews cling to it and can thus be easily discarded.

Add the eggs. one at a time, beating continuously.

Add the water slowly - the mixture will absorb the water as you continue to beat.

Use as much water as the fish will absorb.

The fish mixture should be soft and a little sloppy.

Taste and correct the seasoning, if necessary.

Sugar and pepper taste should be noticeable.

Bring the stock to the simmer.

Add the sliced carrots.

Shape the fish into balls - use a large tablespoon to measure, wet hands and a small spatula to smooth.

Lower the fish balls into the simmering stock.

Cover and cook fish for 1 hour.

Put fish out on platter and strain stock over.

Garnish each fish ball with a boiled, carrot slice.

Place in fridge to set.

CURRIED FISH CAKES.

This sauce is sufficient for fish cakes made from 2 kg fish.

INGREDIENTS

FOR SAUCE:

1 x 825 g tin apricots	2 lb tin
250 ml vinegar	1 cup
10 ml curry powder	2 teaspoons
2 large onions	
1 ml salt	$\frac{1}{2}$ teaspoon
4 gingersnaps	
25 ml tomato sauce	2 tablespoons
12.5 ml chutney	1 tablespoon

METHOD:

Slice onions.

Drain apricots.

Combine all ingredients except apricots.

Boil altogether until it bubbles.

When cold, add apricots and pour over fried fish cakes.

To make sauce for only 1 kg fish - halve the apricots but not the juice. Also halve the onion.
Keep the remaining ingredients the same.

Perfect Fried Fish

900 g (2 lb.) fish (kabeljou, sole or steenbras), cut into 4-6 slices; 2 tablespoons flour; $\frac{1}{2}$ teaspoon salt; pinch of white pepper; fresh vegetable oil. BATTER: 90 g (3 oz.) flour; $\frac{1}{2}$ teaspoon salt; 1 egg; 8 tablespoons milk; 1 tablespoon water. Serves 4.

Sift the 90 g (3 oz.) flour and $\frac{1}{2}$ teaspoon salt into a bowl. Make a well in the centre. Beat the egg and half the milk together. Add to the well, beat with a whisk until the mixture is smooth. Add the remaining milk and water and continue whisking for 1-2 minutes. Set aside. Wash and dry the fish well with paper towels. No fish will fry perfectly if wet. Mix the 2 tablespoons flour with the salt and pepper, and dust the filets. Dip into the batter. Allow to rest in the refrigerator. Pour enough oil into a pan until half full. Heat to a temperature of 185°C (356°) or until the oil gives off a faint blue haze. Test by dropping in a cube of bread which should be golden brown in under a minute. Remove the fish from the refrigerator and fry until golden brown and crisp. Drain on paper towels. Serve with chips.

MUSTARD HERRING WITHOUT CREAM.

INGREDIENTS:

8 - 12 herrings, filleted and skinned	
2 cups white vinegar	500 ml
3 teaspoons mustard powder	15 ml
1½ cups sugar	310 ml
7 bayleaves	
8 peppercorns	
2 big cloves garlic, minced	
8 egg yolks	
1 cup mayonnaise	250 ml
½ teaspoon freshly ground pepper	2 ml
4 - 5 sliced onions	

METHOD:

Soak the herring overnight in cold water.
Change water a few times to remove saltiness.
Combine vinegar, mustard powder, sugar, bayleaves, peppercorns and garlic.
Bring to the boil and remove from stove.
Beat egg yolks in mixer with whisk until thick and creamy.
Strain vinegar mixture and slowly add to the yolks, beating all the time.
Place mixture in double boiler on stove.
Cook slowly till sauce thickens, approx. 15 minutes.
Then place directly on heat and bring to the boil.
Remove from heat immediately.
Fold in the mayonnaise.
Mix through pepper and leave to cool.

If necessary, you may add an extra ½ cup vinegar to get right consistency.
Mix well.

Place alternate layers of herring and onions in a dish.
Pour over sauce and refrigerate for a few days.

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8 - 12 herrings, filleted and skinned	
2 cups white vinegar	500 ml
3 teaspoons mustard powder	15 ml
1½ cups sugar	310 ml
7 bayleaves	
8 peppercorns	
2 big cloves garlic, minced	
8 egg yolks	
1 cup mayonnaise	250 ml
½ teaspoon freshly ground pepper	2 ml
4 - 5 sliced onions	

METHOD:

Soak the herring overnight in cold water.
Change water a few times to remove saltiness.
Combine vinegar, mustard powder, sugar, bayleaves, peppercorns and garlic.
Bring to the boil and remove from stove.
Beat egg yolks in mixer with whisk until thick and creamy.
Strain vinegar mixture and slowly add to the yolks, beating all the time.
Place mixture in double boiler on stove.
Cook slowly till sauce thickens, approx. 15 minutes.
Then place directly on heat and bring to the boil.
Remove from heat immediately.
Fold in the mayonnaise.
Mix through pepper and leave to cool.

If necessary, you may add an extra ½ cup vinegar to get right consistency.
Mix well.

Place alternate layers of herring and onions in a dish.
Pour over sauce and refrigerate for a few days.

CHINESE GINGERED FISH.

INGREDIENTS:

1 kg kingklip fingers
½ cup selfraising flour
1 teaspoon salt
1 teaspoon maggi fondor or aromat
½ teaspoon pepper
2 beaten eggs

1 tin mushrooms, drained and sliced
4 tablespoons white vinegar
4 tablespoons sugar
2 tablespoons ginger syrup
1 tablespoon soya sauce
½ cup water
2-3 finely sliced pieces preserved ginger
1 tablespoon maizena

½ packet or 1 can drained beansprouts
2-3 tablespoons snipped spring onion

fresh or canned pineapple chunks
celery curls
red glacé cherries
salted cashews

METHOD:

Mix the flour, salt, maggi and pepper.
Dip fish in the seasoned flour, shake off excess and then dip in the beaten egg.
Fry in hot oil.
Drain fish on brown paper.
An onion sliced in half added to the hot oil gives a nice flavour.

Simmer the mushrooms, vinegar, sugar, syrup, soya and water for 5 minutes.
Slake the maizena with a little water and add to the simmering sauce.
Maizena has an acid base and needs to be cooked over low heat.
Cook, stirring all the while until the sauce has thickened.

If serving the fish cold, pour sauce over fish just before serving.

Sprinkle over the bean sprouts and the spring onion. Decorate with the pineapple, celery curls, glacé cherries and the salted cashews.

If serving this dish hot, add sauce, beansprouts and spring onion at the table.

If you need to rewarm fish do so by covering with tin foil and warm in a 350°F oven.

This sauce tastes good over fried chicken breasts.

Set aside.

Boil up the vinegar, water, bayleaves and peppercorns.

Cool.

Beat very well the eggs, the sugar and the mustard.

Add the egg mixture to the cooled vinegar mixture.

Bring to the boil, stirring constantly until thick.

Cool and strain.

Whip the cream lightly.

Fold the cooled vinegar-egg mixture into the cream.

Pour this sauce over the layered herring and onion.

Cover and allow to pickle 3 - 4 days.

CREAMED HERRING.

INGREDIENTS:

4 herrings.	
$\frac{1}{2}$ cup vinegar.	200 ml.
$\frac{1}{4}$ cup water.	63 ml.
1 tablespoon sugar.	15 ml.
2 bayleaves.	
8 peppercorns.	
Several sliced onions.	
Finely sliced, pickled cucumber	- about 1.
Peeled and sliced, green apple	- about 2.
$\frac{1}{2}$ pint thick cream.	300 ml.

METHOD:

Soak herrings overnight.

Change the water several times.

Fillet but do not skin.

Cut into serving portions.

Boil the vinegar, the water, the sugar, the bayleaves and the peppercorns.

Cool.

Place a layer of herring in a casserole.

Cover with a layer of onion, a layer of pickled cucumber and a layer of the apple.

Repeat above layers until all used up.

Mix the cooled vinegar mixture into the cream, after straining off the bayleaves and peppercorns.

Cover and leave in the fridge for 3 - 4 days before serving.

CRAYFISH COCKTAIL.

INGREDIENTS:

12 frozen crayfish tails.
1 tablespoon vinegar.

1 cup mayonnaise - homemade if possible. 250 ml.
Two-thirds cup tomato sauce. 160 ml.
Two-thirds cup cream. 160 ml.
Dash of Tobasco.
1 teaspoon Worcestershire sauce. 5 ml.

METHOD:

Plunge the frozen crayfish tails into boiling water to which you have added the vinegar.
Cook for 15 minutes.
The vinegar helps to keep the flesh white.
Cool the tails and then remove the meat.
The best way to do this is with a kitchen scissors.
Cut up both sides of the underneath of the shell.
You will be left with a whole shell and a whole piece of meat.
Dice the crayfish meat into fairly large pieces.

Blend the mayonnaise, the tomato sauce, the tobasco and the Worcestershire sauce.
Fold into the lightly whipped cream.
Gently fold in the crayfish pieces.
Serve very cold, either in the cleaned shells or in seafood glasses, lined with shredded lettuce.

ALTERNATE

SAUCE:

1 cup sweet cream. 250 ml.
1 cup mayonnaise. 250 ml.
½ cup tomato sauce. 125 ml.
2 teaspoons lemon juice. 10 ml.
½ teaspoon tobasco sauce. 2.5 ml.

Blend all ingredients.
Add the diced crayfish.
Garnish with a sprinkling of paprika and sliced hard boiled egg.

This sauce makes a very salad dressing.
It is also a tasty sauce for fried fish.

PAULINE'S MOCK CRAYFISH.

INGREDIENTS:

1 kg filleted and skinned kingklip or monkfish	2 lbs
5 ml salt	1 teaspoon
1 sliced onion	
a few bayleaves and peppercorns	
50 ml tomato sauce	3 full tblsps
10 ml worcestershire sauce	2 teaspoons
125 ml cream	½ cup
250 ml mayonnaise - Crosse and Blackwell	1 cup
1 diced pickled cucumber	
5 ml brandy	1 teaspoon
a few drops tobasco or a sprinkling cayenne	

METHOD:

Place the fish in a pot of boiling water to which you have added the salt, the onion, the bayleaves and peppercorns.

Boil for 7 minutes.

Drain and refrigerate for at least 1 hour.

The fish must be firm and cold.

Flake into largish chunks.

Make a sauce with the tomato sauce, the worcestershire sauce, the cream, the mayonnaise, the pickled cucumber, the brandy and the tobasco.

Gently fold the flaked fish through the sauce.

Gertrude says try Miracle Whip instead of the Crosse and Blackwell mayonnaise.

She also says use ½ sweet cream and ½ sour cream.

TO SERVE AS A SNACK.

Cut rounds of hot toast with a glass or a cookie cutter.

Butter the rounds and let cool.

Heap mock crayfish onto the rounds.

Decorate and serve.

HOT CRAYFISH DISH.

INGREDIENTS:

3 crayfish tails.
½ cup mayonnaise.
One third cup tomato sauce.
One third cup cream.
Dash of tobasco.

METHOD:

Cook and dice the crayfish.
Combine the remaining ingredients to make a sauce.
Lightly blend with the crayfish.
Put in a double boiler.
Add a 10 oz. tin button mushrooms with the gravy.
Heat thoroughly and serve with buttered rice.

RITA'S BAKED HERRING.

INGREDIENTS:

8 -10 maatjie fillets
milk
flour
butter or oil or mixture of both
2 bunches chopped spring onion
250l cream

METHOD:

Taste the herring.
If they are too salty, soak for $\frac{1}{2}$ hour in some milk.
Dip herring in flour and fry in butter or oil or in a mixture of both.
Place in baking dish.
Do not pack too tightly.
Now fry the chopped spring onion in a little butter, add the cream and pour over herrings.
If too rich, can dilute the cream with milk.
Bake in a 180° oven until cream thickens - about 15 minutes.

MOM'S BAKED FISH.

There are no quantities for this recipe. Make as much as needed.

METHOD:

Parboil some potatoes in their jackets.

Cool and peel.

If large, slice in halves or quarters.

Season with salt and pepper.

Set aside.

Slice some onion, thinly.

Set aside.

Wash and pat dry some Kingklip fillets.

Season with salt and pepper.

Grate coarsely a lot of cheddar cheese.

Set aside.

Grease a rectangular casserole generously, with butter.

Lay down a thin layer of the sliced onion.

Arrange the fish fillets and the potatoes, side by side, on the onions.

Sprinkle over a thin layer of slice onion.

Dot generously with small pats of butter.

Cover thickly with the grated cheese.

Pour in milk - half-way up fish.

Bake about ½ hour in 350°F. (180°C) oven.

When cheese has melted, remove fish from oven and pour over cream.

Cook another ½ hour or so.

Potatoes must be soft and sauce nice and creamy.

Can also fill gaps between fish and potatoes with tinned or fresh mushrooms if desired,

SOLE MARGUERY.

FISH STOCK:

Bones and heads of fish.

4 cups of water.

1 teaspoon salt.

A sliced onion.

A chopped carrot.

A handful of chopped celery stick.

A handful of parsley.

A few peppercorns.

1 litre.

Bring to the boil and simmer about an hour.
Strain and reduce to half.

VELOUTE SAUCE:

40 g. butter.

30 g. flour.

250 ml fish stock.

Melt the butter and add the flour.

Cook a few minutes.

Remove from heat and blend in the fish stock.

Return to heat and bring to boil.

Simmer for a few minutes, stirring all the while.

Cover with grease waxwrap and set aside.

BUTTER SAUCE:

150 ml. white wine.

1 small chopped onion.

6 peppercorns.

1 egg yolk.

60 g. butter.

two-third cup.

2 oz.

Put wine, onion and peppercorns to cook in a small saucepan.

Reduce to almost a teaspoonful. Strain.

Beat the egg yolk with a small nut of the butter.

Pour over the reduced wine.

Put in top of double boiler and gradually beat in the rest of the butter.

Add this butter sauce to the sauce Veloute.
Use to coat the poached soles.

MAKING OF THE
DISH:

6 filleted soles.	
3 tablespoons butter.	1½ oz. = 45 g.
Salt and pepepr.	
5 tablespoons chopped onion.	62.5 ml.
7 oz. sliced mushrooms.	200 g.
¼ cup reduced stock.	60 ml.
¼ cup white wine.	60 ml.

Remainder of unused stock.
12 prawns, cleaned.
12 mussels or clams.

Flatten the fillets slightly and gently.
Use a rolling pin or a full bottle.
Butter a large pan.
Brush fillets with melted butter.
Season lightly.
Fold fillets, dark skinned side towards inside.
Place onions in pan.
Put fillets over the onions.
Cover with the mushrooms.
Pour over the reduced stock and the wine.
Cover with buttered waxed paper and poach in 375°F. (190°C.)
oven for about 8 -10 minutes.

Boil the prawns in the remaining stock for a few minutes.
Remove from stock, peel and set aside.
heat mussels in the stock and set aside.

Take soles out of poaching liquid. Drain and set on a nice platter.
Strain the poaching liquid and arrange the onions and mushrooms
over the soles.
Arrange prawns and mussels between the fillets.
Mask with the sauce.

The soles, prawns and mussels can be prepared earlier on and must
just be reheated.
Most of the sauce can also be made in advance.

SYBIL'S SAUCE FOR SOLE MARGUERY.

INGREDIENTS:

2 tablespoons butter.	30 ml. or 30 g.
2 tablespoons flour.	30 ml.
1 cup hot fish stock.	250 ml.
1 cup cream	250 ml.
Seasoning: salt	
pepper	
Fondor	
Fish Spice	
pinch of dry mustard etc;	

METHOD:

Melt the butter.
Add the flour and cook for a few minutes.
Add the fish stock and stir until thickened.
Add the cream.
Taste and season according to taste.
Pour over the fish.

If you make this sauce early and want to reheat it,
Add a few drops of water and gently whisk over hot
water.

The sauce is a thinnish sauce.

This sauce is blander than the other.
A lot depends on the strength of the fish stock.
Much less complicated than the first sauce.

KABELJOU WITH DIJON CREAM.

INGREDIENTS:

1 kg kabeljou fillets
2 cups white wine
½ cup white cinzano
4 chopped spring onions
2 cups cream
8 tablespoon butter 4 oz/125 g
2 tablespoons dijon mustard
2 tablespoons coarse grain mustard
½ cup chopped spring onion
salt and pepper to taste

METHOD:

In a large frying pan, combine the wine, cinzano and spring onion.
Boil until liquid is reduced - 5 to 10 minutes.
Add 1 cup cream and reboil.
Add fish.
Cover and simmer for 10 minutes.
Fish must just be cooked.
Transfer fish to a heat proof dish.
cover with foil.
Add second cup cream to pan and boil all over high heat until reduced - 5 to 10 minutes.
Whisk in butter until melted.
Add mustards and sprink onion, whisk to blend.
Season to taste.
Spoon sauce over fish and bake in a 180°C/350°F for 10 to 15 minutes.
You want to re-heat the fish not overcook it.

Handwritten notes:
Season the fish
before cooking

FRIED FILLETED HADDOCK.

INGREDIENTS:

4 - 5 nicely sliced pieces of haddock.	
1 diced onion.	
1 tablespoon butter.	½ oz. = 14 g.
¼ cup flour.	60 ml.
½ teaspoon pepper.	3 ml.
Some extra butter - about 1 tblsp.	½ oz. = 14 g.
1 cup boiling water.	250 ml.
2 teaspoons flour.	10 ml.
1 cup milk.	250 ml.
Handful chopped parsley.	

METHOD:

- Put the slices haddock in a pan of cold water. Bring gently to the boil.
 - Simmer a few minutes and then drain.
 - Let the haddock cool.
 - Fry the diced onion in the tablespoon butter.
 - Remove onion from the pan.
 - Dust the haddock pieces with the flour mixed through with the pepper.
 - Add the extra butter to the butter in pan, over from frying onions.
 - Fry the floured haddock pieces in this butter.
 - Fry gently - just golden brown.
 - Replace the onions.
 - Add the boiling water, cover with a lid and simmer a few minutes.
 - Slake the flour with a little of the milk.
 - Blend to remove any lumps and add balance of milk.
 - Add parsley to milk and pour over haddock.
 - Simmer till sauce thickens.
- If desired use less milk and replace quantity with cream.

BAKED HADDOCK AND EGGS.

METHOD:

Place haddock in a saucepan, cover with cold water and bring slowly to the boil.
Drain off the water - this removes the excess salt.
Skin and flake the haddock and place it in a greased Pyrex dish.
With the back of a spoon, press in shallow dents and break a whole egg into each dent.
Make a white sauce, pour it over the haddock and eggs to cover them completely.
Sprinkle generously with grated cheddar cheese and dot with butter.
Bake for 30 minutes or until very lightly browned, in a moderate oven.

The quantity of haddock and the number of eggs used must be judged according to the number of servings required.

WHITE SAUCE INGREDIENTS:

2 tablespoons butter.	30 ml.
2 tablespoons flour.	30 ml.
$\frac{1}{4}$ teaspoon salt.	1.5 ml.
A good pinch pepper.	
1 cup milk.	250 ml.

METHOD FOR WHITE SAUCE:

Melt the butter over low heat in a heavy saucepan.
Blend in the flour and the seasonings.
Cook a few minutes, stirring all the while.
Remove from heat, stir in the milk, bring to the boil and boil for one minute, stirring constantly.
Cook until thickened - for best flavour, cook for 10 minutes.

A wooden spoon for stirring is ideal.

GEFILTE FISH.

INGREDIENTS

FOR STOCK:

1 - 2 large fish heads.
2 - 4 lbs. fish bones do not use stock. 1 - 2 kg.
4 sliced onions.
4 sliced carrots.
Juice from about 10 finely grated carrots.
sugar to taste - start with 2 teaspoons. 10 ml.
salt to taste - start with 2 teaspoons. 10 ml.
Telma vegetable stock (chicken flavour) to taste.
a dash or two of pepper.
a dash of fish spice.
1 - 2 sachets saffron.

METHOD FOR

STOCK:

Clean the fish heads and the bones.
Cover with water and bring to the boil.
Discard any scum that may rise to the top.
Add the sliced onions, the sliced carrots and the strained carrot juice.
The carrot juice gives colour and flavour.
Season with the sugar, the salt, the vegetable stock, the pepper, fish spice and saffron.
The saffron gives colour an a subtle flavour.
Be careful with the vegetable stock and the fish spice.
Cook about 2 hours.
The stock should be rich in colour and flavour.
Strain and set aside in fridge until the next day.

INGREDIENTS

FOR FISH MIX:

3 lbs. mixed fish - use 1½ lbs. stock fish 1½ kg in all.
¼ lb. kingklip
½ lb. red fish and
2 soles make a nice mix.

All fish must be skinned and filleted.
5 sliced and fried onions.
1 medium carrot.
1 tablespoon ground almonds. 15 ml.
1 full tablespoon oil. 15 ml.
2 teaspoons salt. 10 ml.
2 teaspoons sugar. 10 ml.
pepper to taste.
½ teaspoon Telma vegetable stock (chicken flavour) 3 ml.
a sprinkle of fish spice.

GERTRUDE'S NO-MINCE FISH CAKES.

INGREDIENTS:

2 peeled potaoes
1 peeled onion
salted water
1kg filleted and skinned hake
1 whole grated onion
about $\frac{1}{2}$ cup sugar CT
 $\frac{1}{2}$ cup matzo meal
2 beaten eggs
2 teaspoons salt
pepper
fish spice

METHOD:

Boil potatoes and onion with sufficient salted water to cover.
When potatoes are nearly cooked add the fish.
Boil gently until fish is cooked.
Drain and discard cooked onion.
Mash the potatoes and flake the fish.
Mix together the potatoes, fish, grated onion, sugar matzo meal, eggs, salt, pepper and fish spice.
Taste for seasoning.
Shape into flattish patties and fry in oil.

MARINADE 1. (WOOLWORTH'S.)

INGREDIENTS:

500 g. piece kingklip.	1 lb.
50 g. butter.	approx. 1 $\frac{1}{2}$ oz.
25 ml. lemon juice.	1 Tblsp. + 2 tsp.
1 crushed clove garlic.	
2.5 ml. Worcestershire sauce.	$\frac{1}{2}$ teaspoon.
5 ml. chopped parsley.	1 teaspoon.

METHOD:

Take a sheet of foil and make a "boat" to hold the fish.

With a sharp knife, make criss-cross cuts across the top of the fish.

Season the fish with salt and pepper.

Put the fish in the "boat" and cover with $\frac{1}{2}$ the sauce.

Do not close the foil.

Bake in a pre-heated oven for 30 - 35 minutes.

Temp. 180C. = 350°F.

Baste and add more sauce as needed.

MARINADE TO GRILL FISH 2.

INGREDIENTS:

250 ml. salad oil.	1 cup.
250 ml. lemon juice.	1 cup.
10 ml. crushed black pepper.	2 teaspoons.
75 g. finely chopped spring onion.	about a third cup.
5 ml. "Pinch of Herbs"	1 teaspoon.
OR	
1 tablespoon freshly chopped parsley, dill or basil.	15 ml.
45 ml. soya sauce.	3 tablespoons.
1 kg. line fish or similar.	2 lbs.

METHOD:

Mix all ingredients for marinade well.

Pour over fish and leave to marinate for 2 - 3 hours.

Pre-heat the grill.

Grease the rack.

Put fish on the rack and grill, basting frequently with the marinade.

Turn half way through cooking.

Serve as soon as done i.e. fish flakes easily.

BARBARA COHEN'S MARINADE FOR GRILLED FISH.

INGREDIENTS:

1 finely chopped onion.
2 cloves crushed garlic.
500 ml. tomato sauce 2 cups.
can also use ½ tomato sauce and ½ tomato juice.
125 ml white wine. ½ cup.
250 ml. oil. 1 cup.
2 tablespoons Worcestershire sauce.
½ teaspoon salt.
½ teaspoon cayenne.
1 teaspoon sugar.
Juice from 1 lemon.

METHOD:

Blend all ingredients for marinade well.
Make the marinade 2 - 3 days before needed and keep in fridge.

Ask the fishmonger to slice through a nice Steenbras so that you get two long fillets. Do not skin.
Season the fish with salt pepper and a little lemon juice.
Let stand in fridge for a few hours.

Two or so hours before grilling fish, paint heavily with the marinade.
You can also sprinkle over a little dried dill if you like.

Preheat the grill.
Put the fish fillets on a large sheet of foil in a pan.
Grill until fish is done. Fish must flake,
Remove from oven and immediately cover with foil.
Fish must cool in its own steam
When cold, remove all foil, place fish on a platter and decorate.

Serve with a herb mayonnaise.

P.S. Remember to baste fish frequently while grilling
with the marinade.

SYBIL'S BAKED WHOLE FISH.

Wash a whole Cape Salmon, Kabeljou or Yellowtail.
Season very well. Season inside and outside of fish.

Season with: salt
pepper
Maggi Fondor
and a generous amount of Seafood Spice.

Inside fish put a few bayleaves
a few peppercorns
a few allspice
2 sliced carrots
some cut up fennel, if available.

Wrap the fish in a muslin cloth and place on the rack of a roaster.

Fill a $\frac{1}{4}$ way with water and another $\frac{1}{4}$ way with white wine.

Add two cut up onions.

Cover and bake at 400°F. (200°C.)

When cooked, take out of oven and let cool in stock

A GUIDE TO BAKING TIME OF A WHOLE FISH:

Measure fish around thickest part.

For every inch, cook for 10 minutes and 10 minutes over.

1" = 2.5 cm.

Test for done by pricking with a skewer - no pink juices should run out.

When cool, remove fish from muslin.

Remove everything from inside of the fish.

Skin and reseason lightly with salt, pepper and Maggi.

Strain and reserve the stock.

Fish might be easier to skin when warm.

Choose the platter you are to serve from

Lay down a bed of the sauce described below.

Put fish on this bed.

Coat top of fish with the same sauce and trim as desired.

THE COATING SAUCE FOR THE BAKED FISH.

Beat together: 1 tablespoon fish stock
½ cup whipped cream
2 cups mayonnaise
2 tablespoons canned pineapple juice.
A few pureed pineapple pieces. (optional)

If you wish to use gelatine for a firmer coating, dissolve 2 teaspoons gelatine in ¼ cup cold water over warm water. Add to the sauce.

If you have a fish that is too big to fit in roaster, you may cut it in half and rejoin it when decorating.

If you wish to serve the fish as a hot dish, proceed as follows:

Skin fish while hot.

Remove everything inside the fish.

Make this sauce:

Melt 3 tablespoons butter

1½ oz = 42 g.

Add 3 tablespoons flour.

1½ oz = 42 g.

Cook a few minutes.

Mix some of the stock and some cream to make up 1½ cups liquid.

375 ml.

Add and bring slowly to the boil.

If too thick thin down.

Season with a little sherry, mustard powder and paprika.

Stir in some fried, sliced mushrooms.

Serve this as a sauce.

You can also leave fish skinned and flavour the strained stock with a cup or so of cream.

For both methods, keep fish in some of the stock and just reheat,

SANDRA'S WHOLE POACHED FISH.

Make a strong fish stock as for gefilte fish.

Do not use any sugar but do use a heaped teaspoon of fish seasoning.

Strain and enrich with a riesling type wine.

The wine is sweetish there no sugar in the stock.

Lay a large, clean serviette or dish cloth on the rack of a roasting pan

Season cleaned fish with salt and black pepper.

Place fish on the serviette.

Pour in stock to $\frac{3}{4}$ way up fish.

Add lots of parsley to the stock.

Do not use bayleaves and donot use celery.

Cover and cook, basting often.

When fish is done, turn upside down.

Use the serviette to help you.

Fish must cool in the stock.

Skin the cooled fish.

Choose the platter you are to serve from.

Lay down a bed of mayonnaise.

Put fish on this bed.

Coat top of fish with mayonnaise and decorate as desired.

GUIDE FOR POACHING TIME:

Measure thickest part of fish.

Cook 10 minutes for each inch and 10 minutes over.

1" = 2.5 cm.

Prick with skewer - no pink juices should run out.

HOW TO POACH A WHOLE FISH.

INGREDIENTS:

a suitably sized whole cape salmon, kabeljou or yellowtail
salt
pepper
maggi fondor
a generous amount of seafood spice

a few bayleaves
a few peppercorns
a few allspice
3 - 4 sliced onions
3 - 4 sliced carrots
some cut up fennel, if available
wine

METHOD:

Wash and clean the fish.
Discard head if desired.
Trim the tail.
Season well with salt, pepper maggi and seafood spice.

Place fish in a fish kettle.
Scatter over the bayleaves peppercorns, allspice,
onions, carrots and fennel.
Pour over the wine.
Wine must cover the fish.
Bring to a rolling boil and then poach 8 minute per kilo.
Let fish cool i hour in the stock
Wrap fish in a muslin which has been well soaked in the
stock.
This enables you to peel skin off the fish.
When you have peeled the skin off the fish, cover well
and refrigerate until needed.

HOW TO GRILL FISH.

dry the fish portions eg. sole or whatever else.

ch in lemon juice for a few hours.

ish, season with salt, pepper, fish spice etc;

th flour.

ch side in melted butter.

fish in a shallow pan and place under hot grill but on middle shelf of

over remaining melted butter or oil.

ot turn.

l until just golden.

baste evry now and then.

HOW TO GRILL FISH.

Wash and dry the fish portions eg. sole or whatever else.

Soak fish in lemon juice for a few hours.

Drain fish, season with salt, pepper, fish spice etc;

Dust with flour.

Dip each side in melted butter.

Place fish in a shallow pan and place under hot grill but on middle shelf of oven.

Pour over remaining melted butter or oil.

Do not turn.

Grill until just golden.

Can baste evry now and then.

Open the foil halfway through the cooking period to allow the fish to brown.

Remove from the oven, place on a bed of rice and tear the foil away from underneath the fish, allowing the juices to saturate the rice.

Insert black olives for eyes and serve.

I prefer not to serve the fish on rice.

I prefer to put it on a platter and use the juices as a gravy.

GUIDE FOR COOKING TIME:

Measure around thickest part of fish.

Cook 10 minutes for each inch and 10 minutes over.

1" = 2.5. cm.

WHOLE BAKED FISH PORTUGAISE.

INGREDIENTS:

1 line fish, preferably a Stumpnose or Kabeljou.
Choose size to feed 4 to 5 people.
Salt to season.
Pepper to season - easy on the pepper.
1 heaped teaspoon seafood spice. 8 ml.
Juice from 1 large lemon.

2 oz. butter or margarine. 60 g.
¼ cup oil. 60 ml.
1 large chopped onion.
1 chopped green pepper.
1 diced stick celery.
1 large, ripe, skinned and diced tomato.
½ teaspoon celery salt. 2 ml.
1 tablespoon soya sauce. 15 ml.

METHOD.

Have your fishmonger remove eyes of fish and scrape off all the scales.
Remove the dorsal fin and trim all other fins and tail.
Wash under running water and pat dry with paper towels.
Season inside and outside with the salt, pepper and seafood spice and sprinkle with the lemon juice.

Melt the butter and oil together.
Add the onion, green pepper and celery.
Fry until golden brown.
Add the tomato and simmer a few minutes longer.
Add the celery salt and the soya sauce.
Place half the vegetable mixture on a large sheet of aluminium foil, place fish on top and cover with remaining vegetable mixture.
Fold the foil to cover the fish completely.
Place on a baking tray or in a roasting pan and bake in a 400° F. i.e. 200° C. oven for ¾ of an hour to an hour, depending on the size of the fish.
Do not allow to overbake, it must be juicy.

PRAWNS CREOLE.

INGREDIENTS: 2 kg. prawns, deveined but leave the shells on.

250 g. unsalted butter.

4 tablespoons of a very good quality olive oil.

3 crushed cloves garlic.

½ lemon, thinly sliced.

1 tablespoon lemon juice.

1 tablespoon Worcestershire sauce.

1 teaspoon Hot Chilli sauce - Amoy or Packo.

2 tablespoons Sweet Chili sauce. - Amoy.

1 teaspoon paprika.

1 teaspoon dried Oregano.

1 teaspoon salt.

¼ teaspoon freshly ground pepper.

¼ teaspoon Cayenne pepper.

A good dash of Tobasco.

French bread to mop up the sauce.

METHOD:

Wash the prawns, pat dry and spread in a shallow pan.

If you sprinkle the washed prawns very lightly, with some salt - they keep firm.

Combine the remaining ingredients except the bread, in a small pot and simmer for 10 minutes.

Pour over the prawns, mix thoroughly.

Cover and refrigerate 2 - 3 hours, stirring occasionally.

Bring to room temperature.

Place over a medium heat and cook, stirring occasionally.

Cook approximately 6 - 7 minutes.

Adjust the seasoning.

Serve in soup bowls with chunks of French bread.

If you are using only 1 kg. prawns, use exactly the same amount of ingredients ONLY halve the quantity of butter.

COTTON COUNTRY PRAWNS.

INGREDIENTS: 2 kg. prawns, deveined but leave the shells on.
1 tablespoon Worcester sauce.
1 tablespoon Soya sauce.
A good dash of Tobasco.
A good sprinkling of black pepper.
½ teaspoon Lawry's seasoning salt.
½ teaspoon Lawry's "Pinch of Herbs".
½ teaspoon parika.
4 crushed cloves garlic.
½ cup of lemon juice.
2 x 250 ml. bottles Italian Dressing.
500 g. butter.

METHOD: Mix all ingredients except the butter and pour over the prawns.
Fine dice the butter and sprinkle on top of prawns.
Bake, uncovered in a 300°F. (160°C.) oven for 30 -40 minutes.
Serve with plenty of garlic bread to mop up the sauce!!

The beauty of this dish is that once it is in the oven, one can forget about it.

This can also be cooked on top of the stove.
Cook only 20 minutes and watch!

If using an electric frying pan, cover and cook on low for about 35 minutes.

For 1 kg. prawns use: ½ the butter,
1 bottle of the Italian dressing,
all the lemon juice,
the rest, the same.

SALMON ROYALE.

<u>INGREDIENTS:</u>	2 lbs Phyllo pastry.	1 kilo.
	Melted butter.	
	Enough breadcrumbs for sprinkling.	
	2 x 1½ oz butter i.e. 3 oz in total.	2 x 45 g. i.e. 90 g.
	2 tablespoons chopped onion.	25 ml.
	2 cups thinly sliced, fresh mushrooms.	300 g.
	2 x 7½ oz. tins salmon.	2 x 213 g.
	Approx. 1 to 1½ cups milk.	250 ml - 375 ml.
	4 tablespoons flour.	56 g. or 50 ml.
	½ teaspoon salt.	2 ml.
	A sprinkling of black pepper.	
	¼ teaspoon paprika.	1 ml.
	A good pinch cayenne pepper.	
	2 beaten egg yolks.	
	3 tablespoons chopped parsley.	37.5 ml.
	3 tablespoons chopped pickled cucumber.	37.5 ml.
	3 tablespoons chopped spring onion.	37.5 ml.
	2 tablespoons sherry.	25 ml.

METHOD:

Fry the onions in the 1½ oz. butter until soft.
Add the mushrooms and cook a few minutes.
Turn up the heat and cook until the liquid evaporates.
Remove from heat.

Drain the liquid from the tins of salmon and add this liquid to the milk. Set aside.

Melt the remaining butter.

Add the flour and cook a few minutes.

Add the reserved milk mixture, stirring to make a thick sauce.

Do not use all the milk mixture at once. Start with the 1 cup.

Add the mushrooms, salt, pepper and cayenne.

Add some of the hot sauce to the beaten egg yolks and return to pot.

Cook a further 5 - 8 minutes or until thick.

Stir all the while.

Add the salmon, parsley, cucumber, spring onion and the sherry.

Heat through and then cool.

Remove the phyllo from its plastic wrap.

Place the pastry on a cloth and cover with another cloth.

THE PASTRY MUST BE KEPT COVERED AT ALL TIMES.

If you do not do this, the pastry dries out and becomes impossible to use.

Take one sheet of pastry, place on a board, brush with melted butter.

Cover with another sheet of pastry, brush with butter.

Sprinkle lightly with some breadcrumbs.

Layer 3 more sheets of pastry - each brushed with the melted butter. You must have 5 layers in all.

Sprinkle with more crumbs.

Place half the filling at the bottom of the sheets.

Enclose the sides and roll up - swiss roll fashion.

When enclosing the sides, give a generous fold to prevent spillage.

Brush with melted butter.

Mark slices with a sharp knife. This makes it easier to cut when baked.

Sprinkle with sesame seed.

Bake on a greased tray. 375°F (190°C) for 20 - 30 minutes.

Watch and try to see that it bakes an even golden colour.

Serve hot.

There is enough filling for two rolls.

If you wish to freeze this dish, it must be frozen before baking. defrost before baking.

TO MAKE INDIVIDUAL ROLLS:

Use only 3 or 4 sheets pastry.

Only sprinkle crumbs on the top layer.

Cut the sheets into four.

Roll like a blintze.

FILETS DE POISSON FLORENTINE.

STEP ONE:

4 lbs fresh spinach.	2 kilos.
5 tablespoons butter.	70 g. = 2½ oz.
6 tablespoons cream.	75 ml.
Salt.	
Freshly ground pepper.	
Freshly ground nutmeg.	

Wash spinach well.

Trim and cut out central spine. Cut into broad strips.

Blanch for 5 minutes in a large pot of boiling water.

Refresh under cold water.

SQUEEZE WELL to remove water.

Warm butter in pan, add the spinach and cook slowly for 5 - 6 minutes, stirring occasionally.

Add the cream, a tablespoon at a time.

Spinach should absorb each tablespoon or it will become mushy.

Season highly with the salt, pepper and nutmeg.

Set aside. The spinach can be prepared the day before.

STEP TWO:

4 tablespoons butter.	56 g. = 2 oz.
3 lbs. fillets of sole.	1½ kilos.
Can also use baby kingklip fillets.	
Salt and white pepper.	
500 ml white wine.	2 cups = 16 fl. oz.

Preheat oven to 190°C. (375°F)

Butter a shallow baking dish.

Season the fish lightly with the salt and the pepper.

Arrange them in a single layer, overlapping slightly.

Pour over the wine. Should just cover the fillets.

Dot with the butter.

Lay a piece of buttered wax paper over the fish.

Bake for 8 - 10 minutes. DO NOT OVERCOOK.

Pour off stock and put fish aside. Leave covered with the paper.

Put stock in a pot over high heat and REDUCE the liquid to 1 cup.

Reducing intensifies the flavour of the stock.

I double the quantity of the wine and the butter and divide the fillets between two dishes.

STEP THREE:

2½ tablespoons butter.	42 g. = 1½ oz.
3 tablespoons flour.	37.5 ml.
1 cup fish stock.	250 ml.
About 1 and a third cups cream.	330 ml.
Salt, pepper and nutmeg to taste.	
Two-thirds cup grated Emmantaler cheese.	160 ml.

Melt the butter in a pot, stir in the flour and cook for a few minutes.

Remove from heat and pour in the cup of fish stock.

Bring to the boil, stirring all the time.

Reduce heat and cook, stirring, until thick and smooth.

Add 1 cup of the cream.

Return to heat and stir vigorously until it comes to the boil.

When smooth, season well with the salt, pepper and nutmeg.

Remove from heat, stir in half the cheese and add the remaining cream, a spoonful at a time, until the sauce is of the desired consistency. Taste and correct seasoning if necessary.

If you like a cheesy flavour add the rest of the cheese and stir until melted.

If not, use that cheese as a topping when grilling the fish.

I use all the cheese and grate extra for topping.

I also double this sauce.

ALL THESE STEPS CAN BE MADE IN ADVANCE UP TO THIS POINT.

STEP FOUR:

Preheat the grill.

Reheat the spinach.

If the sauce was made earlier on and is cold, bring to a simmer, whisking all the time.

Spread the spinach in a layer on the dish you will be using to serve from. I use the spinach more as a border.

Arrange the sole fillets in slightly overlapping layers.

Fish should fill the centre of the dish.

Mask the fillets with the cheese sauce.

Sprinkle with extra grated Emmantaler.

Grill 5 - 6 minutes or until lightly browned and bubbly.

Serve immediately.

I use about half the sauce to mask the fish and serve the rest on the side.

SOLES MEUNIERE.

INGREDIENTS:

3 - 4 smallish soles, skinned and trimmed.
¼ cup lemon juice.
A handful of chopped parsley.
Flour for frying.
Butter for frying.
Salt to season.
Some extra butter.

METHOD:

About a ¼ hour before eating, have the lemon juice and the parsley ready.
Place a serving dish in the warming oven.
Dip the unseasoned soles in flour, shake off excess and fry in hot butter for two minutes on each side.
Place the fish on the hot serving dish.
Pour over the lemon juice and the parsley.
Sprinkle with salt.
Melt a fair sized piece of butter in pan and when boiling, pour over soles.
Serve immediately.

GRILLED SOLES.

SAUCE:

Fry a chopped onion in butter.
Add and saute one tin of drained mushrooms.
Add one cup milk and a little juice from the tin mushrooms.
Simmer for a few moments.
Thicken with a little flour.
Season to taste and keep warm.

SOLES:

Butter on side of the sole.
Grill.
Butter the other side, season with salt and pepper.
Top with grated cheddar cheese and a little cream.
Grill.
Serve the soles with the mushroom sauce.

HADDOCK LASAGNE.

INGREDIENTS:

375 g. green ribbon noodles.	¼ lb.
12.5 ml salt.	1 tablespoon.
12.5 ml oil.	1 tablespoon.
1 kg. haddock.	2 lbs.
25 ml. butter.	2 tablespoons.
2 cloves crushed garlic.	
1 finely chopped onion.	
25 ml. flour.	2 tablespoons.
1 x 405 g tin tomato soup.	about 15½ oz.
1 tomato soup tin of water.	
Salt, pepper and rosemary to taste.	
170 g cream cheese	Just over ¼ lb.
250 ml cream.	1 cup = 8 fl. oz.
Grated cheddar cheese.	

METHOD:

Put the noodles into a large pot of fast boiling water.
The salt and the oil must be added to the water before adding the noodles.
Cook the noodles until just soft - drain.
To rewarm, toss in melted butter.

Boil the haddock in water till softish to remove saltiness.
Take off skin and flake.

Melt the butter and fry the garlic and onion until soft.
Sprinkle with the flour and add the tomato soup and water.
Add seasonings to taste.
Bring to the boil and simmer 10 minutes.

Mix the cream cheese and the cream to make a paste.
Butter a rectangular dish.

Put in a layer of noodles, then haddock, tomato sauce and cream cheese.
Repeat - cover with grated cheddar and bake at 180°C (350°F)
for 15 - 20 minutes till piping hot.
This tastes very nice if made the day before and reheated.
This dish also freezes well.

TUNA LASAGNE.

BASIC TOMATO SAUCE: This sauce freezes well, use for all Italian dishes.

INGREDIENTS:

- 3 tablespoons oil.
- 2 sliced onions.
- 3 crushed cloves garlic.
- ½ teaspoon mustard powder.
- ½ teaspoon pepper.
- 1 teaspoon paprika.
- 2 - 3 tablespoons sugar - depending on acidity of the tomatoes.
- 2 teaspoons salt.
- 2 tablespoons tomato paste mixed into a ½ cup beef or chicken stock.
- If kosher - mix tomato paste into water.
- ½ teaspoon Maggi Fondor.
- 4 - 5 lbs. (2 kilos) RIPE tomatoes, skinned, deseeded and sliced OR
- 4 tins (410g) canned tomatoes, juice too - plus 4 fresh tomatoes.
- If using canned tomatoes, Cirio is the nicest.
- 1 teaspoon Basil.
- 1 teaspoon Origanum

METHOD:

Fry the onion and the garlic for a few minutes in the oil.
Add all the ingredients EXCEPT the tomatoes, the basil and the origanum.
Simmer for awhile.
Now add the tomatoes, the basil and the origanum and cook gently for 30 - 40 minutes.
Puree and either freeze or set aside to use.
Freeze in quantities of 10 tablespoons.

CHEESE SAUCE FOR LASAGNE:

INGREDIENTS:

- 1 finely chopped onion.
- 4 tablespoons butter. 56 g.
- 3 tablespoons flour. 42 g.
- ½ teaspoon salt. 2 ml.
- A good sprinkling of white pepper.
- 2 cups WARMED milk. 500 ml.
- 1 full cup grated cheddar cheese, 250 ml.
- 2 beaten egg yolks.

METHOD:

Fry the chopped onion in the melted butter until soft.
Stir in the flour and the seasonings and cook for a few minutes.
Add the warmed milk - off heat.
Put back on heat and cook stirring all the time until thickened and quite smooth.
Add the grated cheese and stir until melted.
Add a little of the hot sauce to the beaten egg yolks.
Return to the pot, mix through and cook a further 10 minutes, stirring all the time.
Set aside.

TUNA MIXTURE FOR LASAGNE:

INGREDIENTS:

1 finely chopped onion.
A little butter to fry.
2 x 200 g tins tuna fish.
1 x 425 g tin mushroom soup - the type not to be diluted.
About 10 tablespoons of the prepared tomato sauce.

METHOD:

Fry the chopped onion in the melted butter until soft.
Add the drained tuna fish and the mushroom soup.
Heat through and add enough of the tomato sauce to make a loose mixture.
Set aside.

TO PREPARE THE NOODLES:

INGREDIENTS:

500 g green noodles - Barillo Tagliatto Verdi are nice.
1 tablespoon salt. 12.5 ml.
1 tablespoon oil. 12.5 ml.
A large pot of boiling water.

METHOD:

Add the salt and the oil to the boiling water.
When the water is boiling briskly, add the noodles.
Cook until just soft - drain.
To rewarm, toss in melted butter.

P.T.O.

TOPPING FOR LASAGNE:

Generous amount of grated cheddar cheese.
A good sprinkling of Parmesan cheese.

ALTERNATE TOPPING:

This topping is optional as it is very rich.
Mix together: 250 g cream or ricotta cheese.
1 cup grated cheddar cheese.
½ cup parmesan cheese.
Enough milk to make a spreading consistency.

TO ASSEMBLE THE LASAGNE:

Grease a large oblong dish - 24 cm x 36 cm. x 4 cm.
Put down a layer of the cooked noodles.
Top with a layer of the tuna mixture.
Spread with a layer of the cheese sauce.
Repeat the layers until all the ingredients are used up.
There is usually sufficient ingredients for two layers.
Top VERY GENEROUSLY with the grated cheddar cheese.
Sprinkle with the grated parmesan cheese.
Bake at 325°F (160°C) for 30 to 40 minutes.

LASANGE TASTES NICER IF MADE THE DAY BEFORE OR EARLY
IN THE MORNING FOR THE EVENING MEAL.
IT ALSO FREEZES WELL.
REHEAT TO SERVE.

ETTA'S QUICK TUNA LASAGNE.

INGREDIENTS:

2 large chopped onions
2 crushed cloves garlic
little butter or oil to fry
1 x 425 g tin tomato soup 15 oz
2 x 200 g tins tuna 2 x 7 oz
salt and pepper
5 ml origanum 1 teaspoon

2 x 250 g chunky cottage cheese 2 x 9 oz
250 ml cream 1 cup = 8 oz

250 ml grated cheddar cheese 1 cup = 8 oz

as much lasagne verdi as needed

METHOD:

Sauté the onions and the garlic in some butter.
Add the tomato soup, the undrained tuna, salt, pepper and origanum.

Simmer about 15 minutes.

While the sauce is simmering, break up the tuna with a fork.

Taste and adjust the seasonings.

Set aside.

Mix the chunky cottage cheese with the cream.

Set aside.

Now cook the lasagne.

Only cook 3 - 4 pieces at a time.

Cook 1 - 2 minutes.

Remove with a slotted spoon and lay flat on a cloth.

Repeat as many times as is needed.

Grease a rectangular dish.

Lay down a very thin layer of the tomato-tuna sauce.

Line the bottom of the dish with a layer of lasagne.

Spread over some tomato sauce.

Top with a layer of cottage cheese and cream.

Repeat layers of lasagne, tomato-tuna sauce and cottage cheese until dish is full.

Top generously with the grated cheddar cheese.

Bake at 180°C (350°F) for 25 minutes.

ANGELA'S PASTA AND TUNA.

INGREDIENTS:

300g Linguine 14 or similar.
2 cloves garlic.
1 red or green seeded and diced chili.
1 x 400g tin tomatoes. (15 oz.)
Salt, pepper and a good pinch sugar.
2 x 200g tins tuna. (8 oz.)
Handful of chopped Italian parsley.

METHOD:

Braise 2 cloves garlic and the chili in a little olive oil.
Add the can of tomatoes with it's juice.
Season with salt, pepper and sugar.
Simmer about ½ hour.
Break up the tomatoes with a fork while simmering.
The tomatoes should be rough chunks.
Add the 2 tins tuna with it's oil.
Simmer 10 minutes.
Remove the garlic cloves.
Adjust seasonings.

In the meantime, cook the pasta and drain.
Toss the tuna sauce through the pasta and let stand a few moments before serving.
This allows the pasta to absorb the sauce.
Sprinkle with the parsley.

If so desired, you can add mushrooms to the sauce.
Cut the mushrooms in four and simmer with the tomatoes.
If using mushrooms, use a short pasta e.g. penne or rigotanni.

This dish is also nice as a cold salad but then again use a short pasta.

A short pasta mixes better and does not stick so easily.

POACHED SALMON WITH FRESH BASIL AND OLIVE BUTTER

INGREDIENTS: 6 fresh salmon cutlets or fillets i.e. about 1kg/2lbs

For the court bouillon:

1 carrot, coarsley chopped
1 onion, coarsely chopped
½ celery stalk, coarsely chopped
1 bay leaf
½ teaspoon fennel seeds
6-8 black peppercorns
2 teaspoons sea salt
425ml/15fl oz white wine
425ml/15fl oz water

For the fresh basil butter:

100g/4oz basil leaves
8 tablespoons unsalted butter, softened
1 tablespoon lemon juice

For the olive butter:

75g/3oz pitted nicoise olives
1 salt packed anchovy fillet, rinsed
½ teaspoon minced garlic
4 tablespoons unsalted butter, softened

METHOD:

Put all ingredients for the court bouillon in a large saucepan and bring to the boil, reduce the heat, cover and simmer for 15-20 minutes.

Strain the court bouillon and taste for salt.

It should be salty.

Mince the basil and mix with the butter by hand, set aside.

Measure off 50ml/2fl oz of the court bouillon.

To this add the lemon juice and reduce by boiling until a glaze of about 1 tablespoon.

This does not take long so watch carefully.

Reserve this glaze.

Pound the olives with the anchovy and garlic.

Work in the butter by hand.

Reserve.

Poach the salmon in just simmering court bouillon for about 3-4 minutes.

It is cooked when it feels firm yet springy when pressed. Meanwhile whisk the basil butter into the reserved glaze over a low heat for about 2 minutes, until it forms an emulsion.

Drain the salmon.

Spread the basil butter in the centre of 6 warmed plates. Place a salmon fillet on each plate and spread 2 teaspoons of the olive butter over each piece of fish.

You can double the basil butter if you feel there is insufficient to go round.

SHIRLI'S EASY SMOKED FISH RECIPE.

INGREDIENTS: 1 whole smoked yellowtail or similar
1 litre cream 4 cups
750 ml champagne 1½ cups

METHOD: Line a suitably sized baking dish with foil.
You do this to enable you to lift fish out easily.
Lay down fish on the foil.
Whip the cream and fold in the champagne.
Pour over the fish.
Seal dish with more foil and bake in a moderate oven
until heated through.



KIPPER FILLING FOR OMELETTES

Ingredients:

2 small onions, finely chopped
30 g butter
400 ml cream
2 x 200 g Atlantic kipper fillets, poached
and flaked
pepper
chopped parsley
Garnish: parsley
lemon wedges

Method:

1. Saute onion in butter.
2. Add cream, bring to the boil and add the kipper.
3. Strain until mixture thickens.
4. Season with pepper and a pinch of chopped parsley.
Sufficient to fill 6 omelettes. Garnish with chopped parsley and lemon wedges.



Your guarantee of Real Value-for-Money fish products for the whole family. Packed full of the wholesome goodness of the sea. Other delicious varieties available in the ATLANTIC BRAND range include OAK-SMOKED SNOEK (500 g), OAK-SMOKED SNOEK (1 kg), BABY HALDACK FILLETS, SNOEK PORTIONS, SNOEK BRAAI PACK AND BONELESS SMOKED SNOEK.

LESLEY FAULL SE SILWOOD-KOMBLUIS
CORDON BLEU-SKOOL VOORSEKOU, 1985

DEBORAH'S COLD POACHED FISH.

INGREDIENTS:

a 2 k kabeljou - not bigger
salt
black pepper
thyme

butter
crushed bayleaves
peppercorns
sliced onion
chopped celery
sprigs of parsley
sliced carrot
½ cup white wine

METHOD:

Let the fishmonger clean, scale and trim the fish.
Rub skin of the fish very well with the salt, pepper
and the thyme.

Butter a large sheet of foil.

Place fish on the foil and scatter over the bayleaves,
peppercorns, onion, celery, parsley and carrot.

Dot with butter.

Pour over the wine and seal the fish in the foil.

Bake at 180°C for 45 minutes.

Cool in the foil.

When fish is cool, unwrap and slip onto a large platter.

Remove the skin only from head to tail.

Leave head and tail intact.

Only skin fish on top.

Just before serving spread skinned area with mayonnaise
and decorate with sliced cucumber to resemble scales.

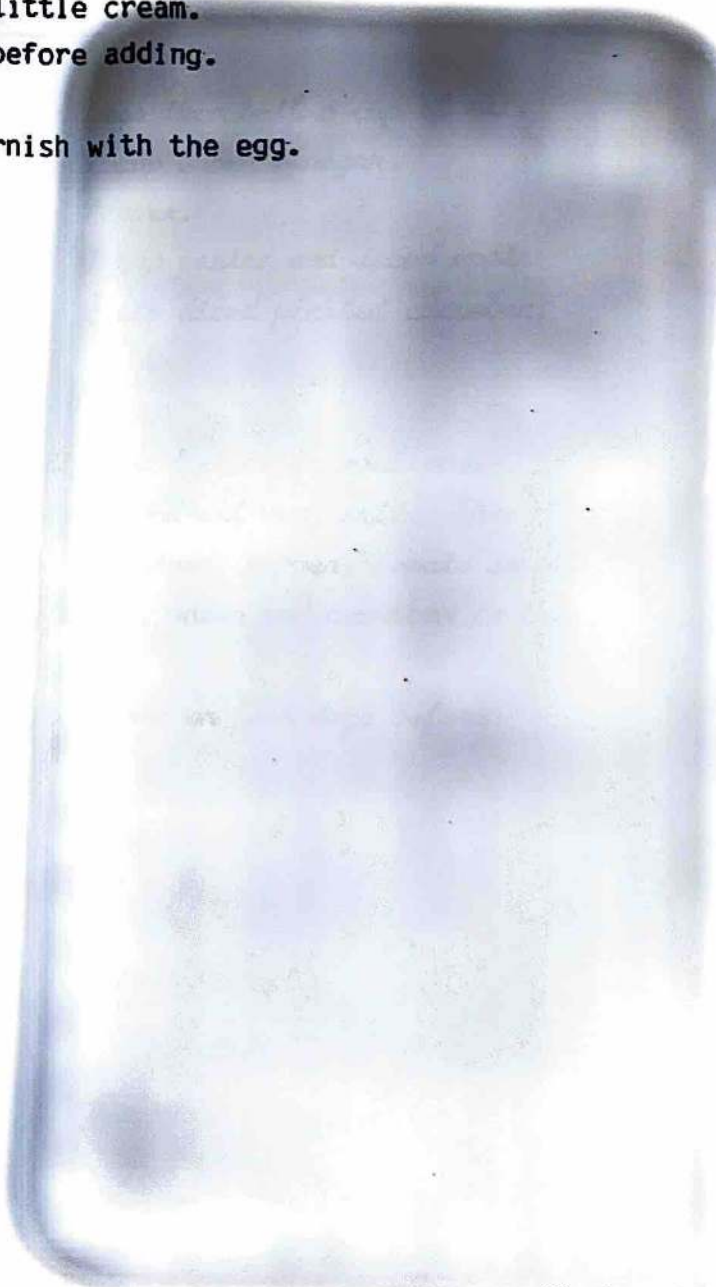
TUNA SUPPER DISH.

INGREDIENTS:

1 chopped onion
1 chopped green pepper
1 crushed clove garlic
oil
salt and pepper to taste
2 peeled, deseeded and chopped tomatoes
a can of sliced mushrooms or the equivalent in fresh mushrooms
2 tins coarsley flaked tuna
cream
hard boiled egg to garnish .

METHOD:

Lightly fry the onion, green pepper and garlic.
Add the tomatoes.
Fry a little longer and season.
Add the tuna, mushrooms and a little cream.
If using fresh mushrooms, fry before adding.
Taste and adjust seasoning.
Put into a serving dish and garnish with the egg.
Serve with boiled potatoes.



CHOPPED HERRING.

Ingredients.

2 Herrings.

1 large apple.

1 small onion.

Vinegar.

2 Hard Boiled Eggs.

1 thickish slice white bread.

sugar.

Method.

Soak herrings overnight. Fillet and skin the herrings.

Soak the bread in vinegar, squeeze out excess.

Peel apples, eggs and onion.

Mince herrings, bread, apples, eggs and onion. Add sugar and vinegar to taste.

Heap on platter and garnish.

DANISH HERRING.

Ingredients.

1 cup sugar.

1 cup tomato puree.

1 teaspoon made mustard.

A dash of tomato sauce.

1 cup finely sliced onion.

4 - 6 herrings.

Less than half a cup of oil.

1 cup brown vinegar.

Pepper.

1 cup peeled and diced apple

$\frac{1}{4}$ cup diced pickled cucumber.

Method.

Soak herrings overnight. Fillet and slice in portions.

Using Mix-Master, beat the sugar and oil very well. Then

add the tomato puree, vinegar, mustard, pepper, tomato sauce.

Mix well. Add the herring, apple, onion and cucumber to this mixture.

Bottle and keep in fridge for three or four days before serving.

CREAMED HERRING.

Ingredients.

$\frac{3}{4}$ cup white vinegar.	$\frac{1}{4}$ cup water.
1 tablespoon sugar (full).	1 sour cucumber.
Several onions.	Two bay leaves.
8 pepper corns.	2 Apples.
$\frac{1}{2}$ pint cream.	4 herrings.

Method.

Soak herrings overnight. Fillet and slice in portions. Boil the vinegar, water, sugar, bay leaves and pepper corns together. Cool.

Place a layer of herring in a dish, then cover with a layer of finely sliced onion, a layer of finely sliced sour cucumber and a layer of peeled and finely sliced apple.

Repeat the above layers until the dish is full.

Mix the cream well into the cooled vinegar mixture and pour over the herring, straining off the bay leaves and pepper corns.

Leave in the refrigerator for three or four days before serving.

CRAYFISH COCKTAIL.

Prepare by plunging frozen crayfish tails into boiling water and cook for 15 minutes. A tablespoon of vinegar added to the cooking water helps to keep the flesh white. Cool the tails and remove the meat from the shells. The best way to do this is with a kitchen scissors. Cut down the sides of the shell and remove the flesh without breaking it. Dice into fairly large pieces.

Sauce.

Sufficient for 12 - 14 tails.

- 1 cup mayonnaise (home-made if possible)
- Two thirds of a cup of tomato sauce.
- Two thirds of a cup of cream.
- Dash of Tabasco.
- 1 teaspoon Worcester sauce.

Blend all ingredients into stiffly whipped thick, slightly sour cream. Lightly fold in crayfish pieces. Serve very cold either in cleaned shells or in sea food glasses lined with shredded lettuce.

Alternate

Sauce.

Also makes an excellent salad dressing.

- 1 cup sweet cream
- 1 cup mayonnaise.
- $\frac{1}{2}$ cup Tomato sauce.
- 2 teaspoons lemon juice.
- $\frac{1}{2}$ teaspoon Tabasco sauce.

Blend well. Add diced crayfish. Trim with sprinkling of paprika and sliced boiled egg.

MOCK CRAYFISH.

Boil fillited kinglip for 10 - 15 minutes in a little water onion and diced carrots. Do not allow to become too soft - just cook through. Allow to cool in the liquid. Break into birgish pieces and fold into cocktail sauce.

To serve.

Cut rounds of hot toast with a glass. Butter rounds and let cool. Heap mock crayfish on rounds, trim and serve.

HOT CRAYFISH DISH.

Ingredients.

3 crayfish tails.
 $\frac{1}{2}$ cup mayonnaise
One third cup tomato sauce.
One third cup cream.
Dash of Tabasco.

Method.

Cook and dice the crayfish. Combine the remaining ingredients to make sauce. Lightly blend with crayfish. Put into double boiler. Add one 10 oz. tin button mushrooms with gravy. Heat thoroughly and serve with buttered rice.

MUSTARD HERRING.

Ingredients.

6 soaked herrings	Sliced onions.
1 cup vinegar.	1 cup water.
3 eggs.	Few bayleaves and peppercorns.
$\frac{3}{4}$ cup sugar.	$1\frac{1}{2}$ teaspoon dry mustard.
1 cup thick cream.	

Method.

Boil vinegar, water, bay leaves and peppercorns. Cool. Beat very well the eggs, sugar, and mustard powder. Add egg mixture to cool vinegar mixture. Bring to the boil stirring constantly until thick. Strain mixture and fold into the stiffly whipped cream. Arrange herring and onions in layers. Pour over sauce and cover. Allow to pickle 3 - 4 days.

N.B. Egg and vinegar mixture must be cool before being added to cream.

BAKED HADDOCK AND EGGS.

Method.

Place haddock in a saucepan, cover with cold water and bring slowly to the boil. Drain off the water - this removes the excess salt. Skin and flake the haddock and place it in a greased Pyrex dish. With the back of a spoon press in shallow dents and break a whole egg into each dent. Make a white sauce, pour it over the haddock and eggs to cover them completely. Sprinkle generously with grated cheese, dot with butter and bake for about half an hour or until very lightly browned in a moderate oven.

The quantity of haddock and number of eggs used must be judged according to the number of servings required.

White Sauce.

Ingredients.

2 Tablespoons butter.
 $\frac{1}{4}$ teaspoon salt.
1 cup milk.

2 Tablespoons flour.
 $\frac{1}{8}$ teaspoon pepper.

Method.

Melt the butter over low heat in a heavy saucepan. Wooden spoon for stirring is a help. Blend in flour and seasoning. Cook over low heat, stirring until the mixture is smooth and bubbly. Remove from heat, stir in milk, bring to boil and boil for one minute stirring constantly. Cook until thickened - for best flavour cook for 10 minutes.

FRIED FILLETED HADDOCK.

Method.

Place several nicely sliced pieces of haddock in a pan of cold water. Boil up. Remove from pan and cool. Dice an onion and fry in one tablespoon butter. Remove from pan. Dip haddock slices in flour mixed with pepper. Add an extra tablespoon butter to pan in which onions have been fried and fry haddock nicely on both sides. Replace onions. Add small cup of boiling water to the haddock and onions, cover with lid and simmer for

Fried Filleted Haddock Continued.

a few minutes.

Make a thin paste with about 1 dessertspoon flour and add a little cold milk, blend to remove lumps adding the balance of one cup of milk slowly. Add finely chopped parsley, pour over the haddock and allow to boil up till slightly thick. If desired, use less milk and add a little cream.

GEFILTE FISH

INGREDIENTS:

3 lbs. fish	1½ lbs. stock, ½ lb. hingslip ½ lb. red fish and two soles make a very nice mixture.
1 small onion	1 small carrot
2 eggs.	1 Tablespoon ground almonds
1 Tablespoon oil	2 Teaspoons salt
Pepper	1 Dessertspoon sugar.

STOCK

Clean one large fish head or several smaller fish heads. Place in pot. Add four or five sliced carrots and approximately two or three sliced onions. Also add a dessertspoon sugar and a full teaspoon salt and pepper to taste. Add sufficient water to cover. Bring to the boil and simmer slowly for about 1 - 1½ hours. This will provide the necessary stock required to cook the gefilte fish.

PREPARE FISH

Mince fish, onion and carrot. Add eggs, salt pepper, sugar, oil and ground almonds. Add water - approximately one to one and a half cups.

Beat very well in mix-master. Mixture must be fine, smooth and soft. Shape fish balls and place in simmering stock.

Cook fish about one hour. The stock must boil down until it is thickish.

Place fish on platter. Pour over stock. Trim with the boiled carrot slices. Place in refrigerator to set.

FISH FRICADELLES.

INGREDIENTS:

Use raw gefilte fish mixture.

METHOD:

Shape fish in flat balls. Fry in hot oil - do not use egg or bread crumbs to coat. Drain on brown paper.

SOLE MEUNIERE

INGREDIENTS:

Skinned and trimmed soles	Chopped Parsley
$\frac{1}{4}$ cup lemon juice	Butter
Salt	Flour.

METHOD:

About $\frac{1}{4}$ hour before the meal have lemon juice and chopped parsley ready. Place serving dish in warming oven. Dip unseasoned soles in flour, shake off surplus flour and fry in hot butter for two minutes on either side. Place in hot serving dish. Brush over with lemon juice, sprinkle with salt and chopped parsley. Melt a fair sized piece of butter in pan and when boiling, pour over soles. Serve immediately.

GRILLED SOLES.

SAUCE:

Fry chopped onion in butter. Saute one tin of drained mushrooms. Add one cup milk and a little gravy from the mushrooms. Simmer. Thicken with a little flour. Season to taste.

SOLES

Butter one side of sole. Grill. Butter the other side. Season with salt and pepper. Top with grated cheese and a little cream. Grill. Serve the soles with the sauce.

CURRIED FISH.

Ingredients.

7 - 8 slices fried fish.
2 sliced onions.
2 bay leaves.
Few peppercorns.
 $\frac{1}{4}$ teaspoon ginger.
 $\frac{1}{4}$ teaspoon cinnamon.
Pinch of pepper.
1 teaspoon salt.
4 dessertspoons curry powder (Cartwrights).
1 cup brown vinegar.
About 2 cups water.
About 4 dessertspoons sugar. (Try 3 first).
1 dessertspoon maezina.

Method.

Just cover sliced onions with a little water. Bring to the boil, throw off water. To this add the bayleaves, peppercorns, ginger, cinnamon, pepper, salt and curry powder. Pour over the brown vinegar. Add the water and the sugar. Boil up and taste. Adjust the seasoning accordingly. Thicken with maezina. Cook till onions are fairly soft. Throw a little gravy in a dish, add fried fish, pour over the remaining gravy. Cool and then cover.



POTATO ROESTI WITH SMOKED SALMON

Simple and stylish, this idea can be used as finger food with cocktails or as an entrée (as pictured). Either way it is delicious.

Peel, grate, rinse and drain some potatoes. Squeeze them dry, then fry in a large pan in round pastry cutters, pushing down with a potato masher or the back of a spoon to compress. When golden brown, turn over and fry on the other side until golden. These can be served warm or at room temperature, and can be made well in advance of serving.

To assemble, spread roesti with crème fraîche and top with a generous amount of good quality Tasmanian smoked salmon.

SMOKED SALMON CRÊPE CAKE

For a festive touch, make these champagne crêpes.

CRÊPES

- 8 eggs
- 1 tablespoon sugar
- 1 1/4 cups (325 ml) champagne or sparkling wine
- 2 tablespoons (30 g) butter, melted
- 1 cup (180 g) flour

salt

- 2 tablespoons (30 g) butter for cooking

FILLING

- 1 tablespoon chopped dill
- 1 carton crème fraîche or sour cream
- 20 thin slices smoked salmon or trout

Blend eggs, sugar, champagne, butter, flour and a pinch of salt. Rest for half to one hour. Melt butter for cooking in a crêpe pan and add enough mixture for one crêpe, cooking until it is dry on the top. Turn it over and cook the other side. This side should be golden. Repeat until all crêpes are cooked. Mix dill with crème fraîche and spread some on a crêpe, top with two slices of smoked salmon, then place another crêpe on top and continue in this way until the stack is finished. Cover in plastic wrap and chill.

To serve, cut straight through the layers like slicing a cake.

Servez 6 or more

FISH WITH CHERMOULA MARINADE & COUSCOUS

6 pieces firm fish such as ling
lemon wedges

MARINADE

Juice and grated rind of 1 lemon
1 teaspoon ground cumin
1 teaspoon ground coriander
2 teaspoons sweet paprika
3 tablespoons olive oil
2 tablespoons chopped parsley
2 tablespoons chopped coriander
pinch of salt

COUSCOUS

180 g instant couscous
 $\frac{1}{2}$ cup (125 ml) stock
2 tablespoons mixed dried fruits
2 red chillies
2 tablespoons toasted pine nuts
2 tablespoons chopped coriander
salt
pepper

Combine the marinade ingredients in a food processor. Place the fish in a shallow dish and pour marinade over it. Cover and, if possible, let the fish marinate for 2 hours in the fridge.

Place the fish under a pre-heated grill, basting it with the extra marinade while grilling. If there is any remaining marinade, heat it and serve as a sauce with the fish and lemon wedges.

To prepare the couscous, pour the stock or water over the couscous and leave it to swell.

Pour a little boiling water over the dried fruit to plump them up. Seed and finely chop the chillies.

Combine the couscous, chillies, dried fruit, pine nuts, coriander, salt and pepper. Heat in a pan with a little olive oil, stirring frequently, or in the microwave.

Serves 6

Each family has its own, usually secret, recipe. Couscous is the perfect accompaniment to this fish dish, but it would also complement many other recipes in this book.

SEAFOOD RAVIOLI

I love this recipe. Seafood ravioli are so terribly glamorous yet, using wonton skins, so easy to create. They have a silky texture, just like good hand-made pasta. You will need to allow at least two ravioli per person and each ravioli takes two wonton skins.

1 cup (250 ml) fish stock
3/4 cup (180 ml) cream
splash of white wine (optional)
1 packet wonton skins

little milk
selection of seafood, such as 1 prawn, 1 scallop
and 1 small cube of fish per ravioli
chopped fresh herbs

To make the sauce, reduce the fish stock, cream and wine (if you are using it) until thickened. Lay out wonton skins on a flat surface. Paint the edges with a little milk using a pastry brush or your finger. Place your selection of seafood, I suggest a prawn, a scallop and some fish on top of each wonton skin. Cover with another wonton skin and squeeze together around the circumference to join. Cook briefly in salted boiling water. Add chopped fresh herbs to the sauce. Place the individual servings of ravioli in bowls and top with the sauce. Eat and enjoy!

SEAFOOD POT-AU-FEU
WITH PASTRY STAR-FISH

INGREDIENTS:-

- 2 crushed garlic
- 2 onions, sliced
- olive oil to cover bottom of pan or 30 gms. butter and 2 T. oil
- 2 sliced leeks
- 1 rib celery and leaves
- 6 large carrots, ~~thinly sliced~~ *grated*
- Lawry's Seasoned Salt and Pepper to taste
- 6 fresh tomatoes (Skinned and seasoned with 1 t. salt, 3 t. sugar and a sprinkling of black pepper - all to taste)
- 2 *Dry Bay leaves or 4 fresh*
- 2 T. fresh mixed herbs
- 2 t. tumeric
- Pinch chili powder
- 2 tins clams in brine
- 1/2 Kg. clean prawns (*1 1/2 kilos of Kingklip cubed instead of shell fish. (L.M. Small)*)
- 1 Kg. cooked crab (750 gms. crab pieces - legs & body meat
250 gms. Alaskan crab legs)
- 2 t. ground coriander
- 2 t. ground cumin
- 2 whole chillies (1 red & 1 green)
- 2 green cardamom (bruised)
- 2 t. chicken stock
- Salt or Lawry's Seasoned Salt if necessary
- ~~1 tin Mayfair 3 bean salad~~
- 1 tin mussels
- Lawry's Seasoned Pepper to taste *1/2 tsp*
- "Extra" - 2 cups water with 2 t. chicken stock, *2 t. ground coriander and a pinch of chili if necessary 2 tsp ground cumin*

METHOD:-

1. Saute onion in olive oil and butter till golden. + *2 crushed garlic*
2. Add leeks, celery and leaves, carrots and stir-fry.
3. Season with Lawry's Seasoning Salt and Pepper to taste.
4. Add tomatoes and herbs, stew 2-3 minutes.
5. Add tumeric, chili powder, ground coriander, ground cumin, whole chillies, bruised cardamom and chicken stock.
6. Add clams, seasoned prawns, ~~crab~~ and water to cover. *2 cups + chicken*
7. Bring to boil and simmer gently for *5 minutes* or until fish is cooked. (Skim and cleanse all the time). *thly.*
8. Cool. Add ~~beef~~ *crab* with ~~without~~ juice and mussels without juice.
9. Refrigerate overnight.
10. Bring to boil gently. Simmer to heat through and serve.

PICKLED CANADIAN SALMON
WITH NEW POTATOES AND HORSERADISH MAYONNAISE

INGREDIENTS:

- 1 cup water
- 3/4 cup distilled white vinegar
- 3-4 T. granulated sugar
- 1/2 t. salt
- 1 small onion, thinly sliced
- 1 T. mustard seeds
- 1/2 t. black peppercorns, cracked
- 2 bayleaves
- 500 gms. salmon fillet, rinsed, dried and cut into bite-sized pieces. Season with
- 1 t. sugar, 1 t. salt, 1/2 t. black peppercorns and dill to taste
- 1 thinly sliced lemon *Ground*
- 1/4 cup firmly packed dill sprigs
- 12 new potatoes *slow simmer*

METHOD:-

1. Combine water, vinegar, sugar, salt, onions, mustard seeds, ~~peppercorns~~ and bayleaves in a saucepan.
2. Bring to the boil over medium heat, stirring until sugar melts.
3. Remove from heat and cool. *Add Peppercorns.*
4. Put fish, lemon and dill sprigs in a glass or ceramic container and pour cooled vinegar solution over, gently stirring or shaking to coat all the pieces. *Put in fridge for 2 days*

Serves 8.

HORSERADISH MAYONNAISE:-

- 1/2 cup mayonnaise
- 4 t. strong horseradish (Burgess creamed horseradish)
- 1 crushed garlic
- Touch black pepper
- 1-2 T. dill

TO SERVE:-

- Serve fish with freshly boiled new potatoes.
- Cut in half and toss in pickling solution with fish.
- Serve with sliced wholewheat bread and dollops of horseradish mayonnaise.

PASTRY FISH AND STAR-FISH

INGREDIENTS:-

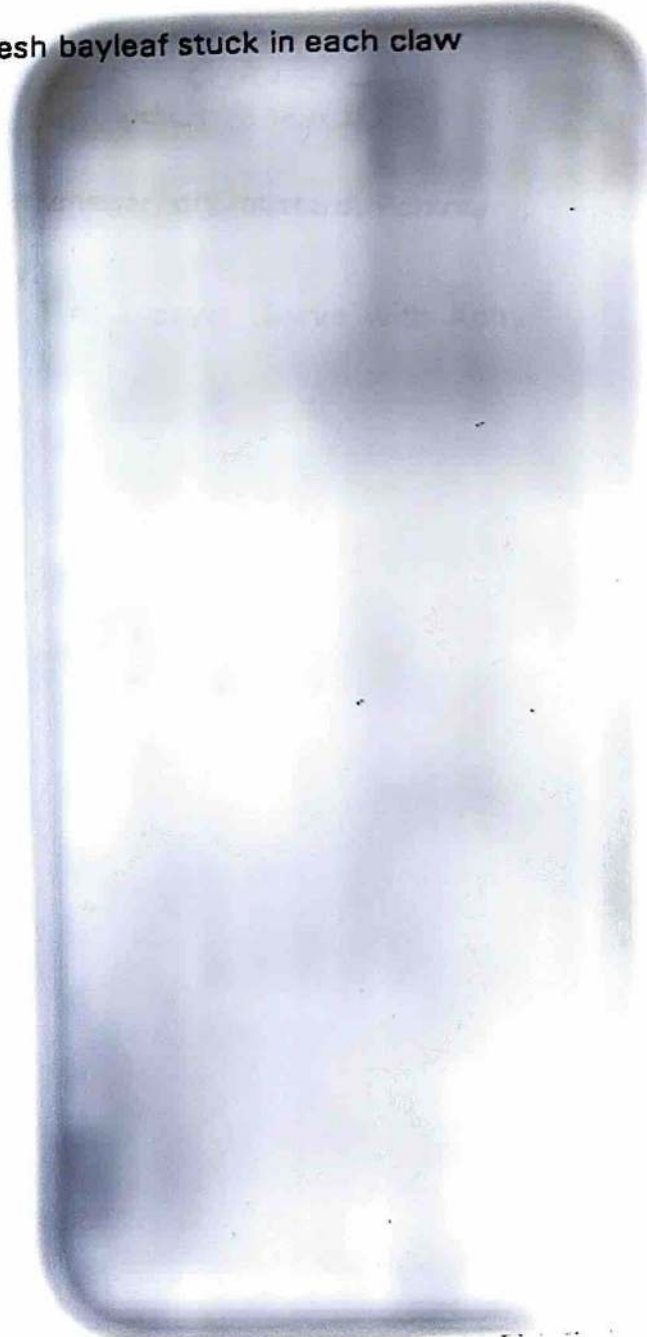
- 1 "French Puff Pastry" from Woolworths
- Fish and Star-fish cutters
- 1 beaten egg

METHOD:-

1. Leave pastry to defrost in refrigerator overnight.
2. Leave at room temperature for at least 2 hours.
3. Press out shapes on a floured board.
4. Paint with egg wash.
5. Bake in a 220° oven for 10-12 minutes or till golden brown.

If desired press out shapes with pastry cutters, e.g. eye of the fish and fins. Replace the eye with pieces of red peppers if required. Paint again with egg wash and bake.

Float fish and/or starfish in each portion and a fresh bayleaf stuck in each claw for serving.



LEMONY GRAVLAX

INGREDIENTS

- Unsmoked and cut wider than at their use elsewhere
- 1 kilo sliced salmon (after cleaning) **DOUBLE** QTY OF DRESSING
- Seasoned salt and pepper
- 2 T fresh lemon juice
- Rind of a lemon $\frac{1}{4}$ - 1 tsp.
- 2 T cider vinegar
- 2 pinches dry mustard
- 1 t. Pommery mustard
- $\frac{1}{8}$ t. salt and a sprinkling with your finger
- 6 black peppercorns }
3 pink peppercorns } coarsely ground
- 2 t. castor sugar
- $\frac{1}{3}$ cup olive oil
- 4 T finely chopped dill
- Sprinkle lightly with kosher salt, coarsely ground & freshly ground black pepper

METHOD

1. Process in Magimix lemon juice, rind, cider vinegar, dry mustard, Pommery, salt, peppercorns and castor sugar. *or finish*
2. Slowly pour in olive oil till mixture creamy.
3. Pour over seasoned salmon. Refrigerate 1 or 2 days. Serve with Achy Breaky Bread and Sloppy Mayonnaise.

6 slices per person - starter
depending on size
50 gms per person
1 kilo yields 50 slices

SEAFOOD RISOTTO

INGREDIENTS

- 4 sliced onions
~~4 garlic cloves or 1 T. garlic paste~~
30 gms butter
4 T oil
2½ T. ginger paste + *garlic paste*
2½ T. ground coriander
2½ T. ground cumin
6 tomatoes seasoned with 1 T. sugar, Lawry's Seasoned Salt and Pepper
If using tinned tomatoes use 1-2 T castor sugar
1 tin puree seasoned with 2 T. castor sugar, Lawry's Seasoned Salt and Pepper
and ½ t ordinary salt
2 tins clams with juice
12 capers
12 sun dried tomatoes (optional)
2 T. fresh herbs (thyme, mint, rosemary, dill)
2 whole red chillies
2 T. raspberry vinegar *or apple cider vinegar*
1 T. soya
½ cup red wine *1 tsp sugar to taste*
Sugar to taste
Bayleaves
Pinch chilli pepper
2 boxes small crabs (pre-cooked) - (1½ if large)
6 medium langoustines (cleaned, heads on, pincers off)
12 medium prawns (cleaned, heads on)
1 pkt mussels (pre-cooked)
~~2~~ cups fish stock with 3 t. ginger paste,
3 t. ground coriander and 3 t. ground cumin + 1 t. chicken stock powder to taste
Roasted ~~garlic~~ peppers (optional)
Thicken with arrowroot if necessary 2-4 T

METHOD

1. Lightly sauté onions till golden brown in butter and oil - drain and add garlic.
2. Add spices and stirfry till fragrances released.
3. Add seasoned tomatoes, puree, clams with juice, ^{later} chillies, capers, herbs, raspberry vinegar, soya, red wine, ^{soy} bayleaves and chilli pepper.
4. Bring to boil and reduce slightly.
5. Add cooked crab and mussels.
6. Cook langoustines and prawns separately in water seasoned with chicken stock and a fish head or two.
7. When cooked, add to mixture with 2-3 cups spiced and seasoned stock and refrigerate overnight.
8. Keep stock in case you need more sauce - add 1 t. garlic and ginger paste, 1 t. ground coriander and 1 t. ground cumin for every extra cup of stock used.
9. Thicken if necessary

Use 1/2 tin puree + 1/2 to 1 cup chicken stock to start

Add 1 Tb Cumin Coriander and other seeds to taste to extra stock

~~1 T. NO GARLIC PASTE, USE A
PINCH OF GROUND GINGER
(POWDERED) OR 1/2 T FRESH
GINGER~~

TANDOORI SALMON

6 X 150 gms	Skinned and filleted salmon
	Fish spice
	Lawry's seasoned pepper
4½ T	Paprika
4½ tsp	Ground cumin
2-3 pinches	Cayenne pepper (to taste)
2 tsp	Ground ginger
2 tsp	Ground cinnamon
1 TBS	Finely chopped mint and coriander
3 tsp	Brown sugar
1 TBS	Coarsely ground coriander
½ cup	Oil
15 mls	Fresh lemon juice
2 T	Soya
	Green fig preserve (optional)

Season fish with fish spice and little pepper.

Combine dry spices, sugar and herbs and coat fish thoroughly.

Leave overnight in fridge or for a few hours.

Sear each side for a few minutes in a hot pan in a little ~~olive~~ oil and butter till blackened. Set aside. *Change butter after 1/2 quantity*

Before serving baste with oil, lemon juice and soya and roast in 180° oven till just cooked through (about 7 - 10 minutes).

Paint again with warmed oil mixture.

Serve with fresh fig or "All Gold Green Fig Preserve" from Pick 'n Pay.

Toss 1 or 2 radicchio leaves in balsamic dressing and place decoratively next to fish.

Serve with aioli.

If fresh raspberries are available, use instead of the fig.

George Blanc.

FISH IN A RAINCOAT WITH AIOLI

Each person 200 gms main course

Each person 100 gms starter

INGREDIENTS

1 kg Canadian salmon after it has been skinned, cleaned and filleted
Lawry's Seasoned Salt or Fish Spice and Seasoned Pepper
Paste

3 T. ground coriander

2 T. ground cumin

1 t. tumeric

1 ½ T. coarsely ground mixed coriander and cumin

1 small onion

3 cloves of garlic

1 ½ c fresh mixed herbs (basil, cumin, dill, coriander and parsley)
(Large quantities of basil and mint)

½ t. salt to taste

2 t. castor sugar

¾ bottle Dairy Belle plain yoghurt

Spin in
magimix

Bamboo skewers

Small cooking bags

2 lemons sliced thinly

10 cloves

10 cardamom

10 Star anise

Bottle figs in Brandy (sliced thinly) or fresh figs if available

Fresh bayleaves

Process in liquidizer till smooth

Basting Liquid

1 c olive and sunflower oil mixed

2-4 T. oyster sauce (to taste) or soya

METHOD

1. Cube salmon and season with salt and pepper.
2. Roll thickly in paste. Assemble on skewer (100 gm fish per skewer).
3. Baste with basting liquid and stand in refrigerator for a few hours.
4. Place one skewer in each bag with a slice of lemon, a clove, a cardamom pod, a star anise, two slices of fig and 2 T. of basting liquid.
5. Fasten bag with tie and decorate with a fresh bayleaf.
6. Bake in 180°C oven for 20 minutes or till cooked.
7. Serve immediately, whilst bag still puffy on a bed of noodles and pierce with a sharp knife.

1/2 Cup mint

1/2 Cup parsley

1/2 Cup Dill

FISHY NOODLE SAUCE

INGREDIENTS

- 4 leeks finely sliced
- 4 T. oil
- 30 gms butter
- 1 c white wine
- 1 pt. fish stock $\frac{1}{2}$ T. Turmeric
- 100 ml cream or to taste
- Salt and freshly ground black pepper $\frac{1}{8}$ T SALT $\frac{1}{8}$ T. WHITE PEPPER
- Few drops lemon juice (optional)
- 1 $\frac{1}{2}$ - 2 T. arrowroot or maizena
- 350 gms tagliolini

METHOD

1. Lightly sauté leeks in oil and butter till coloured.
2. Add wine and stock and reduce for 10 minutes. *ADD ARROWROOT & TURMERIC*
3. Add cream.
4. Heat through and season with salt, pepper and lemon juice if necessary.

STOCK

AIOLI

INGREDIENTS

- 4 yolks
- 2 t. Pommery mustard
- 5 ml dry mustard
- 15 ml castor sugar *1 Tbsp.*
- Lawry's Seasoned Salt and Pepper to taste or
- $\frac{1}{4}$ th t. Table Salt and a few shakes Seasoned Pepper
- 45 ml white ^{wine} vinegar
- 6 crushed garlic cloves to taste (depending on size and taste)
- 100 ml sunflower oil
- 100 ml olive oil

METHOD

1. Process yolks, mustards, sugar, salt and pepper and garlic in Magimix.
2. Slowly double in half the quantity of oil.
3. Add vinegar one teaspoon at a time.
4. Pour in remaining oil slightly faster.

To cook: Measure thickest part of fish 10 ~~cm~~ ^{mins} centi

KABELJOU IN SAFFRON SAUCE W/COUSCOUS

very nice
use softer fish
than like halibut

- 1 X 2KG KABELJOU OR CAFE SALMON, FILLETED AND SKINNED
- 4 TBSPS. BUTTER
- SALT, PEPPER, PAPRIKA

(6 x 250g servings per person
(400g) on the bone per person

SAFFRON SAUCE (Forages well & reheats well)
Use a little bit of the sauce forages well & reheats well

- 4 TBSPS. UNSALTED BUTTER
- 2 LEEKS, FINELY CHOPPED
- 1 TSP. MINCED GARLIC
- 1 CUP DRY WHITE WINE (or red kosher wine) or sherry
- 1/2 CUP WHITE CINZANO
- 1 PACKET SAFFRON OR GENEROUS PINCH SAFFRON THREADS
- 1 CUP VEGETABLE OR CHICKEN STOCK (1/2 Knorr or 1 Thelma)
- 1 1/2 CUPS CREAM ~~TRY 3 cups cream~~ CHEESE
- SALT, BLACK PEPPER

+ 3 CUP CREAM STIR WELL

Saute leeks and garlic in butter until soft. Add wine, cinzano and saffron and reduce on high heat approx. 8 mins. Add stock and reduce again. Lastly add cream and on low heat reduce until quite thick. Strain sauce before serving. (Sauce may be reheated on low heat or in microwave) ~~if making before hand - don't under it + thick as it'll thicken on reheating.~~

COUSCOUS

- 4 TBSPS. BUTTER
- 1/2 GREEN PEPPER OR YELLOW PEPPER, VERY FINELY CHOPPED
- 1/2 RED PEPPER, VERY FINELY CHOPPED
- 1 CUP COUSCOUS
- 1 CUP VEGETABLE OR CHICKEN STOCK (1/2 Knorr or 1 Thelma)
- 1 TBSP. OIL

Saute peppers in butter until softened.

Bring stock and oil to a boil. Pour in couscous and allow to swell for 2 mins. Stir in peppers. Set aside. May be reheated in microwave.

TO COOK FISH:

Melt Butter in large frying pan. Cut piece into large pieces. Season with salt, pepper and paprika. Lightly saute fish for a ~~5~~ minutes on each side.

If making ahead, undercook fish and place in baking dish until ready to serve.

Serves 8-10

CREAMED HADDOCK BLINTZES.

Ingredients

Blintze Batter.

3 eggs
½ cup flour
pinch of salt.
good ½ cup milk.
2 tablespoons oil.

Method.

Blend eggs, flour and salt until smooth. Add milk gradually then oil. Heat stove. Butter 9" pan and place on stove until hot; pour batter thinly into pan. Cook very lightly on both sides. Makes 12 to 14 blintze leaves.

Haddock filling.

¾ lb. flaked Haddock.
Nut of butter.
Little pepper.
1 small grated onion.
One third pint sweet cream.
3 tablespoons grated cheese.

Soak haddock in hot water for two hours. Drain. Simmer in frying pan, flaked haddock, butter, onion, pepper and cream until haddock is soft and all liquid absorbed. Remove from stove, add cheese. Cool. Place mixture in the centre of each blintze leaf, fold and fry in butter until light brown on both sides.

Variation.

Instead of frying the blintzes place on oven proof dish. Pour over some white sauce to which grated cheese has been added. Sprinkle extra grated cheese over - bake in moderate oven till brown and crisp.

Haddock blintzes make a very nice supper dish. Serve with a french salad.

