

Pots

Frying pan

Blender

Scissors

Smoker

Roasting tray

Plates

Cutlery

Wine glasses

Oyster knife

Pins for winkles

Sorrel

Cress

Sea weed for bread flour

Razors, cockles, mussels, oysters, winkles

Soy

Marinated ginger

Curry ginger, green chilli

Salmon

Butter, white wine, eggs, cream, oil

Bread crumbs

Tamarind, fish sauce

Coco milk, ill

Sugar, salt

Lemon grass

Wasabi

Shallots

Mixed fish

Red onion

### **Kit**

Knives

Sharpeners

Boards

Towels

### **Ingredients**

Garlic, lime, lemon, orange, mint

Coriander

Fennel

These are the aristocrats of white fish wines. Dry, austere and crisp, Chenin Blanc and Pinot Grigio are the wines to go with simply cooked white fish. Flounder, cod, haddock, raw clams or oysters all go well with these wines. Alternately, you can use them to cut through the natural fat in some fish, such as bass, mackerel, tuna, lobster or mussels.

### **3. Chardonnay, Fume Blanc, Viognier, Pinot Gris, Catarratto**

This is the realm of the fuller whites. Oaky Chardonnay has had bad press but it does go with bass, crab, oysters and even lobster. The idea is to match a full-bodied wine with a full bodied dish. If you have a fish soup, such as chowder, Chardonnay works wonderfully. If you have a fish that is a little oilier, such as mackerel or tuna, try Pinot Gris or Viognier or an Italian Grillo.

### **4. Marsanne, Roussane, Riesling, Gewurztraminer**

These are even fuller whites that often have some lingering sweetness to them. They go with Asian seafood or anything spicy. Gewurztraminer is especially good with the zingy oriental recipes and the tropical aromas of Roussane and Marsanne, which are Rhone white varieties, marry perfectly with the flavors of Asia.

### **5. Albarino, Verdejo**

These varieties are from Spain and Portugal. They are perfect with shellfish such as razors, mussels, cockles, scallops as well as crab and lobster.

### **6. Fino or Amontillado Sherry**

This is the perfect wine with simply cooked shrimp. They will also go really well with smoked salmon.

	Winkles	Ditto
	Abalone	Viognier, Grillo, Verdejo
	Sea Urchin	Coulée de Serrant
	Scallops	Chablis, unoaked Chardonnay, Vouvray, Chenin Blanc
Crustaceans	Crab	Entre Deux Mers, Rueda, Viognier, oaked Chardonnay
	Spider crab	Ditto
	Lobster	Oaked Chardonnay, Viognier, Albarino, Chenin Blanc
	Prawn	Burgundy, Chenin Blanc, Amontillado
Cephalopods	Squid	New World Sauvignon Blanc, Coulée de Serrant
	Octopus	White Rhine or Rioja
Dishes	Anchovies	Sherry, Rosé
	Bouillabaisse	Picpoul, oaked Chardonnay
	Fried/deep fried	Prosecco, Cava, NV Champagne
	Fish in creamy sauce	Sauvignon Blanc, Pinot Grigio, Muscadet, Coulée de Serrant
	BBQ/hot smoked fish	New World oaked Chardonnay
	Roll mop	Fino, Amontillado
	Chowder	Chardonnay
	Dry smoked fish	Fino, Amontillado
	Gravadlax	NV Champagne, Picpoul
	Sushi	Ditto, Cava, Prosecco
	Tempura	Ditto
	Oriental	Gewurztraminer

### 1. Champagne, Prosecco, Cava

Sparkling wine is perfect for fried food – the bubbles cut through the oils used for frying.

### 2. Chenin Blanc, Sauvignon Blanc, Pinot Grigio

## Wines

White fish	Cod	Bordeaux/Burgundy/Rhone, New World Chardonnay, Semillon, Viognier, Vermentino, dry Riesling
	Haddock	Ditto
	Ling	Ditto
	Whiting	Ditto
	Pollock	Ditto
	Hake	Ditto
	John Dory	Californian Chardonnay
	Monk	Oaked Chardonnay, Viognier, Albarino
	Bass	Unoaked Chablis, dry Riesling
	Salmon	Oaked Chardonnay, dry Riesling, Cataratto/Chardonnay from
Sicilly.	Gurnard	Unoaked Chablis, dry Riesling
Flat fish Chardonnay	Sole	Vouvray, other Chenin Blancs, Soave, Rueda, New World
	Plaice	Unoaked Chardonnay, Pinot Grigio/Gris, Rueda, Orvieto
	Halibut	Sauvignon Blanc, Viognier, Gewurztraminer
	Turbot	Chablis, Burgundy, northern Rhone
	Brill	Ditto
Pelagics	Mackerel	Muscadet
	Tuna	Ditto
	Swordfish	Ditto
Shellfish	Mussels	Chablis, Chenin Blanc, Muscadet, Picpoul
	Oysters	Muscadet, Picpoul, Chablis
	Clams	Ditto

NEVER BOIL THIS STOCK!!

### **Aioli**

1 egg yolk

1 tsp lemon juice or white wine vinegar

½ tsp Dijon mustard

1 clove of garlic peeled and crushed (with any sprouting shoot removed)

125 mls of any vegetable oil, *e.g.* rape seed oil

Salt and pepper

In a large bowl whisk the egg yolk, lemon juice, mustard and garlic together. Then, while still whisking, add the oil in a slow and steady stream, incorporating it all the time until the sauce thickens. Vegetable oils give the best taste but use whatever you like yourself.

### **Josie's crab paté**

250 gms mixed crab meat

125 gms butter (in pieces)

Chopped parsley

Black pepper

Lemon juice

Garlic to taste

Mix all ingredients together and blend for 1 minute to break up white meat. Form into a sausage-shaped roll, cover in cling film and leave in fridge for 12 hr. Serve on toast, brown bread or with a rocket salad.

1tsp turmeric

½ tsp chilli powder (optional)

Fresh coriander

Palm or brown sugar

Lime juice

Coconut oil

In a pot on a medium/low heat combine the coconut oil, shallot, ginger, and chillies and sweat for 8-10 minutes until soft but not coloured. Add the turmeric, chilli powder and mustard seeds and cook out for 1 or 2 minutes. Add the coconut milk and season with tamarind paste, fish sauce, palm sugar, salt and pepper. (The curry can be prepared in advance up until this point.) Add the fish and poach in the sauce until just cooked.

You can add whatever vegetables you like to this curry but fennel and mange tout go particularly well.

### **Fish Stock**

2kg fish bones and heads

2 carrots peeled and finely sliced

2 cloves of garlic

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2 cloves of garlic

2 bay leaves

Handful each of thyme and parsley

A few black pepper corns

Pack all of the ingredients into a large pot and add just enough water to cover them. Bring the pot slowly to a simmer while skimming off any scum that appears on the top. Then cover and let simmer gently for 30 mins and no more. Strain and reserve the liquid. The stock should keep for about two days in the fridge.

Lemon grass

Wasabi

Shallots

Mixed fish

Red onion

1 finely sliced red chilli

Sea salt and black pepper

A little brown sugar if you like

Start by juicing all of the citrus fruits and then cut the fish into small pieces, no more than 1cm in thickness. Then combine all of the ingredients except for the coriander in a non-reactive container and allow to marinate in the fridge for 1 to 4 hours. The longer you leave the fish, the more cured it will become. Before serving, check the seasoning and add the coriander and be sure to serve the fish with all of the other ingredients and the juice.

Other flavourings that go well with ceviche are light soya sauce, good sesame oil, wasabi, mustard, ginger/pickled ginger, tomato sauce, parsley, citrus zest, sweet/hot paprika and cayenne pepper. This recipe also works well with scallops, prawns, and langoustines.

### **Fish Curry (serves 4)**

1 kg any fresh white fish and/or shell fish

Monk fish works really well

1 shallot, finely sliced

Thumb sized piece of ginger, finely sliced

1 or 2 fresh green chillies roughly chopped

1 tin of coconut milk

Tamarind paste

Fish sauce (Nam Pla)

1 tsp mustard seeds



As well as black peppercorns, add other dried aromatics such as crushed juniper berries, coriander seeds or pink peppercorns work well.

For something a bit different, try an Oriental-style gravadlax with coriander instead of dill. Add fresh chili, lime zest, lemongrass and fresh ginger, all chopped.

### **How to slice it**

Lie the salmon fillet skin-side down and using a very sharp knife, cut slices as thinly as possible. Start at the tail end of the fillet and cut at a slight angle, cutting the flesh away from the skin (discard the skin).

Black pepper and a squeeze of lemon is great with gravadlax. Traditionally, however, the following sauce is served with it. Whisk a large free-range egg yolk with a good dollop of Dijon mustard and 1 tbsp light honey. Add in white wine vinegar until the mixture is smooth. Gradually whisk in 170ml an oil of your taste until you have a thick sauce, then stir in a handful of chopped dill.

### **Beurre blanc**

#### **Ingredients**

Chopped shallot

White wine vinegar

White wine

Cream

Butter

Put shallot and equal amounts of wine and vinegar (*ca* half a cup of each) in a small saucepan and bring to the boil. Remove from heat and add in *ca* half a cup of cream. Return to heat and mix. Remove from heat and add *ca* 50 gms butter. Mix in. You can strain this if you want to, to remove the chopped shallots.

### **Ceviche** (serves 6 as a starter)

½ kg very, very fresh fish, skinned and boned

Juice from 4 limes, 2 lemons and 1 orange

1 finely diced tomato

## **Cooking bivalves and winkles**

Wash off any sand/sea weed from the shells and de-beard the mussels. Do not worry about any small white tube-like structures on the shells – they will do you no harm. Place the shellfish in a pot, add in coriander or flat leafed parsley and some garlic if you like it. Cover with a lid and put on a hot ring. When the shellfish open (*ca* 5 mins) they are cooked. Take them off the heat, decant the juices, wilted herbs and garlic and reduce with a small dash of white wine and if you want, a little cream.

## **Gravadlax**

Fresh salmon fillet with skin on

Sugar

Sea salt

Chopped dill

Black pepper

Vodka

Sauce:

1 tsp Dijon mustard

2 tbs sugar

White wine vinegar

Salt and pepper

Oil

Chopped dill

## **Preparation**

Remove any small bones but leave the skin on. Make a few cuts in the skin so the marinade will penetrate. Mix salt, sugar, pepper, vodka and sprinkle it on both sides of the fish along with plenty of dill. Place a weighted cutting board on top of the fillet and let it marinate at room temperature for 2–4 hours. Then refrigerate for 24–48 hours, turning the fish a few times. Rinse in cold water. Cut into thin slices without getting too close to the skin, so the dark salmon is included.

Try using different types of brown sugar instead of caster for a deeper, richer flavour

Use a different type of alcohol in the cure, such as gin, rum or whisky

Add grated raw beetroot to the basic cure – it gives an amazing colour and taste

Freshly grated citrus zest adds a zingy dimension to the basic cure or try adding finely grated fresh ginger.

## Sea food and eat it

Cooking workshop, Claddaghduff Friday August 9<sup>th</sup> 2013.

