



FILLETS OF WILD SEA BASS WITH A WARM SALAD OF NEW POTATOES WITH CHERRY TOMATOES AND FRESH BASIL

Serves 1 Richard Watts
Morawelon Waterfront Café Bar and Restaurant, Newport

Ingredients
3 tbsp sunflower oil 8 cherry tomatoes, cut in half around their middles
2 fillets of bass, approx 100-125 g each 1 lemon, halved
Maldon salt 6 fresh basil leaves
Fresh ground black pepper
5 new potatoes, peeled and boiled

Method
Put the grill on full. Pour 2 tbsp of sunflower oil onto a baking tray. Lay the fillets skin side down and season with salt and black pepper, then turn the fillets skin side up. Slice the new potatoes into rings about ½ cm thick and place in a mixing bowl with the cherry tomatoes. Add 1 tbsp of oil and the juice from one half of the lemon. Put the fish under the grill and cook for 2 to 3 minutes skin side up, or until cooked. Meanwhile put the mixing bowl with the potato and tomato into a microwave and heat for 40 to 50 seconds on full power. Once heated through roughly tear the fresh basil and stir into the warmed salad. Using a slotted spoon place the salad onto a warmed plate with the remaining half of lemon to one side. Put the fish on the plate skin side down with each fillet overlapping itself.

POTTED SHELLFISH

Serves 4 Heather Bennett
Lavender Café, Solva

This simple recipe prepared in advance can make the lead up to entertaining people easier and less rushed!

Ingredients
350g freshly cooked shellfish meat eg lobster, crab, scampi, prawns or shrimps Good pinch cayenne pepper
½ tsp freshly ground black pepper ¼ tsp ground mace
50g melted butter
¼ tsp salt

Method
Pound large pieces of shellfish meat: shrimps can be left whole. Add to about ¾ of the butter in a heavy saucepan. Add seasoning and toss in this until thoroughly heated but not fried. Divide mix between 4 small pots and seal with remainder of butter. Allow to cool and set. Cover pots with wax paper and then foil. Will keep in a cool fridge for 4-6 days. Serve with toast or brown bread as a first course. Good with grilled white fish too. Try 1 to 2 tsp lemon juice or ¼ tsp dry dill added at heating stage for a change.

SWALESY'S SWAN INN "ACQUA PAZZA"

Serves 4-6 Andy Swales, Head Chef
The Swan Inn, Little Haven

Acqua Pazza or "crazy water" is an old Italian galley stand-by. A stew made from the bi-catch of a hard days fishing

Ingredients
125mls good olive oil
4 cloves of garlic, peeled and finely diced
1 mild red chili, deseeded and finely diced
1 litre of fresh tomatoes, skinned and roughly diced (or the equivalent in chopped tinned tomatoes or passata)
1 litre of good fish stock, use some roasted shellfish shells for extra flavour
Approx 1.5kg of any mixed fresh fish available, gutted and prepared, (best to avoid oily fish such as mackerel)
50- 75g mixed stoned olives halved
1 tbsp cappers
2-3 tbsp chopped fresh soft herbs, e.g. parley, chervil, basil.

Method
In a wide heavy pan, heat the olive oil, add in the garlic and chilli and cook for 1-2 minutes on a medium heat until softened but not coloured. Stir in the tomatoes and stock. When the stock comes to a simmer, add your fish (for the best flavour and to prevent the fish from breaking up, leave the fish on the bone), you can add in as much fish as you have available. Add in the olives, capers and herbs. Simmer slowly for 5-8 minutes, season to taste and serve in wide bowls with a good chunk of bread. To enjoy traditionally, you can lift out the fish on to a separate plate to eat, and enjoy the remaining stew with the bread.

SUPREME OF SEA BASS SERVED WITH A CRAB CAKE ON A BED OF SPRING ONION, GINGER AND CHILLI

Serves 4 Executive Chef Jamie Bessant
Tudor Lodge Restaurant/Academy, nr Tenby

Ingredients
2 potatoes, peeled and diced 1 bunch of spring onions, finely sliced
500g of white crab meat 3 chillies, deseeded and sliced
100g flour 1 cm ginger, peeled and sliced
2 eggs, beaten Drizzle of olive oil
Breadcrumbs 100ml of sweet chilli sauce
4 sea bass Supremes

Method
Cook the potatoes, drain and then mash, add the crab meat and season, place in a cutter for the required shape, dip in flour, egg and then breadcrumbs. Cook the crab cake in the fryer until golden then place in the oven to finish. Heat the olive oil in a frying pan when hot, add the sea bass Supremes skin side down and allow the skin to go crisp, then place the fish in an oven proof dish in a hot oven to finish. In the same pan cook off the ginger, chilli and then add the spring onions. Place the cooked spring onions, ginger and chilli on the plate followed by the crab cake then the sea bass Supreme, finish with a drizzle of sweet chilli sauce.

TANGINE OF CONGA EEL WITH ONIONS & SWEET RAISINS

Serves 4 Head Chef Owen Hall
Wolfscastle Country Hotel, Haverfordwest

The chef at the hotel in Essaouira on the Atlantic coast of Morocco showed me how to make this dish. It was utterly delicious and makes great use of what is commonly perceived to be a sub standard fish. Conga Eel is locally caught and is a great tasting, healthy white fleshed fish which is good value and versatile too.

Ingredients
1kg skinned conga eel 1 ½ tsp ground nutmeg
100g raisins 1 tsp ground coriander
2 tbsp caster sugar 1 tsp ground cumin
2 tsp ground cinnamon 4 bay leaves
4 tbsp vegetable oil 2 cloves garlic
4 onions sliced Small bunch coriander
1 ½ tsp ground turmeric Sesame seeds

Method
Cover conga eel with water and simmer for 10 minutes on low heat. Remove conga eel from water and set aside. In a separate pan cover raisins with water and add 1 tablespoon of sugar and half of the cinnamon. Cook until raisins are nice and plump. Fry the onions over a medium heat and add spices and chopped garlic, reserving half of the cumin. Continue to fry until onions soften and begin to caramelize. Add 100ml of water. Add remaining caster sugar and cook onions slowly until they are soft and water has evaporated – season with salt and pepper. Place conga eel in a tagine or casserole dish, season with salt and pepper and sprinkle with chopped coriander and remaining cumin. Cover the fish with onion mixture and place raisins on top. Cover and bake in oven at 160°C for 10 minutes. Before serving sprinkle with toasted sesame seeds. Best served with cous cous or flat bread.

TANDOORI MACKEREL

Serves 1 Olives Bistro in Pembroke

Mackerel is the easiest fish to catch and is plentiful around the Pembrokeshire coast in the summer. The flavours are best using fresh ingredients, but the store-cupboard option is ok. Mackerel is a much underrated fish, it is sustainable, cheap and a very good source of omega-3 fatty acids. Mackerel is an ideal fish to barbeque, it is meaty, does not fall apart, and is firm and moist when cooked. It has got enough flavour to taste really good in tandoori masala. This recipe works very well for the whole fish, or fillets

Ingredients
2.5 cm fresh ginger; grated or 1 tsp ginger powder 3 cloves of garlic; minced
2 -3 green chillies or 3 tsp sweet chili sauce Salt to taste
2 level tsp of tandoori masala paste or powder 2 fresh mackerel, filleted or whole, gutted, pat dry on kitchen paper
½ lemon; juiced 2 tbsp natural yoghurt

Method
Place all the Tandoori ingredients in a bowl and mix. Add the mackerel, cover well and marinate in the fridge for 2 hours or so. Grill on a hot BBQ for a few mins per side or until cooked, the fillets will cook quicker than the whole fish. Enjoy with salad and local Pembrokeshire beer.





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 county, utilising a variety of fish and shellfish.

BAKED WHOLE JOHN DORY WITH A SAUCE VIERGE, FRESH HERBS AND A CONFIT OF BABY FENNEL BULBS

Serves 4
Head Chef Chris Marsh
Lamphey Court Hotel and Spa

- Ingredients**
- | | |
|-------------------------------------|---|
| 450 -500g whole John Dory (trimmed) | ½ tsp coriander seeds |
| 200mls fish stock | 6 basil leaves, finely chopped lengthways |
| 25g unsalted butter | 1 plum tomato |
| Baby fennel bulbs | Kalamata olives |
| 100mls olive oil | Fresh coriander leaves |
| Juice of 1 lemon | |

Method
Place the John Dory on a shallow baking dish with 200 mls of fish stock and 25g of unsalted butter, cover with baking parchment and cook for 12-15mins. Trim some baby fennel bulbs and blanch for 3 minutes in salted water, then refresh in cold water. For the sauce vierge heat the olive oil and add the juice from 1 lemon, remove from the heat. Add the coriander seeds and basil leaves. Add 1 sliced plum tomato just before serving.

To serve
Place fennel bulbs into a hot pan with olive oil and gently brown for 2 minutes. Place the John Dory on a large oval plate. Arrange the fennel around the fish. Drizzle the sauce Vierge across the middle of the fish and the baby fennel bulbs, making sure tomato is evenly separated. Finally sprinkle some sliced Kalamata olives around and some fresh coriander leaves.
Easy and Delicious!

PAN FRIED FILLETS OF SEA BASS ON ROASTED VEGETABLES WITH ROASTED RED PEPPER COULIS

Serves 1
Gareth Jones
The Refectory, St Davids

- Ingredients**
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|---------------------------------|--|
| 2 red onions, skinned | 2 fillets of fresh sea bass, approx 125g each (de scaled & boned) – if bass not available, it also works well with sea bream |
| 1 head fennel | Seasoned flour |
| 1 red & yellow pepper, deseeded | Butter |
| 1 courgette | 1 lemon |
| 6 Pembrokeshire new potatoes | |
| Fresh chopped basil | |
| Olive oil | |

- Red pepper coulis**
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|---------------------|---------------|
| 4 red peppers | Olive oil |
| 1 small white onion | Salt & pepper |
| 2 cloves garlic | Parsley |

Method
Heat oven to 200°c. Roughly chop the red onions, fennel, red & yellow pepper, courgette and new potatoes and place into a thick bottomed roasting tray, cover with olive oil and place in the oven (approximately 30 mins) until almost cooked then add the chopped basil.
In a separate pan remove the seeds from the other peppers, roughly chop white onion and garlic, coat with olive oil and roast. When they start to brown remove from the oven and peel as much skin off as possible. Place peeled peppers, onion and garlic into a blender, blend until smooth (if you like you can pass through a sieve for a smoother coulis but not necessary). In a non stick frying pan place some olive oil and heat, then coat your bass fillets (which you have slightly scored) in the seasoned flour and place flesh side down for aprox 3-4 mins then turn and cook for a further 3-4 mins or until cooked to your taste, then add a small amount of butter and a squeeze of fresh lemon. Finally place the roasted vegetables on a plate, arrange the bass fillets on top, drizzle the coulis around the plate and garnish with fresh lemon and parsley.

SEWIN (WELSH SEA TROUT) WITH A TOMATO, GINGER AND BASIL SALSA AND BASIL AND CWM DERI SPARKLING WINE CREAM SAUCE

Serves 6
Tara Pitman

- Ingredients**
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|---------------------------------------|-----------------------|
| 2 fillets (approx 500g each) of Sewin | 10mls olive oil |
| | Salt and white pepper |

For the salsa
200g baby plum tomatoes, seeded and diced
15mls Thai fish sauce
2 large shallots, peeled and diced
1 tsp caster sugar
Handful fresh basil, torn, then chopped small
5cm piece ginger, peeled and grated

- For the sauce**
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|--------------------------------|---------------------|
| 1 litre fish stock | Handful fresh basil |
| 10 whole white peppercorns | 250mls double cream |
| 250mls Cwm Deri sparkling wine | |

Method
For the salsa, combine all the ingredients together in a small bowl, making sure everything is chopped to a similar size. For the sauce, reduce the fish stock with the peppercorns to 250mls, then add the wine and the basil leaves and reduce back to 250mls. Add the cream, simmer and reduce until the sauce is thickened. Strain to remove the basil leaves and peppercorns. To cook the fish, heat a large non-stick pan until very hot. Add the oil, then the fish portions. Season. Cook until the skin is brown and crisp, then finish, skin side up, in the oven for 10mins, or until fish is cooked through (flesh will flake when pressed slightly). Serve the fish with the sauce, the salsa, and garnish with extra basil leaves. Pembrokeshire new potatoes make a good accompaniment.

GRILLED LOCAL MACKEREL FILLETS WITH VINE TOMATO SALAD AND SAKURA CRESS

Serves 4
Mark Cheeseborough
The Park at Slebech

- Ingredients**
- 4 large very fresh mackerel, weighing about 300-350g, filleted and bone removed
 - 4 ripe red tomatoes, halved and thinly sliced
 - 4 handfuls of Sakura or other young sprouting herbs
 - 1 tbsp good quality red-wine vinegar, such as Cabernet Sauvignon
 - 3-4 tbsp of olive oil
 - Sea salt and freshly ground black pepper

Method
Pre-heat a grill or barbecue. Lightly brush the Mackerel Fillets with oil and season. Grill the fish for about 3-4 minutes brushing with more oil every so often, turn the grill down if the skin begins to blister. Meanwhile slice the tomatoes thinly as you can and arrange them in the middle of you plate, pour over your vinegar olive oil and season. Place your cooked Mackerel on top of the tomatoes and garnish with the sakura cress. Enjoy!

SEAFOOD CAWL

Serves 4 to 6
Angela Gray
Food in Focus

- Ingredients**
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|-------------------------------------|-------------------------|
| 1.5 L fish stock | 1 teaspoon sea salt |
| 2 medium leeks, trimmed and sliced | ½ teaspoon pepper |
| 3 carrots, peeled and sliced thin | 600g mixed fish fillets |
| 1 onion, peeled and sliced thin | 150g tiger prawns |
| 2 sticks celery, trimmed and sliced | 100g white crab meat |
| 1 bay leaf | 1 tablespoon laverbread |
| 1 small bunch parsley | |
| 250g spinach or greens to finish | |

Method
Place the stock and prepared vegetables, bay leaf, parsley and seasoning in a large pan, bring to the boil, then reduce the heat to simmer the vegetables until almost cooked. Meanwhile remove the skin and any bones from the fillets and cut into large chunks. Add to the pan and poach gently for 3 minutes, then add the prawns, crab, laverbread and spinach. Cook for 5 minutes without stirring. Serve in warmed bowls with crusty bread.

OCEAN'S LUXURY FISH PIE

Serves 4-6
Head Chef Alex Steele
Ocean Restaurant in Tenby

- Ingredients**
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|---|--|
| 600mls milk | 50g plain flour |
| 300mls double cream | 3 tbsp of flat leaf parsley, chopped |
| 800g mixed fish fillets (such as cod, haddock, monkfish, coley, salmon) | 1-2 tsp of English mustard |
| 4 shallots | Squeeze of lemon juice |
| 1 bay leaf | Salt and white pepper |
| 200g cooked peeled king prawns | Approx 1.25kg Maris Piper potatoes, potatoes, peeled |
| 100g butter | 1 egg yolk |

Method
Place 450ml of the milk and all the cream in a large sauce pan, add the fish, shallots and bay leaf. Bring just to the boil and simmer for 8 mins or until the fish is slightly undercooked. Lift the fish out onto a plate and strain the cooking liquor into a jug. When the fish is cool enough to handle, break into large flakes and sprinkle together with the prawns over the based of a shallow 1.5 L ovenproof dish or individual pie dishes. Melt 50g of the butter in a pan, add the flour, stir well and cook for 1 minute. Take the pan off the heat and gradually stir in the reserved cooking liquor. Return to the heat and bring slowly to the boil, stirring all the time. Leave to simmer to gently cook out the flour and thicken. Remove from heat and stir in the parsley, mustard, lemon juice and season with salt and white pepper. Pour the sauce over the fish and leave to cool. Boil the potatoes for 15-20 mins, drain, mash and add the rest of the butter and the egg yolk. Season with salt and white pepper. Beat in enough of the remaining milk to from a soft spreadable mash. Preheat the oven to 200C/Gas 6. Either pipe the mash over the fish filling or spoon it over for a more rustic finish. Bake for 25-35 mins until piping hot and golden brown.

This publication is also available in Welsh

For more recipes please visit :
www.pembrokeshirefishweek.co.uk