



Herring with beetroot gnocchi

1 large red onion
2 tomatoes about 200g each
1 aubergine, around 300g
2 garlic cloves, finely chopped
4 tbsp olive oil
4 large herring, scaled and filleted

300ml fresh home-made tomato sauce or salsa

For the gnocchi:
300g floury potatoes
300g raw beetroot
150g plain flour

Serves 8

To start the gnocchi, cook the potatoes in their skins until done and drain. When bearable, peel and squeeze through a ricer or sieve. While they cook, peel and boil the beetroot, then puree when done. Mix the two pastes with the flour and work into a soft dough. Add more flour if necessary – but the more flour, the heavier they are. Roll into sausages of 1.5cm thickness and then cut into 2cm lengths, squeezing into hourglass shapes as you go.

Chop the aubergine, tomatoes and onion into small pieces and sauté together until a soft but not sloppy mixture is formed. Season and set aside.

Check the fillets for bones and place four on large pieces of oiled foil. Spread them with the mixture of aubergine and tomato and then place the other fillets top to tail on top. Form the foil around the fish, into “sausages”.

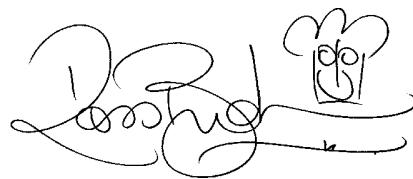
Roast the fish for 18-22 minutes at 180°C depending on the size of herring – test the rolls by pushing an index finger into them. If there’s any give, cook a little longer; but don’t cook beyond nascent firmness.

Meanwhile, poach the gnocchi in salted water for 90 seconds or so, until they float. Skim the cooked gnocchi out and dress lightly in oil.

Halve the rolled herring and peel off the foil.

Serve on a pool of the tomato sauce and surrounded by the gnocchi.

Great with bread and a salad!





Mackerel and chickpea stew

**6 small fresh mackerel,
cleaned with their heads
removed**

Plain flour

4 tbsp olive oil

**1 kg fresh tomatoes, peeled
and pureed**

500 ml fish stock

A pinch saffron threads

**400 g tin of chick peas,
drained**

For the picada:

6 garlic cloves

**1 red pepper, roasted and
peeled**

12 blanched almonds

12 hazelnuts, skinned

**1 slice white bread, fried in
olive oil until golden brown**

3 tbsp chopped parsley

A few drops of white wine

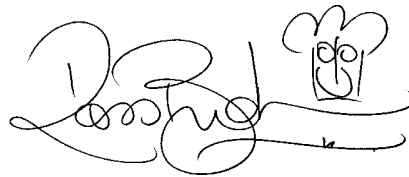
Dredge the mackerel in a little flour, then fry in olive oil until browned on both sides. Remove and reserve.

Put the picada ingredients, except the oil, in a food processor and blend until smooth. Work the oil in, then fry in the fish pan for a minute.

Add the tomatoes and fish stock, cook for five minutes or until thickened, stirring occasionally.

Return the fish to the pan with the saffron and chickpeas. Simmer for 15 minutes. Test that the fish is cooked in the thickest part and season with salt and pepper.

Serve with bread and salad.



Serves 6





Sauté of langoustines, chorizo and beans

400g slicing chorizo in one piece
3 tbsp good olive oil
12 langoustines
400g frozen broad beans, defrosted and skinned
juice of 2 lemons
3 tbsp finely chopped parsley
12 slices French bread

Serves 6

Preheat the oven to 200°C

When warm, bake the slices of bread until crisp to form crostini.

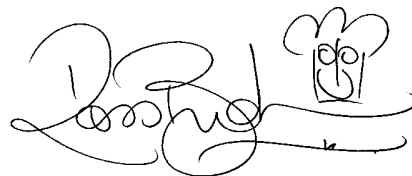
Cut the chorizo into sticks about 5cm long and 1cm thick. Heat the oil in a large frying pan and gently sauté on all sides until lightly browned. Remove and drain; pour the oil away

Add the langoustine tails to the glistening pan and fry on a high heat for a couple of minutes, until opaque.

Return the chorizo to the pan with the beans, lemon juice, parsley and season. Swiftly heat through, remembering that too much heat will rubberise the langoustines.

Put the crostini around a small serving platter and pile the sauté over them.

Eat quickly.





Scallops on poori with aubergine puree

30 smallish scallops – don't use 15 medium and halve: it doesn't work!

For the poori:

170g plain flour

1/2 tsp ground cumin

1/2 tsp turmeric

1/2 tsp baking soda

2 tbsp sunflower oil, plus a cup or so extra for frying

For the aubergine puree:

1 aubergine

3 tbsp tahina

2 garlic cloves, rushed

3 tbsp olive oil

juice of 2 lemons

Makes 30

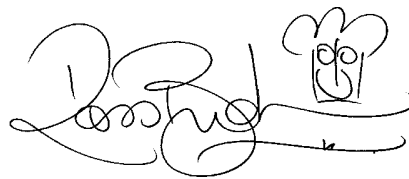
To make the poori, sift the flour, spices and baking soda together into a bowl. Add 90ml water and mix together. Add the oil and then mix in a little more water, to form a light dough. Set aside to rest.

Roll out the dough to a thickness of 5mm. Cut into circles of 3cm or so. Shallow fry in the oil for two minutes or so; they'll puff up quite wonderfully. Drain on kitchen paper and reserve.

Trim the scallops and reserve the coral if preferred. If you retain it, pierce to escape explosion!

Pierce the aubergine and bake or grill until it is dull and soft. When cool, remove the stalk and peel. Cut into rough pieces in a sieve and allow to drain a little. Squeeze out any juices. Blend the flesh with the rest of the ingredients and season with salt and pepper. A thick paste should form. When ready, top the poori with a little of the puree and a scallop.

Eat soon; it's not a chore!





Saithe in Parma ham with broad beans

6 pieces of saithe, cut from the thickest part, each about 170g

6 slices Parma ham

4 tbsp plain flour

6 tbsp olive oil

6 sprigs of fresh chervil to garnish

280g shelled fresh peas (blanched) or frozen petit pois

225g frozen broad beans, thawed and skinned

2 tbsp capers, rinsed and drained

2 tbsp parsley, chopped

Juice of 1 lemon

Serves 6

The fish should be cooked with the skin on – it's so pretty that it will show through the cooked ham.

Wrap each piece in a slice of ham, then dredge with flour.

Heat a little of the olive oil and then brown, serving side down. Fry for two or three minutes or until brown and crispy, then turn and fry the other side until it is just cooked. Remove and keep warm in a hot oven.

Add the lemon juice and a little water to the pan. Bubble to release the crispy bits at the bottom of the pan. Add the peas, beans, parsley and capers. Season and pour over the cooked fish. Do not over-cook as the greens will become grey-looking.

