

Catch of the day

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'I love fish and would eat it every day,' says Denman tutor Lindy Wildsmith. 'It lends huge variety to the table, it is very good for us and can be a great source of inspiration to the cook.'

'We all know fish is brain food but it can sometimes be dull and needs to be pepped up with interesting sauces, salsas and accompaniments.'

'The worst thing you can do to fish is to overcook it. Go easy on the cooking time, sear it, seal it and then let it carry on gently cooking in its own heat.'

Goan mussels in coconut milk with rice noodles **Serves 4 – 6**

This is a simple, exotic and colourful way to serve mussels and makes a change from the usual moules à la marinière. Not so very long ago, before the Great British Food revolution, I would pounce on mussels served any-which-way because you didn't find them that often. But today, they are pretty common fare and a regular Friday night treat in our house!

Ingredients

- 150g shallots, finely chopped
- 1 egg sized lump of ginger
- 8 small cloves of garlic
- ½ a chilli pepper
- 100ml water
- 1 level tablespoon turmeric
- 1 level tablespoon cumin
- Salt
- 1kg mussels
- 400ml coconut milk
- 4 nests of rice noodles to serve
- 2 tablespoons torn coriander leaves or flat-leaf parsley to serve
- Extra-virgin olive oil

1 Heat enough olive oil to cover the base of large pan or wok over low heat, add chopped shallots and cook gently until soft.

2 Put the ginger, garlic, chilli and water in a small blender and reduce to a paste. Add the paste, turmeric, cumin and salt to the pan, mix well and leave to fry for a minute or two. Add the coconut milk and bring to the boil.

3 Cook the noodles according to the directions on the packet, strain and arrange in a large serving bowl. While the noodles are cooking, add the mussels to the prepared sauce; cover and cook for 5 minutes or until they have all opened.

4 Pour the mussels and the sauce over the noodles and serve at once sprinkled with torn coriander leaves or parsley.

Energy 497Kcal; Fat 22g; Of which Saturates 14g; Carbohydrates 58g; Of which Sugars 4g; Salt 0.9g

Scallop croutons with cherry tomato and caper salsa Serves 4

This subtle and refreshing caper salsa is the perfect accompaniment to seared scallops and pan-fried white fish. Add just a pinch of crushed chilli for more bite

Ingredients – scallop croutons

- 4-6 slices of white bread, 2cm thick
- 1 clove of garlic, peeled and crushed
- 12 scallops
- Small glass of white wine
- Salt and black pepper
- Olive oil for frying
- (optional) 6 cherry tomatoes, halved

Ingredients – tomato & caper salsa

- 2 level tablespoons capers, squeezed dry and finely chopped
- 4 tablespoons flat-leaf parsley, finely chopped
- 12 cherry tomatoes, deseeded and finely chopped
- 6-8 tablespoons extra-virgin olive
- Black pepper
- Pinch of salt crystals

Put the chopped capers, parsley and cherry tomatoes in a small serving bowl. Add enough oil to cover, and a grinding of black pepper and the salt, and mix well. Cover until required.

1 For the croutons: cut 2-3 circles, only slightly larger than the scallops, out of each slice of bread and reserve. Make 12 in all.

2 When ready to serve the dish, put a heavy frying pan over low heat. Add enough oil to cover the base, add the crushed garlic clove and leave to infuse gently. Discard the garlic when it starts to colour. Increase the heat and add the croutons – fry on both sides until golden brown. Add extra oil to the pan if it dries out. Transfer fried croutons to kitchen paper to drain and put on a plate to keep warm in the oven.

3 Wipe out the pan and put on high heat. When hot, add a few drops of extra-virgin olive oil, just enough to grease the base of the pan. Add the scallops and brown on one side. Don't move them around or shake the pan. After a few minutes, lift one with a palette knife to see if it has browned. If it has, turn with the palette knife and repeat the process with the other scallops.

4 When the scallops are golden brown on both sides, put one on each crouton and put back in the oven to keep warm. Deglaze the pan with a glass of white wine, add a touch of salt and pepper and reduce over high heat for a couple of minutes. You should have just a few tablespoons of pan juices.

5 Make a pool of the caper salsa in the middle of each plate, spread it out with the back of a spoon and arrange 3 scallop croutons in the middle. Drizzle pan juices over the top and, if desired, top each crouton with half a cherry tomato. Serve at once.

Energy 454Kcal; Fat 28g; Of which Saturates 4g; Carbohydrate 23g; Of which Sugars 4g; Salt 1.8g

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TOP TIP
Serve with a
tomato salad for
a healthier
option



Deep-fried goujons of fish with lemony tartar sauce **Serves 4**

Goujons are easy to make and once you and your family have tasted them you won't want fish fingers ever again. You can buy Japanese Panko breadcrumbs at most delicatessens. These tiny shards of freeze-dried bread create a wonderful crisp coating. If they aren't available, make breadcrumbs by putting crusts on baking trays in the oven at 100C. Cook until they dry out. Cool and then crumb in a food processor. A tomato salad goes nicely with this.

Ingredients – tartar sauce

- 2 tablespoons of cocktail gherkins, finely chopped
- Zest of 2 lemons, finely chopped
- Handful of parsley, finely chopped
- 4 tablespoons mayonnaise
- 2 tablespoons of lemon juice

Combine all the ingredients in a bowl and cover until required.

Ingredients – goujons

- 2 eggs
- Japanese Panko breadcrumbs or homemade dried breadcrumbs
- Flour, salt and pepper
- 600g thick whiting, haddock, pollack or cod fillet, cut into 2cm slices
- Salt crystals and freshly ground black pepper
- 1 litre of sunflower seed oil
- Chips or fried potatoes to serve

- 1** Put the eggs in a shallow bowl, add 2 tablespoons of water, a little salt and pepper and beat with a fork. Put 4 handfuls of Panko or dry breadcrumbs in another large, shallow bowl. Put 4 handfuls of plain flour seasoned with salt and pepper in a third large, shallow bowl.
- 2** Immerse the fish in the egg mixture, shake off any excess and then dust in flour. Immerse again in the egg,

shake off any excess and coat lightly in breadcrumbs.

3 Heat the oil in a wok or deep, heavy-based pan and when smoking hot (test with a piece of bread – if it turns golden straight away it is ready) lower the goujons of fish carefully into the foaming oil in batches and fry until golden. Transfer the goujons to kitchen paper to drain and serve with lemon wedges and tartar sauce.

Note When you have finished eating, the oil has cooled down and most of the debris has sunk to the bottom, carefully strain the oil back into the bottle to use next time you fry fish. You can use the oil two or three times, adding a little fresh each time to top it up.

Once oil has been used to fry fish, do not use it for other foodstuffs.

Energy 532Kcal; Fat 35g; of which Saturates 5g; Carbohydrates 24g; Of which Sugars 1g; Salt 1.3g