

# fish

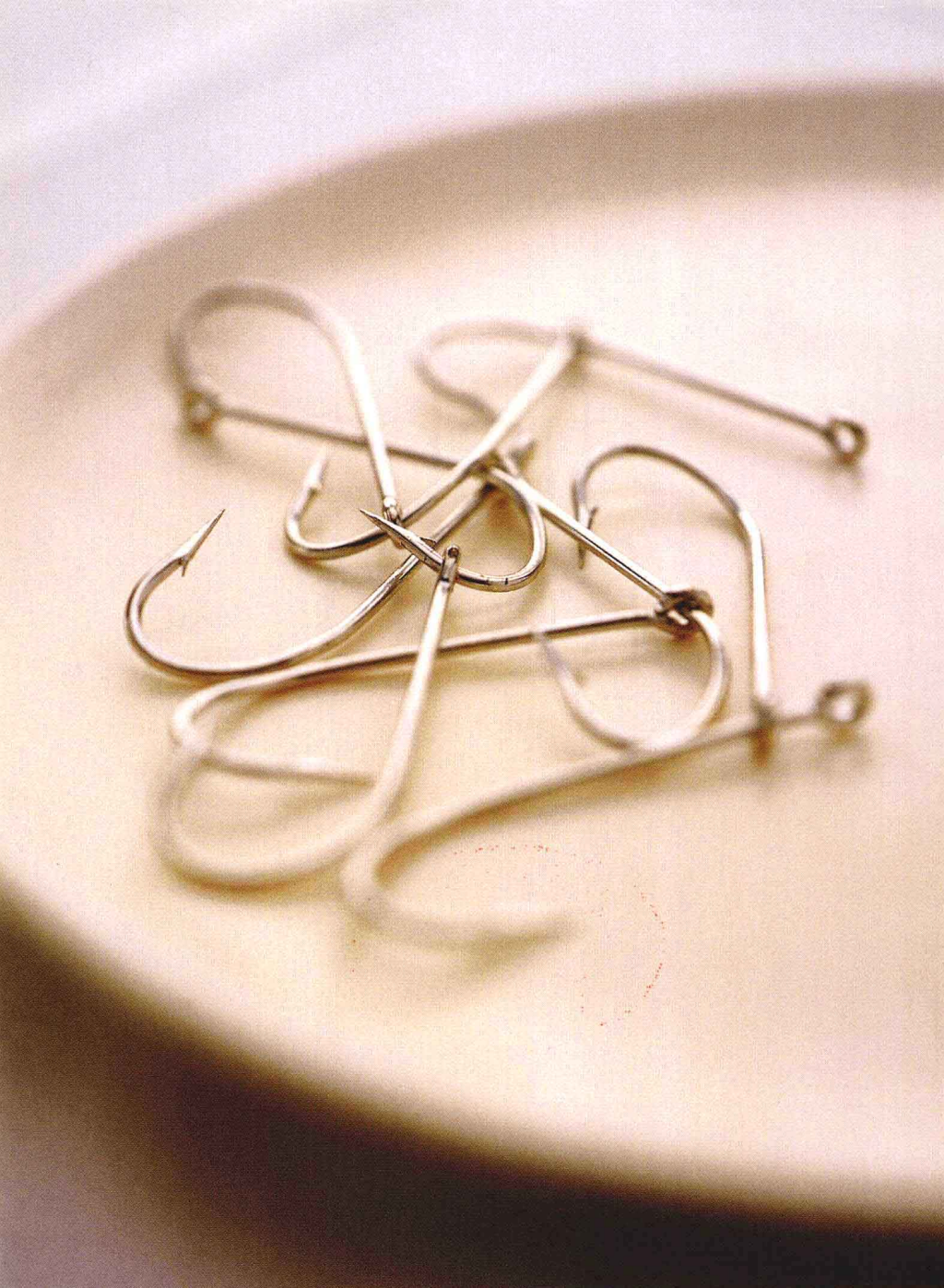
great ideas for cooking your catch

# food



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# fish food

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Starters







## Fried whitebait

500 g (1 lb 2 oz) whitebait  
2 teaspoons sea salt  
2 tablespoons plain  
(all-purpose) flour  
1 ½ tablespoons cornflour  
(cornstarch)  
2 teaspoons finely chopped flat-leaf  
(Italian) parsley  
vegetable oil, for deep-frying  
lemon wedges, for serving

Combine the whitebait and sea salt in a bowl and mix well. Cover and refrigerate until needed.

Combine the sifted flours and parsley in a bowl and season well with freshly ground black pepper. Fill a deep-fat fryer or large saucepan one-third full of oil and heat to 180°C (350°F), or until a cube of white bread dropped into the oil browns in 15 seconds. Toss a third of the whitebait in the flour mixture, shake off the excess flour, and deep-fry for 1 ½ minutes, or until pale and crisp. Drain well on crumpled paper towels. Repeat with the remaining whitebait.

Just before serving, reheat the oil to 190°C (375°C), or until a cube of white bread browns in 10 seconds, and fry the whitebait a second time, in batches, for 1 minute each batch, or until lightly browned. Drain on crumpled paper towels, salt lightly (this will help absorb any excess oil) and serve while hot with some lemon wedges.

Serves 4

### Grilled sardines with basil and lemon

1 lemon, cut into thin slices  
8 whole sardines, gutted, scaled  
and cleaned  
coarse sea salt  
80 ml ( $\frac{1}{3}$  cup) olive oil  
3 tablespoons torn basil leaves or  
whole small leaves

#### Fish substitution

small herring, mackerel

Preheat a griller (broiler) or griddle to very hot. Insert a couple of slices of lemon inside each sardine and season on both sides with the sea salt and some freshly ground black pepper. Drizzle them with half of the olive oil.

Put the sardines on a baking tray and grill (broil) for 3 minutes on each side or place the fish directly onto the griddle. Check to see if the fish are cooked by lifting the top side and checking the inside of the fish. The flesh should look opaque. Remove and place in a shallow serving dish. Scatter the basil over the sardines and drizzle with the remaining olive oil. Serve warm or at room temperature.

Serves 4









## Cuban-style prawns with rum

100 ml (3½ fl oz) white rum  
few drops of Tabasco sauce  
zest and juice of a lime  
2 teaspoons Worcestershire sauce  
2½ tablespoons plain  
(all-purpose) flour  
generous pinch of ground cumin  
generous pinch of freshly grated  
nutmeg  
24 tiger prawns (shrimp), peeled  
and deveined, tails intact  
25 g (1 oz) butter  
80 ml (⅓ cup) olive oil  
4 large garlic cloves, crushed  
1 tablespoon chopped parsley  
1 tablespoon chopped coriander  
(cilantro) leaves

### Fish substitution

freshwater crayfish

Mix together the rum, Tabasco, lime zest and juice and Worcestershire sauce in a small bowl.

Mix the flour with the cumin and nutmeg and season with salt and freshly ground black pepper. Dip the prawns in the seasoned flour to lightly coat before cooking.

Melt half of the butter with half of the oil in a large sauté or frying pan and, when hot, add half of the garlic and half of the prawns. Cook for 4–5 minutes, or until the prawns have turned a pale pink colour and are lightly golden on the outside. Lift onto a serving plate and keep warm. Repeat with the remaining butter, oil, garlic and prawns.

Pour the rum mixture into the pan and allow to bubble for 30–40 seconds, stirring. Season with salt. Mix together the parsley and coriander. Pour the sauce over the prawns and scatter with the herbs before serving.

Serves 4

## Tempura with soy and ginger dipping sauce

200 g (7 oz) shelled large prawns  
(shrimp), peeled and deveined,  
tails intact

300 g (10½ oz) skinned haddock  
fillets

2 teaspoons finely grated fresh ginger

1 tablespoon mirin

100 ml (3½ fl oz) soy sauce

vegetable oil, for deep-frying

250 g (2 cups) tempura flour (see  
Note)

1 large egg, lightly beaten

270 ml (1 cup and 1 tablespoon)  
iced water

### Fish substitution

breem, cod, rock cod, squid,  
lobster, crayfish

Make three cuts on the underside of each prawn and straighten them out. Cut the fish into bite-sized chunks.

Mix the ginger and mirin into the soy sauce, and dilute to taste with up to 2½ tablespoons of water. Pour the sauce into dipping bowls.

Fill a deep-fat fryer or large saucepan one-third full of oil and heat to 180°C (350°F), or until a cube of white bread dropped into the oil turns golden brown in 15 seconds.

Put the flour into a large bowl. Whisk the egg into the iced water. Very lightly whisk the iced water and egg into the tempura flour—it should still be lumpy. If you overwork the batter at this stage, you will not end up with a light coating. Dip the prawns and fish in the batter in batches and fry until crisp and golden. Drain on crumpled paper towels and serve immediately with the dipping sauce.

Serves 4

Note: Tempura flour is an especially fine flour available at Asian supermarkets. If you can't find it, use 185 g (1½ cups) plain (all-purpose) flour with 90 g (½ cup) rice flour.







