



Recipes for Bristol Food Union Sustainable Fish Masterclass with BOX-E 15th July 2020

Rainbow trout ceviche

Pan fried plaice with fish and summer vegetable broth

Pickled sardines



Rainbow trout ceviche

1 Rainbow trout, approx 300g

2 limes

1 red chilli

A few coriander leaves

½ red onion

Method

Fillet the trout and slice the fillets very thinly.

Arrange the sliced fish on a plate and squeeze the juice of both the limes over it.

Season generously with salt and pepper.

Finely slice the red onion and scatter on top.

Deseed and finely slice the chilli and scatter that over too.

Leave for 5 / 10 minutes.

Garnish with chopped coriander and serve



Pan fried plaice with fish and summer vegetable broth

1 x800g or 2x400g Plaice

For the stock

fish bones from the plaice

½ white onion

1 fennel

1 stick of celery, washed

½ leek, washed

bunch of parsley

1 bay leaf

2 cloves of garlic

black pepper

splash of white wine

For the broth

½ leek, washed and finely sliced

2 sticks celery, washed and finely sliced

400g tin of good quality butter beans or cannellini beans (or dried if preferred but soaked and cooked ready to go)

80g of fresh peas (podded weight)

80g of broad beans (podded weight) (or any summer greens you fancy)

Small bunch of dill, chopped

Small bunch of parsley, chopped

For the fish

Vegetable/sunflower oil for cooking

Flour for dusting

1 lemon

A splash of good quality oil (olive or rapeseed)

Salt and pepper



Method

Fillet the plaice.

To make the stock, roughly chop all the vegetables then in a good sized pan, heat some oil and sweat the veg until they have slightly softened.

Add the wine and bring to the boil.

Add the fish bones, cover with water, add the parsley stalks, bay leaf and a good crack of pepper.

Simmer gently, skimming occasionally, for 20 minutes.

Pass through a fine sieve into a saucepan then add the remaining half of the sliced leek and the 2 sliced celery sticks.

Bring to a simmer until the vegetables are nearly tender then add the peas and broad beans to cook through.

While the veg is cooking, heat a splash of oil in a large non stick frying pan.

Add the butter beans to the broth to warm then wilt any greens, if using.

Lightly dust the fish with seasoned flour and pan fry.

Finish the broth with chopped herbs and serve in a bowl.

Lay the cooked plaice fillets on top of the broth.

Drizzle with good oil and a squeeze of lemon juice.



Pickled sardines

6 sardines

300ml white vinegar (cider or white wine are perfect)

150g caster sugar

1 shallot

½ tsp of fennel seeds, dill seeds or mustard seeds, or all if you have them

1 bay leaf

Method

Bring the vinegar and sugar to the boil, add the bay leaf, seeds and a good crack of black pepper. Allow to cool.

Fillet the sardines, place them in a bowl, finely slice the shallot and scatter it over the fish.

Season with salt and cover it all with the pickling liquid and refrigerate overnight.