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# Introduction

We know that seafood is the way forward, with fish and seafood producers in the UK offering a variety of choice and flavour for a range of tastes and culinary skill levels. This recipe booklet aims to showcase a range of seafood options, with simple, tasty and modern dishes that anyone can create at home.

From traditional family favourites, to modern classics – we have brought together the knowledge and expertise of our chef ambassadors to create easy to cook, tasty and healthy seafood recipes.

Whether you're cooking with your children, hosting a dinner party for your friends, or you're simply looking for something a bit different for a mid-week dinner - these recipes focus on the great taste of fish and seafood. We love to celebrate the incredible seafood that is available across the country and we hope you enjoy cooking the recipes.

We would love to see your photos and feedback, so get in touch with the team on social media or via:

[fishishedish@seafish.co.uk](mailto:fishishedish@seafish.co.uk)

Photography by Steve Lee,  
Steve Lee Studios, London.

[www.steveleestudios.co.uk](http://www.steveleestudios.co.uk)

#LOVESEAFOOD



# Seafish Chef Ambassadors

As a team of seafood chefs, the seafish chef ambassadors bring together a wealth of seafood experience - with complimentary culinary styles, as well as innovation and commitment to showcasing the very best dishes that can be cooked with easy to prepare seafood produce from across the country.

[www.seafish.org/article/chef-recipes](http://www.seafish.org/article/chef-recipes)



[www.bbqben.co.uk](http://www.bbqben.co.uk)

## **Ben Bartlett:**

**Professional Chef, Author, Lecturer, Consultant & Food Judge**

Ben is president of the British BBQ Association and competes across the globe in BBQ competitions. As one of the UK's most accomplished chefs, he was awarded the first title of Britain's Best BBQ'er and is Master Craftsman of the Craft Guild of Chefs. Ben currently heads up the culinary judging panel of the UK Young Seafood Chef of the Year and also judges as part of the National Fish and Chip Awards. Involved in a variety of Seafish campaigns, Ben is adept in promoting seafood consumption through live cookery demonstrations and educational projects.

## **Rachel Green:**

**Professional Chef, Writer, Campaigner & TV Chef**

Rachel Green is an award winning chef, food writer and presenter regularly hosting events on the food festival circuit. Rachel is an accomplished food stylist, working for a number of high profile lifestyle publications. Known for producing exquisite dishes in lively and interactive cookery demonstrations - Rachel has appeared at Countryfile Live, The Game Fair, East Midlands Food and Drink Festivals and Good Food Live. Rachel also judges for the Great Taste Awards and has cooked for Her Majesty the Queen and HRH Prince Charles.



[www.rachel-green.co.uk](http://www.rachel-green.co.uk)

# Find Out More

Read more about the seafish chef ambassadors by scanning the QR code:

You'll be taken to the Fish is the Dish website, a hub for all things seafood, from recipes to hints and tips, as well as information on sourcing sustainable seafood and more.

Contact Us: [fishisthedish@seafish.co.uk](mailto:fishisthedish@seafish.co.uk)



[www.adyskitchen.co.uk](http://www.adyskitchen.co.uk)

## Ady Delaney:

**Professional Chef, Nutritionist, Judge & Cookery Consultant**

Ady has run his own food and nutrition consultancy for over ten years – working on projects with nursery school groups and other educational campaigns around seafood sustainability and basic cookery skills. Ady has also worked as a chef at major events such as the Commonwealth Games, Olympic Games, Chelsea Flower Show and at Edinburgh Castle.

## Rob Green:

**Professional Chef, Consultant**

**Award Winning Restaurant Owner & Judge**

Rob has been a chef for over thirty years, with experience in restaurants across the UK and is now based in North Yorkshire. An award winning seafood chef, Rob was the owner of Green's of Whitby for over fifteen years, in which time he was awarded the title of Seafood Chef of the Year.

Rob supports Seafish through competition judging, and live cookery demonstrations at national and regional food and drink events. Rob has appeared on various culinary television programmes and has written for cookery books such as the Taste of the North East.



[www.robgreenchef.com](http://www.robgreenchef.com)



by Ady Delaney

**Nutritional Information:**

Per portion

Kcal: 753 | Fat: 31.6g | Protein: 37.2g

# Homemade Fish Cakes

## with Tartare Sauce

Traditional and very simple to prepare, fish cakes are a great recipe to bring the family together. Fresh flavoured, comforting and simple – this recipe is a timeless classic.



**Cooking Time**

45 Minutes



**Alternative Species**

Haddock, Coley or Smoked Mackerel



**Difficulty**

1/5

**Serves 4**

### Ingredients

#### For the Tartare Sauce

- 2 tbsp. capers, chopped
- 2 tbsp. gherkins, chopped
- 1 handful of fresh parsley, chopped
- 150ml mayonnaise
- Lemon juice, to taste

#### For the Fish Cakes

- 500g fresh cod, fillets or chunks
- 200ml milk
- 500g potato, peeled and cut into chunks
- 10g butter
- 125ml cream
- 1 handful of fresh parsley, chopped
- Salt and pepper
- 2 tbsp. vegetable oil, for frying

#### For the Breadcrumbs

- 200g plain flour
- 3 eggs, whisked
- 200g panko breadcrumbs

### Method

1. Mix together all the ingredients for the tartare sauce, adding lemon juice to taste, and then set aside in the fridge .
2. Place the cod and the milk into a medium sized pan and simmer on a medium heat for 10-12 minutes.
3. Leave the cod to cool and then drain the liquid. Flake the fish and remove any bones.
4. Boil the potatoes until soft. Drain, and mash with the butter and cream. Set this aside in the fridge.
5. Combine the flaked cod, chopped parsley, salt, pepper and mashed potato in a large bowl.
6. Leave to chill until the mixture has become firm enough to form fish cakes.
7. Place the flour, eggs and breadcrumbs into bowls to coat the fish cakes. Divide the fish cake mixture into four or eight equal sized pieces depending on the size you want.
8. Shape the fish cakes by lightly pressing the mix between your hands. Lightly dust the fish cake with flour, egg and then breadcrumbs.
9. Heat the oil in a large frying pan over a medium heat. Lightly fry the fish cakes until golden, turning a couple of times each. Serve with the tartare sauce.







by *Rachel Green*

#### Nutritional Information:

Per portion

Kcal: 446 | Fat: 22.1g | Protein: 35.4g

# Smoked Haddock Kedgeree with Poached Eggs

Perfect for lazy mornings and guaranteed to spice up your normal breakfast, this smoked haddock dish is punchy and colourful, richly spiced with cardamom and perfectly matched with poached eggs and mango chutney.



**Cooking Time**  
25 Minutes



**Alternative Species**  
Kippers, Herring or Smoked Fish



**Difficulty**  
2/5

**Serves 4**

## Ingredients

- 500g smoked haddock
- Fish stock
- 1 bay leaf
- 2 large white onions, 1 whole, 1 chopped
- 10g butter
- 1 tbsp. olive oil
- 1 green chilli, de-seeded and finely chopped
- 2 cardamom pods, crushed
- 1 tsp. turmeric
- 1 tsp. mustard seeds
- 1 tsp. curry powder
- 350g cooked basmati rice
- 75ml double cream
- Salt and pepper, to taste
- Small handful of chives, chopped
- Small handful of coriander, chopped
- 4 eggs, for poaching
- Lemon (for garnish)

## Method

1. Put the haddock, skin-side up, in a shallow pan over a low heat and cover with the fish stock, bay leaf and a whole onion.
2. Turn off the heat and allow to stand for 10 minutes. Remove the liquid and, when cool enough to handle, remove the fish and take off the skin - breaking the fish into large flakes.
3. Melt the butter in a large frying pan over a low heat, with the olive oil. Add the chopped onion. Fry gently until softened and stir in the chilli, cardamom pods, turmeric, mustard seeds and curry powder.
4. Cook for three minutes before adding the cooked rice, flaked fish and cream.
5. Heat through and season with salt and pepper to taste. Fold in the chives and coriander.
6. Heat a pan of water over a medium heat. Add a dash of vinegar to the water and poach the eggs for two to three minutes. Serve with the kedgeree and lemon wedge.







by *Ady Delaney*

**Nutritional Information:**  
Per portion

Kcal: 309 | Fat: 17.8g | Protein: 23.3g

Cider

**Nutritional Information:**  
Per portion

Kcal: 430 | Fat: 30.4g | Protein: 21.2g

Asian

# Mussels Two Ways

Mussels are a fresh and tasty seafood choice, with wide seasonal availability across the country. We've chosen two different yet delicious flavour combinations to give everyone a taste of a classic dish and the versatility of shellfish.



**Cooking Time**  
25 Minutes



**Difficulty**  
1/5

## Method

- Clean the mussels in cold water.
- Remove any barnacles and pull away the beard from the mussels.
- Discard any damaged or open mussels.

**Serves 4**

## Ingredients

Gluten Free



### For Asian Style

- 2kg fresh mussels
- 50g butter
- 2 large white onions, finely chopped
- 3 garlic cloves, finely chopped
- 2 lemongrass stalks
- 2 lime leaves
- 1x 400ml can of coconut milk
- 1 tsp. green curry paste
- 568ml fish stock
- Small handful of chopped coriander

### For Asian Style

1. Melt the butter in a large pan with a lid over a medium heat. Add the onion, garlic, lime leaves and lemongrass.
2. Cook for a few minutes before adding the coconut milk and thai green curry paste. Mix well and bring to the boil.
3. Add the mussels and cover with the pan lid. Steam the mussels for five to six minutes.
4. Discard any un-opened mussels and divide the cooked mussels between four bowls, covering with the sauce. Scatter the coriander leaves over the mussels.

### For Creamy Cider Mussels

- 2kg fresh mussels
- 1 tbsp. rapeseed oil
- 1 white onion, finely chopped
- 2 garlic cloves, finely chopped
- 100g streaky bacon, diced
- 3 sprigs fresh thyme
- 300ml dry cider
- 4 tbsp. creme fraiche
- 1 tsp. wholegrain mustard
- Small handful of flat leaf parsley, chopped

### For Creamy Cider Mussels

1. Heat the oil in a large frying pan with a lid over a medium heat. Add the onion, garlic and bacon and cook for five minutes, until the onions soften.
2. Add the thyme, mustard and cider and bring to the boil.
3. Add the mussels and cover with the lid. Cook for five to six minutes before removing the thyme. Sprinkle with the parsley.
4. Discard any un-opened mussels and add the creme fraiche to the cooked mussels. Simmer for one minute before serving.









by Ady Delaney

**Nutritional Information:**

Per portion

Kcal: 395 | Fat: 10.1g | Protein: 41.9g

# Fish Curry with Chana Dal

Inspired by the flavours of Southern Indian cooking, this freshly spiced white fish curry is simple to prepare and packed full of flavour.



**Cooking Time**

50 Minutes



**Alternative Species**

Haddock or Hake



**Difficulty**

2/5

**Serves 4**

## Ingredients

Gluten Free



- 4 x 150g skin-on cod portions
- 1 white onion, chopped
- 2 garlic cloves, finely chopped
- Small handful of fresh coriander, chopped
- 1 tbsp. vegetable oil
- 2 tsp. garam masala
- 1 tsp. ground coriander
- 2 tbsp. chat masala spice mix
- 1 x tin of chopped tomatoes
- 3 x 400g tins of chickpeas
- 100ml natural yoghurt

## Method

1. In a large saucepan, fry off the onion, garlic and fresh coriander in the vegetable oil, over a medium heat. Fry until the onions are softened but not browned.
2. Add the garam masala, ground coriander and chat masala spice mix and cook for a further four to five minutes - allowing the spices to coat the onions.
3. Add two of the tins of chickpeas to the pan, including the water. Add the chopped tomatoes.
4. Bring the pan to the boil and then simmer for 20 minutes.
5. Add extra water to the pan if the curry begins to look too thick or starts to dry out.
6. Drain the remaining tin of chickpeas. Using the back of a wooden spoon, crush the chickpeas into a thick paste.
7. Add the crushed chickpeas to the curry, which will thicken the sauce. Simmer until the whole chickpeas become soft.
8. In a frying pan, place the cod skin side down on a medium heat. Fry the skin until it becomes crisp and then remove from the heat.
9. Add the fish to the curry sauce and cook for an additional 8-10 minutes.
10. Sprinkle with chopped coriander leaves and spoon in the natural yoghurt.





by Ben Bartlett

#### Nutritional Information:

Per portion

Kcal: 488 | Fat: 27.8g | Protein: 32.4g

# Cod & Prawn Burgers with Herb Mayonnaise

Quick street food is a popular food trend. These fish burgers are a perfect snack and great at summer BBQs for a meat alternative. Healthy, flavoursome and easy to grab and go!



#### Cooking Time

15 Minutes



#### Alternative Species

Coley, Haddock or Scallops



#### Difficulty

1/5

Serves 4

## Ingredients

### For the Burgers

- 500g skinless cod fillet
- 100g raw prawns
- 2 garlic cloves, crushed
- 2 tbsp. capers, chopped
- 1 tsp. dill, chopped
- 1 tsp. english mustard

### For Garnish

- 4 burger buns
- 1 little gem lettuce
- 1 large tomato, sliced
- 1 red onion, thinly sliced

### For the Herb Mayonnaise

- 2 tbsp. flat leaf parsley, chopped
- 1 tbsp. tarragon, chopped
- 1 large egg yolk
- 2 tsp. white wine vinegar
- 1 tsp. wholegrain mustard
- 150ml rapeseed oil

## Method

1. Place the cod and prawns onto a plate and season with a little salt and pepper. Cover and refrigerate for around an hour.
2. Rinse the cod and prawns in a little cold water, drain well and finely chop.
3. In a bowl, mix together the cod and prawns, garlic, capers, dill and english mustard. Put the mixture into a food processor and blend until combined.
4. Form the mix into four large burgers, cover with cling film and leave to rest in the fridge for one hour.
5. Heat a small amount of oil in a large frying pan over a medium heat. Remove the burgers from the fridge and gently fry them in the pan for four to six minutes until they are cooked through. Turn the burgers a few times while cooking. *(Alternatively, you can grill the burgers, or place them onto a BBQ)*
6. For the herb mayonnaise, mix the tarragon, parsley and egg yolks in a bowl. Add the white wine vinegar and mustard and mix.
7. While whisking, slowly pour in the oil and mix until the mayonnaise thickens and emulsifies.
8. Toast the burger buns and layer lettuce, tomato and onion with some of the mayonnaise. Add the burgers and serve with salad or chips.







by Rob Green

# Scallops with Pesto and Parma Ham

## Nutritional Information:

Per portion

Kcal: 90 | Fat: 6.6g | Protein: 6.6g

One of the quickest recipes to prepare and traditionally Italian in flavour, this scallop dish looks stunning. Fresh, creamy and succulent scallops matched with salty parmesan and parma ham. Perfect as a dinner party appetiser.



**Cooking Time**  
5 Minutes



**Alternative Species**  
King Scallops or Oysters



**Difficulty**  
1/5

**Serves 20**

## Ingredients

Gluten Free



- 40 queen scallops
- 50g hazelnuts
- Large bunch of basil
- 50g parmesan, finely grated
- 200ml olive oil, plus extra for storing
- 2 garlic cloves
- 25g Parma Ham, thinly sliced
- Chervil or baby herb shoots (for garnish)

## Method

### For the Pesto:

1. Heat a small frying pan over a low heat. Toast the hazelnuts until they turn dark brown. Shake the nuts occasionally while toasting to avoid burning.
2. Put the hazelnuts into a food processor with half of the parmesan, the basil, the olive oil and garlic and process until this becomes smooth. Season with salt and pepper to taste.
3. Spoon the pesto into a small jar and cover with a little extra olive oil. Seal the jar and store this in the fridge. Homemade pesto will keep for up to two weeks.

### For the Scallops:

1. Clean and rinse the scallops in running water for two minutes. Pat the scallops dry and place them onto a cleaned shell.
2. Top the scallops with some of the pesto, the parma ham and a sprinkle of the remaining parmesan.
3. Place the scallops onto a baking tray and place under the grill for two minutes until the scallops are cooked and the cheese is bubbling.

For hints and tips on sourcing sustainable shellfish and how to prepare scallops for this recipe, visit the website at:

[www.fishisthedish.co.uk](http://www.fishisthedish.co.uk)









by Ben Bartlett

#### Nutritional Information:

Per portion

Kcal: 405 | Fat: 18.8g | Protein: 29.2g

# Mexican Style Fish Tacos

Vibrant and zesty, with light spices and a fiery sauce for those who like it spicy! These tacos are a great introduction to fish for the whole family.



#### Cooking Time

25 Minutes



#### Alternative Species

Haddock, Bream or Gurnard



#### Difficulty

1/5

## Serves 4

## Ingredients

### For the Salsa

- 250g cherry tomatoes, chopped
- 1 red onion, finely chopped
- 1 garlic clove, finely chopped
- 1 lime, juiced and zested
- 1 tbsp. olive oil
- Seasoning - salt and pepper

### For the Tacos

- 650g cod fillet
- 1 tbsp. paprika
- 1 tsp. garlic powder
- 1 tsp. dried oregano
- 1 tsp. cayenne pepper
- 1 tsp. ground cumin
- 1 tsp. rapeseed oil
- 12 corn tortillas
- 2 avocados, stoned and sliced
- 1 red onion, finely sliced
- 50ml sour cream
- Small handful of coriander leaves
- 1 lime, cut into wedges
- Chilli sauce for garnish

## Method

1. Mix together the ingredients for the salsa in a medium sized bowl and season with the salt and pepper to taste. Cover and set aside in the fridge.
2. In another bowl, mix together the paprika, garlic powder, oregano, cayenne pepper, cumin and rapeseed oil.
3. Coat the cod fillet with the spice mix and add a little more oil if required. Cover and place the fish in the fridge to marinate for around half an hour.
4. Remove the cod from the fridge and cut into chunks.
5. In a medium sized pan, over a medium heat, fry the cod chunks for a few minutes, turning the pieces a couple times each.
6. On a medium heat, grill the tortillas until warmed through.
7. Assemble the tacos by layering the fish, avocado, onion, sour cream and chilli sauce on top of the tortillas. Top with a squeeze of lime juice to bring out the flavour of the spiced cod.





by Rob Green

#### Nutritional Information:

Per portion

Kcal: 629 | Fat: 51.1g | Protein: 19.4g

# Crab Cocktail

## with Semi Dried Tomatoes & Toasted Sourdough

Perfect to impress someone over brunch, and quick to put together this crab cocktail dish is simple to make and tastes fantastic. Fresh and luxurious – it's a great way to try new seafood species.



### Cooking Time

20 Minutes



### Alternative Species

Prawn, Mackerel, Lobster



### Difficulty

3/5

## Serves 4

## Ingredients

- 200g white crab meat
- 200ml mayonnaise
- 1 tsp. chopped tarragon
- 1 tsp. chopped chives
- Squeeze of lemon juice
- Salt and pepper to season
  
- 100g brown crab meat
- 200ml mayonnaise
- 1 tbsp. tomato ketchup
- 1/2 tsp. cayenne pepper
  
- 12 cherry tomatoes, halved
- 1 tbsp. olive oil
  
- 4 slices of sourdough bread
- 8 little gem leaves, washed and shredded

For hints and tips on dressing a crab, visit the website at:

[www.fishisthedish.co.uk](http://www.fishisthedish.co.uk)

## Method

1. Preheat the oven to 200° C or gas mark six.
2. Place the tomatoes on a baking tray and season with the salt and pepper. Drizzle with a little olive oil.
3. Roast in the oven for around 20 minutes until the tomatoes are soft.
4. Place the brown crab meat, mayonnaise, ketchup and cayenne into a food processor , and add a little seasoning. Blend until smooth.
5. Place the white crab meat, mayonnaise, tarragon, chives and lemon juice into a bowl and mix together, adding salt and pepper to taste.
6. Drizzle a little olive oil onto the sourdough and place the slices onto a hot griddle until toasted.
7. Place the lettuce over the bread and add some of the roasted tomatoes.
8. Using spoons, shape the white crab into ovals and place one on each slice of bread.
9. Add a spoonful of the brown crab mayonnaise and serve, garnishing with micro-herbs and lemon.







by *Rachel Green*

#### Nutritional Information:

Per portion

Kcal: 648 | Fat: 16.4g | Protein: 43.0g

# Spiced Seafood Tagine with Cous Cous

With flavours of the middle east, this mixed seafood dish is rich and warming, perfect for a dinner to share. Fresh, fruity and full of spices. We love the companionship between soft white fish, and sweet roasted vegetables.



**Cooking Time**  
35 Minutes



**Alternative Species**  
Sea Bass, Mussels or Gurnard



**Difficulty**  
2/5

**Serves 4**

## Ingredients

- 480g cod loin
- 3 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 large white onion, thinly sliced
- 1 tsp. cumin seeds
- 2 tsp. ground cumin
- 2 tbsp. paprika
- 2 tsp. ras-el-hanout
- 1/2 tsp. cayenne pepper
- 400g chopped tomatoes
- 1 lemon, zested
- 1 bay leaf 100g dried apricots chopped
- 400g chickpeas
- 400ml fish stock
- Salt and pepper to season
- Fresh coriander leaves, chopped
  
- 600g prepared cous cous
- Mixed leaf salad
- 50ml natural yoghurt

## Method

1. Heat a heavy based casserole dish on a medium heat. Add the oil and fry off the garlic and onion for a few minutes until softened.
2. Increase the heat and add the cumin, paprika, ras-el-hanout and cayenne pepper and fry for around a minute. Reduce the heat.
3. Add the chopped tomatoes, lemon zest bay leaf, apricots, chickpeas and fish stock. Season with salt and pepper to taste and simmer for 10-15 minutes, stirring regularly.
4. Cut the cod loin into large pieces and add to the pan. Ensure that the cod is covered with the sauce to infuse the flavour of the spices.
5. Cover the pan with a lid and reduce the heat to low. Continue to cook for five to eight minutes until the fish is cooked through. If the tagine looks too thick, add more stock.
6. Grill a couple of prawns for four to five minutes and top with a little olive oil. Serve on top of the tagine with a handful of coriander. Serve with lemon and yoghurt.









by Rachel Green

### Nutritional Information:

Per portion

Kcal: 671 | Fat: 22.9g | Protein: 39.6g

# Indian Street Food

## Kofta Flatbread

Bringing together Indian spices and cool coconut relish, this street-food inspired dish is bursting with gentle chilli heat and fresh fragrant herbs. Quick, easy to prepare and versatile, it's great for a mid-week treat.



**Cooking Time**  
25 Minutes



**Alternative Species**  
Haddock, Coley or Pollack



**Difficulty**  
1/5

**Serves 4**

## Ingredients

For the Fish Koftas:

- 4 cod fillets
- 1 lemon, zested
- 2cm piece of fresh ginger, grated
- 2 garlic cloves, crushed
- 1 green chilli, finely chopped
- 1/2 tsp. turmeric
- 1 tsp. ground cumin
- 1/2 tsp. cumin seeds
- 2 cardamom pods, crushed
- 30g breadcrumbs
- Small handful of dill, chopped
- Small handful of coriander, chopped
- Salt and pepper to season
- 1 tbsp. rapeseed oil
- 2 flatbreads, to serve
- 50ml natural yoghurt

For the Coconut Relish:

- 50g desiccated coconut
- 1/2 red onion, finely diced
- 1 green chilli, finely chopped
- 1 lime, juiced
- Small handful of coriander, chopped
- Small handful of mint, chopped
- Salt and pepper to season
- 1/ tsp. caster sugar

## Method

1. Cut the cod into small chunks, and add this to a food processor. Mix together the ginger, garlic, chilli, turmeric, cumin and cardamom. Add the spices to the food processor. Mix until combined.
2. Add the breadcrumbs and a little salt and pepper to taste. Blend again until the mix comes together.
3. Form the mix into small koftas - roll between the hands so that they fit comfortably in your palm. Once formed, place onto a tray and chill in the fridge for half an hour.
4. In a small bowl, combine the coconut, onion, chilli, lime juice, coriander, mint and caster sugar. Season with salt and pepper to taste.
5. Add a little rapeseed oil to a large frying pan over a medium heat. Fry the koftas for three to five minutes until they are cooked through and golden. Turn the koftas a couple of times during frying.
6. Warm the flatbreads on a warm griddle. Layer the breads with koftas, relish and natural yoghurt. If you like more spice, add chilli sauce.





by Rob Green

#### Nutritional Information:

Per portion

Kcal: 377 | Fat: 30.5g | Protein: 20.0g

# Mackerel with Pickled Vegetables Wasabi Mayonnaise & Seaweed Crackers

This is a sophisticated, yet quick dish to prepare. Inspired by eastern asian flavours and celebrating the simplicity of pan fried mackerel, this is a fast fish to cook. Perfect to impress at a dinner party with vibrant colours and flavours.



#### Cooking Time

5 Minutes



#### Alternative Species

Sardines, Salmon, Smoked Haddock



#### Difficulty

3/5

Serves 2

## Ingredients

Gluten Free  
Dairy Free



- 1 fresh mackerel, filleted and pin boned
- 1 tsp. vegetable oil
- 1 tbsp. mayonnaise
- 1/2 tsp. wasabi paste
- 1 tsp. lemon juice
- 100ml rice wine vinegar
- 100ml sherry
- 1/4 tsp. salt
- 1 tsp. sugar
- 1 tbsp. soy sauce
- 1/2 tsp. crushed shechuan peppercorns
- 1/4 tsp. turmeric
- 1/4 tsp. five spice
- 1 bay leaf
- 3 radishes, thinly sliced
- 2 spring onions, thinly sliced
- 1 carrot, cut into ribbons
- 2 tsp. pickled ginger
- 1 dried rice spring roll sheet
- Vegetable oil for frying
- Dried seaweed (nori or dulse)
- Sea salt flakes

## Method

### For the Pickled Vegetables

1. Place the rice wine vinegar, sherry (or mirin if available), salt, sugar, soy sauce, peppercorns, turmeric, five spice and the bay leaf into a small saucepan and bring to the boil. Remove from the heat after two to three minutes.
2. Add the radishes, spring onions and carrot to the warm pickling liquor and set aside.

### For the Seaweed Crackers

1. Heat a pan of vegetable oil or deep fat fryer. Snap the dried spring roll sheet into pieces and add to the hot oil until the cracker puffs up.
2. Drain and sprinkle with sea salt and dried seaweed powder.

### For the Wasabi Mayonnaise

1. Mix together the wasabi, mayonnaise and lemon juice in a small bowl. Taste as you add the ingredients to make sure it is not too strong for you.

### For the Mackerel

1. Heat a non-stick pan over a medium heat. Add a little vegetable oil. Season the mackerel fillets with salt and pepper and fry skin side down for one minute. Flip the fillets and immediately remove from the heat. The fillets will continue to cook in the heat of the pan.
2. Serve the mackerel fillets with a drained spoonful of the pickled vegetables, wasabi mayonnaise and seaweed crackers.







by Ben Bartlett

Nutritional Information:

Per portion

Kcal: 782 | Fat: 27.7g | Protein: 26.5g

# Homemade Seafood Pizza on the Barbecue

Another takeaway classic with a seafood twist, our pizza recipe is quick to cook and looks amazing with a simple side salad. Great for summer evenings and family occasions.



**Cooking Time**

65 Minutes



**Alternative Species**

Sardines, Cuttlefish, Cod, Gurnard



**Difficulty**

2/5

**Serves 6**

## Ingredients

### For the Dough

- 120ml warm water
- 2 tsp. light brown sugar
- 2x 7g sachets of dried fast acting yeast
- 750g strong white bread flour
- 25g wholewheat flour
- 50g cornmeal (polenta)
- 1 tsp. salt
- 4 tbsp. olive oil

### For the Sauce

- 3 tbsp. unsalted butter
- 4 garlic cloves, minced
- 8 ripe plum tomatoes, peeled, de-seeded and chopped
- 50ml whipping cream
- 2 tbsp. basil
- 2 tbsp. oregano
- 1 tbsp. red wine vinegar
- 1/2 tsp. salt
- 2 tsp. tomato puree
- 1/2 large white onion, finely diced

### For the Topping

- 10g anchovies
- 100g prawns
- 100g monkfish
- 60g crumbled feta
- 50g mozerella cheese
- Small handful of fresh basil
- Small hanful of fresh oregano
- *Any other ingredients you would like to add to the pizza topping (based on personal taste or preference)*

Don't forget to share your recipe photos with us on social media, using #LOVESEAFOOD

Or contact us, on [fishisthedish@seafish.co.uk](mailto:fishisthedish@seafish.co.uk)

**Method Overleaf -->**







## Method

### For the Dough:

1. Measure 60ml of the warm water into a small bowl, add the sugar and the dried yeast and stir to dissolve .
2. Leave the sugar, yeast and water to stand for five minutes to prove until foam begins to form on the top.
3. Sift in the white bread flour, wholewheat flour, corneal and salt into a large mixing bowl. Make a depression in the middle and pour in the yeast mix, remaining warm water and three tbsp. of olive oil.
4. Using a fork, mix together the ingredients in the bowl until it begins to form a dough. Use your hands to bind the mixture.
5. On a floured surface, place the dough and knead for 10 minutes in order for the dough to become elastic. Stretch the dough away from your using your knuckles and roll back into a ball each time.
6. Add a tbsp. of olive oil to a large bowl and set the dough aside to prove in a warm place until this has doubled in size.

### For the Sauce:

1. Melt the butter in a large pan over a medium heat. Add the garlic and onions and sweat for two minutes. Add the red wine vinegar and fry for an additional minute.
2. Add the tomatoes, basil and oregano and cook out for 10-15 minutes stirring frequently to avoid burning.
3. Stir in the salt to taste and whipping cream and thicken using the tomato puree.
4. Set aside to cool.

### Assemble the Pizzas:

1. Divide the dough into four or six equal sized balls depending on the size of the pizzas you would like.
2. On a floured surface, stretch out the dough into large round shapes, with the dough no thicker than 1.5cm.
3. Place the dough under a hot grill for 2 minutes until the surface begins to bubble.
4. Remove from the grill and sprinkle with olive oil.
5. Pre-heat the oven to 220° C
6. Brush the grilled pizza bases with a little of the tomato sauce, cheese and fish toppings.  
*You can add any other toppings at this point, based on your taste and preference.*
7. Place the pizzas onto a hot oven tray, and return the pizzas to the oven for a further three to four minutes. Ensure the fish is cooked through and the cheese is melted.
8. Remove from the oven and transfer to a wooden board. Drizzle with a little olive or chilli oil and cut into slices.
9. Serve alongside a simple mixed leaf salad.

# About Seafish

Seafish is a non-departmental public body (NDPB), set up by the Fisheries Act 1981, and is funded by a levy on the first sale of seafood in the UK. Seafish support the whole of the UK seafood industry from catch to plate - providing facts, statistics, research and a range of business services and support tools.

With the aim of promoting seafood consumption to the public, the Seafish vision is for a UK seafood industry that is truly thriving.

Seafood is the way forward, for business, communities, sustainability and for personal health and wellbeing.

To see more about their work, visit the website

[www.seafish.org](http://www.seafish.org)

Follow Seafish on Twitter

[@SeafishUK](https://twitter.com/SeafishUK)

For more information, recipe, advice and tips for making sustainable seafood choices - visit:

[www.fishisthedish.co.uk](http://www.fishisthedish.co.uk)



## Tips for Buying Fish

With issues such as illegal fishing, sustainability and micro-plastics making the news on a regular basis, buying sustainable seafood is a high priority for modern consumers.

Supermarkets and fishmongers across the UK are making sure that there is plenty of sustainable seafood on the market. Through packaging labels and information in stores, it is hoped that consumers will be able to spot sustainable fish easily. Items such as the MSC blue tick label, and Responsible Fishing Scheme traceability information mean we have the opportunity to showcase those who champion sustainable seafood to allow us to enjoy it well into the future.

Read more on sustainability by visiting:

[www.seafish.org](http://www.seafish.org)

When it comes to fish freshness and hints and tips for the best way to prepare a variety of seafood species - the fish is the dish website is a great resource for any seafood beginner or expert alike.

If you're looking for any information - or you'd like to ask our ambassadors any questions about their recipes, why not get in touch?

You can reach us on:

[fishisthedish@seafish.co.uk](mailto:fishisthedish@seafish.co.uk)

Or by visiting:

[www.fishisthedish.co.uk](http://www.fishisthedish.co.uk)





  
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