



## Fish Tips

Some tips from the kitchen which you may find useful when preparing the fish dishes from this week's episode!

### MACKEREL

- 1** Fennel - By plunging shaved fennel into ice water it will firm up and give it more shape and character, rather than being limp and lifeless.
- 2** Mackerel - By scoring the skin of your fish before grilling it, it will prevent it from curling up, giving you an even caramelisation on the skin.
- 3** Fresh Mackerel - If you are lucky enough to go fishing for your own Mackerel try cooking and eating it as soon as you can; Mackerel straight off the hook and cooked will not have as much flavour as one that has been left for a couple of hours.

### FISH SOUP

- 1** Saffron - Finding a good Saffron is sometimes difficult. Using powdered Saffron is better as you will get the most out of it. Simply soak in a little hot water and leave to infuse.
- 2** Starches to Sugars - The slow, gentle sweetening of onions will convert the natural starches present into sugars. This is most noticeable when you eat a raw onion compared to a cooked one.
- 3** Low Budget - You can make a fantastic tasting soup from fish bones. You don't even need to buy the fish. If you have a good fishmonger they will usually have a stock of fish bones under the counter.
- 4** Rouille - Ensure all ingredients are at room temperature, this will make the emulsification easier. If your Rouille splits don't worry, in a separate bowl add one teaspoon of mustard and gentle whisk in the split rouille. This will work for Mayonnaise sauces also.

### GRILLING & FRYING FISH

- 1** Preparation - A very fresh Dover Sole will usually stick to your grill. To avoid this lightly dust with flour and pat off any excess. This will soak up any moisture and dry out the surface.
- 2** Grilling fish - Getting the right temperature on your grill or BBQ to cook a whole fish is difficult. Too high and it will burn, too low and the fish will be overcooked and dry. Instead sear your fish on a high heat, which will impart a lovely smokey flavour into the skin and flesh; then finish the cooking in the oven. This way you can control the caramelisation and the cooking.

### STORING FISH

- 1** Season softened butter with a little salt, pepper and lemon juice. Brush this onto your fillets of fish and store them in the fridge. The butter will do two things: first it will seal the fish and prevent it from drying out, keeping it fresher for longer. And second, as you braise your fillets, the butter will melt and season the fish.

### MORE INFORMATION

- 1** Boiling wine - When cooking with wine, always bring it to the boil as quickly as possible and taste. You want to remove the bitterness of the alcohol and leave the soft fruity qualities of the wine to impart their flavour into your sauces and stocks.
- 2** Cucumber - By freezing cucumber it will slightly cook/cure the flesh and leave it transparent with a brilliant green colour and intensify the flavour.
- 3** Did you know - Although many fish live in a salt water environment fish do not contain high amounts of sodium or chloride.
- 4** Girls and women of reproductive age, including pregnant and breastfeeding women should aim to eat between 1 and 2 portions of oily fish per week
- 5** Women past reproductive age, boys and men should aim to eat between 1 and 4 portions of oily fish per week.