

There has never been so much pressure on global fish stocks. Everyone who buys seafood - whether consumer, chef, retailer or processor – has a role to play in securing the future of our fish dishes and our fishing industry. WWF needs you to think about the fish that you are buying in shops or restaurants and make sure their stocks are sustainable. We would like you to diversify your tastes – try something different.

The mission of WWF is to stop the degradation of the planet's natural environment and to build a future in which humans live in harmony with nature, by:

- conserving the world's biological diversity
- ensuring that the use of renewable resources is sustainable
- promoting the reduction of pollution and wasteful consumption

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Dishy Fishes

gourmet seafood for the ethical irish consumer

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Raymond Moran, Head Chef , Beech Hill Country House Hotel

WWF Northern Ireland has teamed up with Raymond Moran, Head Chef at the Beech Hill Country House Hotel in Derry, to produce this recipe book.

Raymond prides himself in turning local, fresh North West ingredients into gourmet dishes. Being so near to the coast, fish is always on the Beech Hill's menu. But Raymond says: "The fish I used to cook are no longer sustainable. Now I have to use less well known species which some people are reluctant to try."

All the fish in this recipe book can be sourced from sustainable stocks. We hope these recipes will inspire and encourage you to be more adventurous with your seafood tastes.



About Beech Hill Country House Hotel

Located just 2 miles outside the historic walls of Londonderry, the Beech Hill Country House Hotel is an elegant rural manor house where the warmest Irish hospitality awaits you. The hotel is known for its tranquil atmosphere, luxurious accommodation and superb 4 star dining. The Beech Hill's Ardmore Restaurant specialises in gourmet food from local produce.

www.beech-hill.com

WWF is desperately seeking adventurous cooks and discerning consumers

There has never been so much pressure on global fish stocks. Today, most stocks of UK cod are at or near record lows, with some in danger of commercial extinction. If this continues, UK cod could become a dish of the past.

Political decisions on fish stocks are failing to follow scientific advice leading to poor management and depleted fish populations. There is a pressing need to change the way fisheries are managed in order to retain a sustainable industry.

So why on earth is WWF producing a fish recipe book?

Well, because we don't want you to stop eating fish but we do want you to choose the fish you eat carefully.

We need you to think about the fish that you are buying in shops or restaurants and make sure their stocks and the way they are caught are sustainable. We would like you to diversify your tastes – try something different. Consult our top tips on page 7 for more information.



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Over to you

What happens to our fisheries is not all down to politicians. Everyone who buys seafood – whether consumer, chef, retailer or processor – has a role to play in securing the future of our fish dishes and our fishing industry. Our fishermen are under immense pressure to respond to market demand so if customers are only prepared to pay for sustainable fish, shops will only stock sustainable options.

At present the best way for consumers to identify seafood coming from well-managed sustainable fisheries is through the Marine Stewardship Council (MSC). Products with this label have been independently assessed as meeting the rigorous standards based on the best scientific data and the latest knowledge about the marine environment.

Although many Marine Stewardship Council products are available in Ireland, none of our local fisheries are MSC certified. WWF wants this to change and is encouraging fishermen to seek certification.

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Top tips when choosing seafood

Knowing what to buy when you go shopping for fish is tricky. In some cases, stocks fished sustainably in one part of the world are overfished in other regions.

Here's a quick guide to help you:



Buy MSC certified WWF recommends consumers look and ask for fish which are Marine Stewardship Council (MSC) certified. The MSC label on products guarantees that the product comes from a well managed fishery and has not contributed to the environmental problem of overfishing.

Buy a variety of fish More than 50 species are regularly caught in British and Irish waters many of which we export. So don't limit your choices, try out new fish.

Buy locally caught fish Support the local economy and fishing industry. This also helps to ensure your fish is fresh.

Find out how it was caught Fish caught using traditional methods such as line caught, creeling, setting traps (i.e. lobster pots) and diver caught have less environmental impact than less selective methods such as trawling. These methods can target fully-grown fish and tend to be better at avoiding other species.

Don't buy immature fish Avoid "baby" and "fit to the plate" fish. Ask your fishmonger how big the fish is when fully grown.

Avoid "deep sea" species We know little about the breeding patterns of fish like orange roughy, blue ling and deepwater shark and catches are plummeting. Avoid them until effective management plans are implemented.

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WWF says: Always check where your lobster comes from and how it is caught. Local lobsters are caught in pots and are regulated in terms of landing size – this means that only lobsters which are large enough are being caught. When buying or eating lobster check for a 'v-notch'. Fishermen mark female lobsters carrying eggs with a small triangular notch. These females are returned to sea to ensure they spawn – this 'v-notch' disappears during the following moult. Do not buy lobsters that have been marked in this way and make sure that you complain if you are served them when eating out.

Lobster Brulée

with Pickled Cucumber, Apple and Samphire Salad

Preparation

Mix all ingredients except sesame seeds and parmesan together and allow the flavours to infuse for 15 to 20 minutes. Preheat oven to 110°C. Spoon mixture into 4 ramekins. Prepare a bain marie by pouring a kettle of warm water into a shallow pan. Place ramekins in the pan so water is half way up their sides. Then place in the oven for 40 minutes.

When it is cooked through the mixture should wobble a bit in the centre. Remove the ramekins from the water and allow them to cool.

Serving

Lobster brulée should be served at room temperature. Just before you serve sprinkle a thick layer of sesame seeds and parmesan on top of each ramekin and brown them under the grill. Serve with a little wheaten bread or melba toast, a wedge of lemon and the salad of pickled cucumber, apple and samphire mixed with a little dressing.

Ingredients

- 150g lobster meat
- 450ml cream
- 1 egg
- 2 egg yolks
- 5g diced chillies
- 2g finely diced lemon grass
- 25g chopped pickled ginger
- 2 green stems of spring onion, finely chopped
- 1 clove of garlic, peeled and crushed
- Seasoning
- 50g sesame seeds
- 25g parmesan cheese

For the Salad

- 1 finely sliced cucumber
- 1 grated green apple
- 25g samphire

Dressing

- 300ml rice wine vinegar
- 150ml Mirin (Japanese wine)
or a sweet white wine
- 2 teaspoons sesame oil
- 1 teaspoon grated ginger



Pan Fried Fillets of Halibut with Cauliflower Puree, Cabbage and Bacon, Clam and Dill Cream Sauce

Cooking method

Heat a small saucepan. Quickly drop in clams and then add the wine. Cover and cook until clams open-up. Strain stock and place on one side to use in the sauce. Remove clam meat from the shells.

Put cauliflower, shallots, nutmeg and cream into a saucepan. Simmer until cauliflower is soft. Blitz in food processor and pass through a sieve to remove any lumps.

Melt the duck fat in a small pan over medium heat. Add cabbage, stirring until it wilts down. Add bacon and continue cooking until it is crispy.

Sweat the shallots in a small pan. Add remainder of sauce ingredients except cream and stock and reduce by half. Now add the clam stock and reduce by half. Add the cream and further reduce to a good sauce consistency. Finish with chopped dill and shelled clams.

In a hot, preferably non-stick frying pan, carefully place the halibut fillets, shaking the pan gently while you do. Fry for 3 or 4 minutes until golden brown then turn them over. Add a knob of butter and a splash of wine. Baste the fish for 1 – 2 minutes.

WWF says: Most supermarkets now provide guidance on their fish packaging to help you make decisions on what to buy. When looking for halibut, check for the MSC label on the pack. If you're buying over the counter, be sure to ask if the fish has sustainable certification.

You need

4 halibut fillets
900g clams
Half a glass of white wine

Cabbage and Bacon

Half a head of Savoy cabbage, finely chopped
10 rashers of bacon, sliced
3g duck fat
1 small cauliflower
2 finely chopped shallots
Pinch of grated nutmeg
300ml cream

Sauce

Half a carrot, finely diced.
3 finely diced shallots
2 peppercorns
1 bay leaf
A quarter glass of white wine
1 tablespoon vinegar
Stock from clams
300ml cream
A few sprigs of dill



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Pan Fried Fillets of Mackerel with Broad Beans, Beetroot and Char-Grilled Potatoes and Salad with Irish Whiskey and Mustard Dressing

Cooking method

Cut beetroot into bite-size cubes. Place on foil, sprinkle with a little brown sugar and add garlic and rosemary. Wrap in the foil and bake in oven for 20 – 25 minutes at 160°C. Remove beans from the pod and blanch in boiling salted water for 4 – 5 minutes. Strain and refresh in cold water, then remove outer casings. Just before serving mix the warm beans and beetroot together with a little dressing

Char-grilled-Potatoes Peel and halve potatoes. Cut into circles using pastry cutter. Par-boil in salted water. Leave to cool. Smear top and bottom with oil and char-grill, turning at an angle for criss-cross effect.

Dressing Whisk mustard, whiskey and sugar into a bowl until sugar dissolves. Add vinegar and slowly pour on the oil while whisking.

Next Heat a frying pan on medium. Rub olive oil on the fish skin and put a drop in the pan. Gently place fish skin side down into the pan, shaking continuously. Fry for 3 – 4 minutes, then flip over. Add the butter, lemon juice and splash of white wine, basting the fish with the liquid. Remove from the pan and drain on kitchen paper. Serve with the salad and potatoes and drizzle with the dressing.

Ingredients

8 mackerel fillets, smoked or unsmoked
450g broad beans (other beans may be used)
4 large raw beetroot
1 sprig Rosemary
2 cloves garlic
4 large potatoes
½ lemon
2 knobs of butter
¼ glass white wine

Whiskey and Mustard Dressing

2 tablespoons whole grain mustard
2 shots Jameson whiskey
25g sugar
300ml olive oil
175ml white wine vinegar
Seasoning to taste

WWF says: When buying mackerel, check how it has been caught. Handlining of Mackerel means the fishermen can be a lot more selective of the fish that they catch and it reduces by-catch (other unwanted fish being caught in nets) and young fish being caught. Consumer demand for handlined mackerel can ensure fishermen receive a fair price for this more expensive but much more sustainable practice.

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WWF says: This is a good way to update a traditional dish. Pollock makes a great, sustainable alternative to cod in recipes as the fish texture is similar. MSC pollock fillets are available in UK supermarkets – just look for the label.



© Sue Day

Beer-Battered Pollock

Sumo Chips, Mushy Peas, Tartar Sauce

Tartar Sauce: Whisk egg yolks, vinegar and mustard until pale white in colour. Whilst still whisking slowly pour in the olive oil until mixture starts to thicken. Add lemon juice, capers, gherkins and parsley. Season to taste and chill.

Batter: Place flour and seasoning in a bowl. Add ale while whisking. Continue whisking until batter comes together. Chill up to 1 hour.

Mushy Peas: Drain peas and place in a pot. Add chicken stock, garlic, rosemary and bicarbonate of soda. Bring to boil then turn down to simmer. Cook until all stock has disappeared and peas are mushy. Season.

Next: Preheat deep-fat fryer at setting for frying fish. Coat pollock in seasoned flour and submerge in batter. Lift to allow excess batter drain off. Carefully place in the fryer, always dropping fish away from you. Fry for 6 – 8 minutes or until fish floats and the batter is golden and crispy. Drain on kitchen paper.

Sumo Chips: Remove potato skins. Trim potato to rectangle shape. Cut in thick baton pieces. Deep fry until golden and crisp. Drain on kitchen paper.

Serve as photograph although wrapping your lemon in a muslin bag is not necessary!

Batter
600ml of ale
450g plain flour
Salt and pepper

Tartar Sauce
3 egg yolks
1 tablespoon English mustard
300ml olive oil
Juice of 1 lemon
6 gherkins, chopped
50g capers, chopped
50g parsley, chopped

Fish: Four 175g pollock fillets, skinned and boned
50g of seasoned flour

Mushy Peas
200g marrowfat peas, soaked
600ml chicken stock
1 clove garlic, crushed
1 sprig Rosemary, chopped
Salt/pepper
1 teaspoon bicarbonate of soda

Sumo Chips: 4 par-baked potatoes



Beech Hill Chefs, Raymond Moran and Paul Curry

Paul Curry, Sous Chef at the Beech Hill Country House Hotel (above left) says: "Beech Hill's crab meat is hand picked on Malin Head. Good cooking means buying the best ingredients possible. It may cost more but it will certainly pay off."



Smoked Salmon with Malin Head Crabmeat, Quails' Eggs and an Irish whiskey and Mustard Dressing

Start by picking through the crabmeat and remove any small pieces of shell. Add crème fraiche and snip-chives (chives cut finely with scissors), lemon juice and seasoning.

Making the dressing

Put mustard, whiskey and sugar into a bowl and whisk together until sugar dissolves. Add vinegar and slowly pour on the oil, whisking all the time.

Quails' eggs

Boil a pot of water and keep it boiling. Have ice-cold water in a separate bowl for quick cooling. Place the eggs into boiling water for two-and-a-half minutes and then plunge them straight into the iced water. Shell them and cut them in half.

Serving

At the centre of each plate mould the crab meat in a round pastry cutter. Then arrange the smoked salmon and quails' eggs around it as in our photograph. Lightly drizzle the whiskey dressing over the leaves. Use the remainder of the dressing for around the plate and over the salmon. Pile the leaves decoratively on top.

Preparation time 10mins

What you need

3 slices of smoked salmon per person
100g white crab meat
2 tablespoons crème fraiche
Chives
Juice of 1 lemon
12 quails' eggs
Mixed salad leaves

Mustard dressing ingredients

2 tablespoons whole grain mustard
2 shots Jameson whiskey
25g sugar
300ml olive oil
150ml white wine vinegar
Seasoning to taste



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WWF says: We recommend that you only buy hand-dived scallops. In Northern Ireland, dredging for scallops has caused damage to the sea bed in sensitive areas of Strangford Lough and has been responsible for the destruction of horse mussel beds. These beds act as reefs and provide a habitat on which up to 100 other species depend. Hand-dived scallops will be more expensive but you ensure no other species were killed in their collection. Always ask your fishmonger how the scallops were caught. There are also frozen MSC scallops available in the freezer section of good supermarkets.

Hand-Dived Seared Scallops with Glebe Brethan Cheese and Potato Gratin.

Method

Bring potatoes to boil. Simmer 15 – 20 minutes or until soft. Put cream and butter into a pan and reduce by half. Drain and mash potatoes. Add cream reduction little by little until you have the desired consistency. Season with nutmeg, salt and pepper.

Making Sauce

Melt butter in a saucepan. Add shallots and streaky bacon. On low heat add flour and mustard powder. Stir in and cook for 2 – 4 minutes. Bring milk and bay leaf to boil in another pan and slowly add a little at a time to the flour mix. Stir until milk is mixed through. Simmer 4 – 6 minutes. Add grated cheese. Taste and season.

Finally

Make sure scallops are dry and orange bits removed. Just before serving heat (get it really hot!) a large frying pan or skillet. Place the scallops on it for 1 – 2 minutes. Quickly turn them over. Add butter, wine and lemon juice and quickly baste. Remove from heat and arrange on serving plate or in scallop shells. Pipe mashed potatoes around the scallops and ladle sauce over them. Add a bit of grated cheese and grill until golden brown. Sprinkle with chopped dill and parsley.

Sauce

- 600ml milk
- 1 teaspoon mustard powder
- 100g flour

75 g butter

- 8 rashers of streaky bacon cut into strips
- 2 finely diced shallots
- 1 bay leaf
- 100g cheese

Scallops

- 20 hand-dived scallops
- 1 large knob of butter
- Splash of white wine
- Juice of 1 lemon
- Seasoning

Mashed Potatoes

- 6 – 8 peeled medium potatoes
- 600ml cream
- 100g butter
- Grated nutmeg and other seasoning



Causeway Coast Pollock with Mature Cheddar Rarebit, Slow Oven-Roast Plum Tomatoes, Red Onion Marmalade and Pesto Dressing

Tomatoes: Preheat oven to 110°C. Sprinkle sea salt, garlic, rosemary, thyme on baking tray. Halve 4 plum tomatoes and place on herbs. Drizzle with olive oil. Bake 1½ – 2 hrs.

Making Marmalade: Put butter and onions into a large saucepan on medium heat and cook until soft. Add brown sugar and stir until dissolved. Add Port, Cassis and red wine, reducing each by three-quarters before adding the next. Turn heat low and simmer for 45 – 60 minutes until you have a sticky mixture. Leave to cool and place in air tight jar.

Making Pesto: Place all ingredients except the oil into a food processor and blitz to a paste. Whilst still blitzing, slowly add oil.

Rarebit: Warm milk in a pan and add all ingredients except breadcrumbs. Stir until cheese melts. Remove from heat and add breadcrumbs. Refrigerate until required.

Preheat oven to 180°C (or grill the fish). On a deep baking tray add butter, wine and lemon juice. Season and place pollock fillets on top. Bake for 3 – 4 minutes and then spread on your rarebit mix. Bake for a further 4 – 5 minutes until the rarebit glazes.

Ingredients 4 pollock fillets, 1 knob butter, ¼ glass white wine, ½ glass lemon juice, 4 plum tomatoes, sea salt, rosemary and thyme.

Rarebit

450g cheese
1 teaspoon mustard powder
5 tablespoons milk
100g breadcrumbs
3 teaspoons Worcester sauce
Seasoning

Marmalade

10 red onions
300ml red wine
150ml Port
4 measures Cassis
100g soft brown sugar
100g butter

Pesto

100g basil
50g pine kernels
2 cloves garlic
25g parmesan cheese
150ml olive oil

WWF says: When buying pollock always check for MSC certification and also how it was caught. Similar to mackerel, the most sustainable method of catching pollock is handlining. Line-caught fish are more expensive to produce than trawled fish so consumers should be prepared to prove to fishermen that they are prepared to pay for better quality, sustainable catches.



WWF says: Like vegetables, fish is seasonal. Breeding cycles mean that fishermen can only catch certain fish at certain times of the year. Consult your fishmonger on what is in season.



© Steve Morgan / WWF-UK

Summer Seafood

with Homemade Cocktail Sauce and Quails' Eggs

Use crabmeat, Dublin Bay prawns, salmon or pollock. Serve as a starter or light lunch with a piece of wheaten bread. If you are cooking the fish try my poaching-liquor. Just pop the quails' eggs into boiling water for 2 minutes

Sauce

Place eggs, mustard and vinegar in bowl or food processor and whisk. Add paprika, passatta and lemon juice, always whisking. Slowly pour in olive oil, still whisking so it starts to thicken. Stir in dill and brandy. Taste and season.

Poaching the seafood

Place all poaching-liquor ingredients into a large saucepan and bring to boil. Add seafood and return to the boil. Remove from heat and leave to cool. Drain off liquor and remove juniper berries and bay leaves. In a bowl combine the base mixture with a little cocktail sauce. In another mix the seafood with a squeeze of fresh lemon juice, freshly ground pepper and cocktail sauce.

Cocktail sauce

- 3 egg yolks
- 10ml cider vinegar
- 1 teaspoon English mustard
- 300ml olive oil
- ½ teaspoon smoked paprika
- 1 tablespoon Passatta or tomato ketchup
- 1 lemon zest and juice
- A few sprigs of finely chopped dill
- 1 measure brandy

Poaching-liquor for the fish

- 200ml water
- 1 glass white wine
- 3 juniper berries
- 1 bay leaf
- 1 lemon
- Seasoning

The Base

- Mixed lettuce leaves, finely shredded
- 1 stick celery
- ½ apple
- ¼ head of fennel

All finely diced



WWF says: If you don't have a specific fish in mind, it's always a good idea to talk to your fishmonger to see what's fresh. Find out where it has come from and how it has been caught. Check our 'Top tips when choosing seafood' on page 7 for some help.



© S Burr

Seafood Chowder

Here I give you the weight of the fish you need, but exactly what kind of fish goes into the pot is up to you. Try crab-meat, Dublin Bay prawns or lobster.

Method

Melt butter in a pan. Add flour. Mix and cook together to form a roux. In another pan slowly heat the fish stock. On low heat add one ladle of stock at a time to the roux, stirring until all the liquid is absorbed. Then add another ladle and another until all stock is used. This will give you a smooth sauce – a veloute.

Leave this aside and in another pan slowly cook all vegetables until soft. Then add the veloute. This will give you a base for the chowder. In a large pan add the mussels and a splash of white wine to the fish. Cover the pot with its lid for a few minutes. Stir in the base mix and continue stirring for a few minutes. Add the rest of the ingredients. Then spoon into large bowls and serve with warm wheaten bread.

Fish Veloute

600ml fish stock
100g butter
100g flour

The base

1 finely diced carrot
1 leek, finely chopped
1 stick of celery, chopped
1 finely chopped onion
1 grated bulb of fennel
1 teaspoon of finely chopped thyme and rosemary

The Chowder

450g mixed fish
24 mussels
4 rashers of bacon, diced and cooked
1 handful shredded spinach
150ml cream



Pan Fried Irish Sea Herring

with Poached Scallions and Traditional Boxty with Carrot and Saffron Butter Sauce

4 Boxty Cakes (Make early, reheat later)

Par-boil potatoes and leave to cool. Dice onion, chop scallions. Put knob of butter into saucepan and sweat off scallions and onions until soft. Grate potatoes into large bowl. Add saucepan contents and melted butter. Mix well. Add enough flour to bind mixture and season. Use remainder of flour to dust work-surface. Mould a handful of the mixture into 4 saucer-sized cakes, half-an-inch thick. Par fry each side until golden brown.

Juice 6 carrots and pour into saucepan with saffron strands. Add everything but cream. Simmer until wine is reduced by three-quarters. Add cream and reduce to desired consistency. Set aside keeping warm. Do not boil. Bring a saucepan of salted, buttered water to boil. Medium heat a non-stick frying pan. Lightly oil herring skin. Skin side down, gently place fillet in frying pan, always shaking so the skin does not stick. Fry for 3 or 4 minutes or until crisp, golden edge forms. Turn and add butter, lemon juice, dill and wine. Gently fry for further 2 – 3 minutes using the liquid to baste the fish. Remove from the heat. Place scallions and spinach in boiling water for 3 minutes then drain. Remove herring from the frying pan, drain on kitchen paper and serve.

Ingredients

4 herring fillets with skin scored
 8 peeled scallions
 4 knobs butter
 Juice of 1 lemon
 ¼ glass white wine
 2 sprigs dill

Boxty Ingredients

4 potatoes
 1 medium onion
 4 scallions
 100g flour
 100g butter, melted

Butter Sauce

½ glass white wine
 2 peppercorns
 2 finely diced shallots
 1 bay leaf
 1 teaspoon white wine vinegar
 6 carrots
 1 pinch saffron
 100ml cream

WWF says: Herring is a good example of a fish stock which recovered after a collapse in the stock led to an outright ban on fishing during the 1970s. Following the implementation of a strict management system, herring stocks recovered so its worth retrying this old favourite which once constituted an important part of our diet. MSC certified herring is available.



Raymond says: “Farmed all around our coast, mussels are a personal favourite and a delight for many Beech Hill visitors, particularly those from overseas. Here I have added a touch of spice in the form of chorizo sausage but you could try a drop of Irish whiskey instead. Serve in a bowl at the centre of the table so everyone can dip in. And offer chunks of crusty bread.”



© Peter Naylor / www.marniprphoto.co.uk / WWF-UK

Fresh Irish Mussels with Chorizo and Scallion Cream

Preheat the biggest saucepan you have got. In a separate, smaller pan on a medium heat sweat the shallots, garlic, thyme and chorizo until soft. Quickly add the mussels, white wine and bay leaves to the large, very hot pan and cover with a lid.

Give it a few shakes, and if you are using whiskey instead of chorizo toss 2 or 3 shots in now. After 3 or 4 minutes lift the lid. The mussel shells should be open. Any that are still shut you must discard. Strain the mussel and wine stock from the larger pan onto the shallot and chorizo mix and bring to the boil.

Place the lid back on the mussels in the larger pan and leave to the side. Add the bay leaves and quickly reduce mixture by half. Add the cream (or chopped tomatoes) and reduce by a quarter.

Now pour the chorizo sauce onto the mussels in the larger pan and bring to the boil. Sprinkle with scallions and parsley.

Ingredients

- 4 pints of mussels, scraped and cleaned
- 3 finely diced shallots
- 2 cloves crushed garlic
- 2 – 3 sprigs of thyme
- 1 glass white wine
- 2 bay leaves
- 2 chorizo sausage, sliced
- 6 scallions
- 1 bunch chopped parsley
- 600ml of cream (or use chopped tomatoes)



MSC Salmon in Pastry stuffed with Creamed Leeks, Fennel and Smoked Salmon with Fresh Garden Pea and Lemon Butter sauce

Cooking

Grate fennel. Melt butter in pan on low heat. Add fennel. Simmer 25 minutes. Add white wine, reduce by half. Add Pernod, reduce by half. Add leeks and mix well. Simmer 3 – 4 minutes and add cream. Reduce to porridge-like consistency and add smoked salmon, leaving to cool. Roll two pastry strips long enough to cover the salmon. Place the stuffed salmon on one strip leaving small edge around it. Egg-wash edges and put another pastry strip on top. Seal salmon in the pastry by pressing around the edges. Cut off any excess.

Making Butter Sauce

Sweat off the shallots in a small saucepan. Add remainder of ingredients except cream and butter and reduce liquids by three-quarters. Add cream and reduce by half. Remove from heat. Whisk in the butter piece by piece and finish with a squeeze of lemon juice. Egg-wash top of the pastry package. Bake in preheated oven for 15 – 20 minutes.

WWF says: Always check for MSC certification on salmon. Salmon stocks around the world are currently under pressure so by buying from a certified source you ensure that you aren't contributing to the problem.

Ingredients

Four 175g salmon fillets
Puff pastry
1 leek, finely diced
25g finely diced smoked salmon
1 fennel bulb
75g butter
¼ glass white wine
1 shot of Pernod
175ml cream
Seasoning

Preheat oven to 165°C

Butter sauce

2 diced shallots
10ml white wine vinegar
2 peppercorns and juniper berries
1 bay leaf
50ml white wine
25ml cream
225g butter
100g garden peas
1 sprig of dill



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Seared Fillets of Hake Mussels and Saffron butter sauce, and Saffron Potatoes with confit of fennel and spinach

Heat a saucepan and quickly drop in mussels. Add thyme and white wine and cover. Remove from heat when mussel shells open. Strain juices to use in sauce later. In another saucepan melt the butter and add fennel. Cook on a low heat for 20 – 30 minutes until fennel is soft. Just before serving add the spinach and warm through.

Use a melon-baller to scoop out the potatoes or cut them into cubes. Infuse saffron in a little white wine then add potatoes and butter. Cover with water and simmer until potatoes are soft.

Making Butter Sauce Sweat off shallots in a small saucepan. Add remainder of ingredients except cream and butter and reduce the liquids by $\frac{3}{4}$. Add and reduce the cream by $\frac{1}{2}$. Remove from heat. Whisk in butter piece by piece and finish with a squeeze of lemon juice.

Cooking the Hake Heat non-stick frying pan. Rub a little oil on the fillets and gently fry until golden brown. Flip-over; add a knob of butter, splash of white wine, squeeze of fresh lemon juice. Add a little fennel stock and baste fish for 2 – 3 minutes.

WWF says: You can find Marine Stewardship Council certified Hake in some local supermarkets. When buying Hake, double check for the MSC label or ask at the fish counter.

Ingredients

4 hake fillets
1 pint scrubbed mussels
 $\frac{1}{2}$ glass white wine
Sprigs of thyme

Butter sauce

2 diced shallots
10ml white wine vinegar
2 peppercorns and juniper berries
1 bay leaf
50ml white wine
25ml cream
225g butter
100g mussel meat
2 pinches of saffron strands

Saffron Potatoes

3 large potatoes
2 pinches of saffron strands
50g butter

Confit

3 bulbs grated fennel (put left-over bits in water and reduce for stock to baste the fish)
100g butter
500g spinach

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Stir Fried Dublin Bay Prawns

with Asian Cucumber Salad, Roast Red Pepper and Chilli Sambal

Cooking Method

Whisk all the dressing ingredients together in a bowl, leaving the pieces of ginger to infuse their flavour into the mixture. Blitz all the sambal ingredients together and then slowly cook for 5 – 8 minutes on a medium heat. Heat a non-stick frying pan or large wok. Add a little vegetable oil and quickly toss the prawns in the wok. Add the sambal and saffron strands and stir for about a minute. Thinly chop all the salad ingredients and mix them together with a splash of the vinaigrette.

Serve as in photograph

WWF says: Dublin Bay prawns, (also known as langoustine & Norwegian lobster) is Northern Ireland's biggest fishing industry. WWF is encouraging these fisheries to use only sustainable practices and to demonstrate this by applying for MSC certification.

You Need

24 Dublin Bay Prawns (shelled and de-veined)
3 pinches of saffron

For the Salad

1 cucumber
2 medium sized carrots
6 scallions
2 chillies
50g coriander

The Dressing

300ml rice wine vinegar
150ml Mirin (Japanese wine)
or any sweet white wine
2 teaspoons of sesame oil
1 teaspoon of grated ginger

The Sambal

4 red peppers
Half a red onion, finely diced
2 chillies
4 cloves of garlic
100g of coriander

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