1991

Simply Delicious Fish

Darina Allen

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GREY SEA MULLET

*Grey Sea Mullet with Gruyère and Mustard
Deh Ta Hsiung’s Chinese Steamed Whole Fish

SALMON AND SEATROUT

Roulade of Smoked Salmon with Cottage Cheese and Dill
Warm Smoked Salmon with Cucumber and Dill
Gravlax with Mustard and Dill Mayonnaise
Salmon Tartare with a Sweet Cucumber Salad
Salmon with Tomato and Fresh Herb Salsa
Salmon with Lemon and Honey

TROUT

Trout with Ginger Butter
Trout with Mushrooms

MACKEREL

*Barbecued or Pan-grilled Mackerel with Green Gooseberry Sauce
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JOHN DORY

Grilled John Dory with Orange Butter

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The items marked with an asterisk denote recipes which are demonstrated on RTE's Simply Delicious Fish television series.