Introduction

Versatile, nutritious, quick and most of all delicious, fish is our natural 'Fast Food'. Enjoy a selection of chef's favourite recipes from around the count, utilising a variety of fish and shellfish.

PAN FRIED FILLET OF HAKE WITH ROMESCO SAUCE

Serves 4 (Mathew Cox, Cwtch*, St Davids)

Ingredients
4 x 225 g fillets of Hake
sea salt
3 whole red peppers
300 mls extra virgin olive oil
2 tomatoes (de-seeded and chopped)
1 tbsp. tomato puree
2 cloves of garlic
1 finely chopped and de-seeded red chilli (optional)
2 tbsp. balsamic vinegar
1 tsp. brown sugar
50 g each of Hazelnuts, pine nuts and blanched almonds.
1 tbsp. each chopped basil and parsley

Method
Lightly salt the Hake fillets with sea salt to draw out excess water. Leave for 20 minutes then rinse and pat dry. For the Romesco Sauce grill the red peppers until the skin peels. Peel off the skin, de-seed and roughly chop. Fry in a saucepan with a little of the olive oil. Add the chopped tomatoes, tomato puree and the chopped garlic. Then add the red chilli, balsamic vinegar and brown sugar, all the nuts and the rest of the olive oil. Cook on a low heat for around 30 minutes so all the flavours infuse, stirring regularly to stop the nuts from burning. Take off the heat and transfer to a liquidizer. Don't liquidize too much, as you want the sauce to have a chunky texture. Return to the saucepan and season with salt and pepper, and then stir through the basil and parsley. Next cook the Hake, (you will have to be gentle with it as the fish is very delicate and it will easily break up). The easiest way is to pan fry skin side down in a moderate to hot frying pan with a little oil. Cook until the skin is nicely browned. Take off the heat and using a good fish slice turn the hake over and leave to cook in the frying pan for 4-5 minutes. Transfer the Hake fillets to the plate and spoon over the Romesco Sauce.

HAKE FILLET POACHED IN A CIDER AND BLACK PEPPERCORN SAUCE WITH CARAMELISED APPLE AND CHIVE OIL

Serves 2 *(Tara Pitman, Morgans, St Davids)*

Ingredients
Knob butter, plus extra for apples
½ medium onion, finely chopped
1tbsp Black peppercorns, crushed
2 Hake fillets, skin on 175-225g each, bones removed
150 mls Welsh dry cider (not too strong)
150 mls fish stock
150 mls double cream
½ apple, sliced
Small bunch chives
75 mls olive oil

Method
In a medium sized frying pan, melt the butter on a medium heat until it foams. Add the onion and sauté until soft and translucent but not coloured. Add the peppercorns and mix thoroughly. Add the Hake fillets, skin side down, and then add the cider and the fish stock. Bring to the boil, put a lid on to partially cover, and then simmer on a low-medium heat until the fish is cooked through and cider and stock reduced. The fish is cooked when it has turned opaque throughout, is firm to touch and flakes easily when pressed. Stir in the cream and reduce again until the sauce is thick. For the caramelised apples, simply fry the sliced apple in some butter on a medium heat until nicely golden brown. For the chive oil, blend the chives with the olive oil in a blender until thoroughly liquidised then strain through a sieve to remove the chive pulp. Serve with Pembrokeshire New Potatoes and a selection of seasonal vegetables.

CHILLI CRAB CLAWS

Serves 4 *(Phil Twidale, The Clock House, Marloes)*

Ingredients
1 kg cooked crab claws, cracked with a hammer
100 mls vegetable oil
home made chilli sauce (see below)
50 gms root ginger, peeled & cut into thin strips
2 tbsp. fish sauce nampla (if available)
ground black pepper
1 spring onion (to garnish)

Chilli sauce
3 or 4, 'red' chilli's, de-seeded & chopped
2 or 3 'garlic' cloves, peeled and chopped
1 'thumb' root ginger, peeled and chopped
2 tbsp. rice wine vinegar
1 tsp. caster sugar
½ tsp. crushed sea salt

Method
First to make the sauce crush chilli, garlic & ginger to a paste in a pestle & mortar. Add rice vinegar, sugar & sea salt and mix well. Warm the vegetable oil in a wok over a medium heat, add the Chilli sauce and stir-fry for 1 or 2 minutes until fragrant and then add the ginger strips. Add cracked crab claws to the wok. Toss well, reduce the heat, cover with lid and allow to-steam for 5 minutes, stirring occasionally. Remove lid, stir in the fish sauce and season with lots of freshly ground Black pepper. Transfer the Crab Claws and delicious juices to a serving bowl, garnish with sliced spring onion and serve with some good crusty bread. Don't forget to supply finger bowl and seafood tool kit!

COD SUPREME ON A BED OF CRUSHED NEW POTATOES WITH A HORSERADISH CREAM SAUCE

Serves 1 *(Jamie Bessant, Tudor Lodge)*

Ingredients
200 g New Potatoes washed and cut into quarters
10 mls Olive Oil
1 Cod Supreme
200 mls Double Cream
15 g Butter
40 g Horseradish Sauce
1 pinch seasoning

Method
Cook the new potatoes in lightly salted water for approx. 10-15mins until soft. Drain well, and return to the pan, crush with a fork and season well. Place a frying pan on a high heat and then add the olive oil. When the oil is hot add the cod supreme skin side down. When the skin is sealed turn the cod over and seal the other side. Then put the cod on a baking tray and place in the oven at 180°c gas 5 for 5 to 10 minutes until the cod is cooked. For the sauce place the double cream in a saucepan along with the butter and Horseradish sauce, bring to the boil, and then simmer to reduce. To serve put the new potatoes in a mould in the centre of a plate, and remove the mould. Place the cod supreme on top, followed by the horseradish cream sauce around the plate.

MARIA'S PASTA PAELLA

(Picton Castle Restaurant, Maria Grimwood)

Ingredients
5 cups fish* or chicken stock
700 g monkfish cut into pieces or other firm fish
450 g Fideos spaghetti or other pasta
2 onions, chopped
5 cloves of garlic, chopped
6 medium tomatoes - skinned, seeded and chopped
½ teaspoon saffron
230 mls olive oil
Salt and pepper to taste
6 toasted almonds
Flat leaf parsley

Method
To make fish stock* you can use any seafood you like, but you must use the bones and shells because, that is the basis of good paella.

Clean fish and separate the bone and skin, put skin and bone in a saucepan. Add one onion roughly chopped and a clove of garlic; roughly chop two tomatoes and add with a pinch of saffron, 4 good tablespoons of olive oil and sauté together for a couple of minutes. Add at least 2 litres of hot water and boil for 20 minutes strain and leave to one side.

For the pasta (Fideuá)
Chop the remaining onion and two cloves of garlic as finely as you can and put into the paella pan. Add remaining tomatoes, bring the pan up to a high heat. Add all the cleaned and diced fish into the hot pan and cook to seal very quickly for a few seconds. Add your stock and then add the pasta, if it is spaghetti, break into small pieces. Season to taste, cook for no more than 15 minutes - there should still be liquid in it.

Finish with the Picada
Put the toasted almonds, 2 cloves of garlic, a handful of parsley into either a food processor or a mortar and pestle and 'pica' (grind) them all together. Add a splash of stock from the pan and mix together. Pour the picada over the fideuá (pasta).

Serve immediately with salad, wine and good company!

WASABI, COCONUT, CHILLI & RED SNAPPER WITH THAI STICKY RICE

Serves 4 *(Simon Carter, The Sloop Inn, Porthgain)*

Ingredients
4 large fillets of Red Snapper (scaled and trimmed)
1 tablespoon wasabi paste
30 g creamed coconut
1 Green Chilli (de seeded and finely chopped)
2 tablespoons of chopped coriander
juice & zest of ½ a lime
1 pinch of coriander seeds
Salt & cracked black pepper for seasoning
Garnish Caramelised lemons and fresh corriander

Method
Make 2-3 diagonal slashes in the skin side of each fillet, this helps the fish to take on the flavours more quickly and stops the fish curling up during the cooking process. Place the wasabi, coconut, chilli, garlic, chopped coriander, juice and zest of lime and coriander seeds in a food processor & pulse into a fairly smooth paste, seasoning with the salt and pepper. Rub the paste evenly into the skin side of the fish then lightly wrap each fillet in kitchen foil. Place in the fridge for about 1 hour to allow the flavours to develop into the fish. Preheat the oven to 180°c/350°f/gas mark 4. Place the wrapped fish on a baking tray & bake for 15-20 min or until cooked. Carefully unwrap the foil & transfer the fish & its cooking juices to a pre warmed serving dish, garnish with caramelised lemons and chopped fresh coriander.

For the Sticky Rice
225 g Thai Jasmine Rice
1 stick of lemon grass finely chopped
1 red chilli de-seeded and finely chopped
20 g bruised and peeled fresh ginger or 1 piece of stem ginger finely chopped
1 clove of garlic peeled and finely chopped.
425 mls Water

Put all the ingredients into a thick-bottomed saucepan cover with the water and allow to-stand for 10 minutes. Cover the pan and bring to the boil, then reduce the heat & simmer for 10 minutes until all the water is absorbed, remove from the heat and leave to stand for 10 minutes. Stir and serve with the red snapper fillets.

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TUNA QUICHE

(Anne Gregson, Little Wedlock Gallery)

Ingredients
Short crust pastry
1 onion
1 tin tuna fish drained, or 225g cooked fresh salmon or trout
1 dessert spoon tomato puree
2-3 tomatoes skinned and diced
2 eggs
250 mls milk
1 teaspoon sugar
Freshly ground pepper and salt

Method
Line 20cm flan dish with pastry and bake blind for 10 minutes. Leave to go cold. Chop onion finely and mix with the fish and other ingredients. Beat the eggs and milk, together with sugar and season and put into flan dish. Bake in oven at 180°c, gas 4, 350°f, for 15-20 minutes.

ST BRIDES DRESSED CRAB WITH SPICED TOMATO SYRUP

Serves 4 (Mark Cheeseborough, The Swan Inn)

Ingredients
1 tbsp Hellman's mayonnaise
dash of fresh lemon juice
250 g hand picked local crabmeat
160 g cooked young vegetables e.g. peas, carrots, fennel and broad beans
1 tomato de-seeded & skinned
olive oil
spiced tomato syrup
1 kg vine tomatoes (quartered)
160 g caster sugar
1 tsp. sea salt
½ tsp. piment d'espelette
½ bunch of basil
12 cloves garlic (skinned & left whole)
1 litre tomato juice
200 ml extra virgin olive oil

Method
For the spiced tomato syrup add the above ingredients into a shallow stainless steel tray and roast in the oven for 1hr 30min at 130°c. Pour the syrup into a fine sieve and allow it to slowly drip into a container. This recipe will make a lot, but it is a delicious accompaniment to most fish or meat. It will keep in an airtight container for several weeks.

To assemble the dish, carefully mix the mayonnaise & lemon juice with the crab without breaking the delicate flesh into bits. Dice the cooked vegetables & tomato, season with salt and pepper and olive oil. Place 40 grams of the vegetable at the bottom of a glass and 60 grams of the dressed crabmeat on top. Drizzle over the spiced tomato syrup to taste.

FRESH MACKEREL IN OATMEAL SERVED WITH CABBAGE AND BACON

Serves 4 *(Bill Sewell, The Refectory, St Davids)*

This is a truly fantastic and extremely simple dish, which we are now serving regularly at The Refectory - and one, which earned us one of the most enthusiastic customer emails we've ever received! It's an adaptation of a traditional Scottish herring recipe. The cabbage mixture can be prepared a little in advance and then re-heated, but the fish must be cooked when everyone is ready to eat.

Using really good bacon as well as really fresh fish makes a huge difference. You need two big pans for frying the 4 mackerel. Alternatively, just serve two people at a time.

Ingredients
4 rashers (approx. 200g) good smoked bacon, de-rind and chopped finely
1 big or 2 very small green cabbages (approx. 600g) finely sliced
Juice of a half a lemon
4 fresh mackerel, butterfly filleted
A small amount of coarse oatmeal - also known as 'pinhead' oatmeal
Salt and freshly ground black pepper
Lemon wedges for garnish

Method
In a large pan, slowly fry the bacon pieces until just going crisp. Leave in the pan with their fat. Meanwhile, bring a large pan of water to the boil. Add the shredded cabbage and cook very briefly (a minute for tender sweetheart cabbage or Primo, a bit longer for Savoy or darker greens) and then drain thoroughly. Toss the drained cabbage in the fried bacon, bacon fat and lemon juice. Season with some freshly ground black pepper - you won't need any salt if you're using decent bacon. Prepare the mackerel fillets by coating in the oatmeal, well seasoned with salt and freshly ground black pepper. When it's nearly time to eat, heat a large non-stick frying pan until quite hot with a little bacon fat. Put the fillets in and cook for 3-4 minutes on a medium heat and then turn. Cook for 3-4 minutes on the second side. When the mackerel is nearly cooked, heat up the cabbage mixture if necessary and serve on hot plates. If you're really hungry you may want to serve with some good bread or - as we do at The Refectory - with a few little rosemary roast potatoes.

LAVER AND COCKLE TERRINE

Serves 4 *(Anne-Marie Harries, Farmers Arms, Mathry)*

Ingredients
1 onion, finely chopped
2 rashes bacon, finely chopped
Vegetable oil
2 tbsp. laverbread
100 gms cockles
Pepper
Grated local Welsh cheese

Method
Fry onion and bacon in a little oil over a medium heat until well cooked. Reduce heat under the pan and add the laver bread, cockles and season with pepper, cook until all heated through. Cover the base of a terrine (or 4 small ramekin dishes) with the grated cheese, press the cockle mixture into the terrine dishes and turn out onto plate. Serve with chunky bread and lemon wedges.

TUNA CAPACCIO, WITH FRESH HORSERADISH SAUCE

Serves 2 *(Chef Christos Samios, Cambrian Inn, Solva)*

Ingredients
225g Tuna Steak (finely sliced)
2 Lemons
A handful of fresh flat leaf parsley
4 tbsp olive oil
Pinch of sea salt
Pinch of black pepper

For the Sauce
50g freshly grated horseradish
1 tbsp. whole grain mustard
2 tbsp. white wine vinegar
Single cream to loosen
Salt to taste
Garnish lemon wedges

Method
Arrange tuna on a large plate and drizzle with the juice of the lemons, parsley and olive oil. Mix well and season with the sea salt and black pepper. Mix the horseradish, mustard, vinegar with the cream in a bowl until it has the same consistency as English mustard. Serve a good spoonful on the plate with the tuna and garnish with fresh lemon wedges. The tuna can be substituted with fresh Salmon or fresh local Mackerel fillets sliced.

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TROUT WITH LEMON THYME

Serves 4 (Karen Lindfield, Llys-y-Frân Country Park)

Ingredients
4 fresh trout fillets
1 tbsp. olive oil
salt
1 lemon, thinly sliced
A few sprigs of lemon thyme
green salad to serve
freshly ground black pepper

Method
Preheat the grill to high. Line an oven tray with greaseproof paper. Pat the trout fillets dry with kitchen paper, then lightly brush the skin side with oil. Place the fillets skin side down on the prepared tray and season with salt and freshly ground pepper. Arrange the lemon slices over the trout fillets, then scatter with some lemon thyme. Drizzle the fish with the remaining olive oil then grill for 6-8 minutes, until the trout is cooked through. You can tell the fish is ready when the flesh looks opaque rather than translucent. Serve with a refreshing green salad. For a really luxurious variation, squeeze lemon juice over the trout instead of using lemon slices, then top with the herbs and wrap each fillet in a slice of Carmarthen or Parma ham. Drizzle with oil and grill according to instructions.

Pembrokeshire Fish Week
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FISH AND SHELLFISH RECIPES