

Seafood...so versatile

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Whether you are looking for the perfect starter, a nutritious family meal or a dinner party dish to wow your friends, then seafood is the answer.

Seafood is quick and easy to prepare, extremely versatile, packed full of natural goodness and with so many species to choose from you'll never get bored!

Try these delicious, easy recipes especially selected for you and your family.



Shopping for seafood should be an adventure

Talk to your Seafood Circle member. They are the experts and will be able to advise and assist you with your selection of quality seafood.

Be open to change. If the type of fish you want isn't available on the day, just substitute another, after all there are over 50 species of fish and shellfish caught or reared in Irish coastal waters. And as fish is so versatile, one type can easily be swapped for another in most recipes. Again, your Seafood Circle member will be a valuable source of information.

Ask them to remove bones, fillet or skin fish if you feel you're not up to the task.

Get the fish into the fridge as soon as possible – remember it's highly perishable and must be kept cool.



Mussels steamed with wine

Serves 4 as starter

Ingredients

1kg fresh mussels
Knob of butter
1 small onion – finely chopped
Handful chopped parsley
1 glass white wine

Method

Wash mussels in several changes of cold water. Remove beard/bysuss threads with a sharp tug. Discard any mussel that remains open when tapped. Heat butter in a heavy-

based pan. Add onion and cook until transparent. Add mussels to pan with some parsley and wine. Cover and cook over a high heat for 3-5 minutes. Shake pan occasionally. Discard any mussels that remain tightly closed after cooking. Spoon mussels and juice into heated serving bowls and sprinkle with remaining chopped parsley.

Serve with crusty bread.



Plaice fillets with sun-dried tomato dressing

Serves 4

Ingredients

4 plaice fillets - you could also use john dory, whiting, brill, sole or turbot
A little flour
Little salt and pepper
A little oil

Dressing

2 tsp chopped sun-dried tomatoes
6-8 fresh basil leaves – torn
1 tbsp. red wine or balsamic vinegar
3 tbsp. olive oil
1 clove garlic – chopped
Little salt and pepper

Method

Dust the fish with seasoned flour and tap off any excess. Heat oil in a frying pan. Gently place fish into the pan and cook over a medium heat, turning once, until golden on each side. Blend all the ingredients for the dressing. Place fish on heated serving plates and drizzle with the dressing.

Serve with creamy mashed potatoes and seasonal vegetables.



Baked salmon fillet with braised cabbage and bacon Serves 4

Ingredients

4 portions salmon
Little olive oil
6 rashers smoked bacon – chopped
3 cloves garlic – finely chopped
½ head cabbage – shredded
60g butter
2 tbsp. capers
4 sprigs of dill – chopped
Juice 1 lemon
Little salt and pepper

Method

Preheat oven to 190°C/Gas mark 5. Place salmon on a lightly-oiled baking tray, season. Bake for 12-15 minutes. Heat oil, gently fry bacon and garlic. Add cabbage, cook gently for 5 minutes. Melt butter in a small saucepan. Add capers, dill and lemon juice. Heat through. Place cabbage on heated plates, arrange salmon on top and drizzle with melted butter mixture.

Serve with boiled potatoes.



Ray wing with honey, lemon and soy

Serves 4

Ingredients

4 x portions ray
Zest and juice of 1 lemon (or orange)
4 tbsp. soy sauce
2 tbsp. honey

Method

Preheat oven to 200°C/Gas mark 6. Make marinade by combining lemon juice, soy sauce and honey. Place fish in an ovenproof dish and coat completely with marinade. Place in oven and cook for 12-15 minutes.

Serve with noodles or steamed rice and accompany with stir-fried greens.



Family fish pie

Serves 4

Ingredients

750g fish of choice – salmon, smoked coley, pollock – cut in cubes
100g butter
100g flour
½ litre milk
2 leeks – roughly chopped
50g grated cheddar cheese
4 large potatoes – cooked and mashed
Little salt and pepper

Method

Pre-heat oven to 190°C/Gas mark 5. Heat butter, gently fry leek until soft. Place fish in milk, simmer gently for 5 minutes. Remove and place in oven-proof dish. Season and spread leeks on top. Melt butter, stir in flour gradually. Slowly whisk in milk, continue to cook over low heat, stirring continuously, until the sauce thickens. Add grated cheese. Pour sauce over fish. Spread mashed potatoes on top. Bake for 25-30 minutes.

Serve with fresh vegetables or crisp green salad.



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Get to know who really knows seafood



National Development Plan 2007 - 2013

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