

1991

Simply Delicious Fish

Darina Allen

Follow this and additional works at: <https://arrow.tudublin.ie/irckbooks>



Part of the Arts and Humanities Commons

Recommended Citation

Allen, Darina, "Simply Delicious Fish" (1991). *Cookery Books*. 90.
<https://arrow.tudublin.ie/irckbooks/90>

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie.



This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 4.0 License](https://creativecommons.org/licenses/by-nc-sa/4.0/)

S I M P L Y

Delicious

F I S H



DARINA ALLEN



Published by
Gill and Macmillan Ltd
Goldenbridge
Dublin 8

and
Radio Telefis Éireann
Donnybrook
Dublin 4

© Darina Allen 1991

0 7171 1822 3

Reprinted 1991

Photographs by Des Gaffney, RTE

Food styling by Rory O'Connell

Design by Peter Larrigan

Typeset by Irish Typesetters, Galway

Colour origination by Irish Photo Ltd, Dublin

Printed by Butler & Tanner, Somerset

All rights reserved. No part of this publication may be copied,
reproduced or transmitted in any form or by any means,
without permission of the publishers.

*To the memory of Tommy Sliney,
who gave away more fish than he ever sold*

LEABHARLANNA ATHA CLIATH
DUBLIN COLLEGE OF CATERING
ACC. NO. 0717 118223
COPY NO. DT 1038
INV NO/91 3624
PRICE IR£ 5.99
CLASS 641.692

By the same author:

Simply Delicious

Simply Delicious 2

A Simply Delicious Christmas

Contents

FOREWORD	
ACKNOWLEDGMENTS	
BUYING FRESH FISH	
GLOSSARY	
SOUPS	1
Basic Fish Stock	1
Household Fish Stock	2
*Seafood Chowder	2
Mediterranean Fish Soup with Rouille	4
Cockle and Mussel Soup	5
*Chinese Fish Soup with Spring Onions	6
PLAICE, LEMON SOLE, DAB, FLOUNDER AND MEGRIM	8
(recipes in this section can be used for all these fish)	
Baked Plaice with Chanterelles	9
*Plaice or Sole Bonne Femme	10
Goujons of Plaice, Sole or Monkfish	12
Plaice or Sole à l'Orly	13
DOVER OR BLACK SOLE	14
Sole or Plaice à la Meunière	14
Sole Stuffed with Prawns and Garlic Butter	15
TURBOT OR BRILL	16
Turbot, Brill, Cod or Monkfish with Black Peppercorns	16
Turbot or Brill with Carrot and Chives	17
WHITING	19
Whiting Baked in a Parsley Sauce	19
Whiting with Orange and Buttered Crumbs	20
Whiting with Mushrooms	20
Whiting with Mangetouts, Carrots and Chervil	20
Fish Mousse with Shrimp Butter Sauce	21
Fish Mousse in Courgette Flowers	22
COD, HADDOCK, HAKE, POLLOCK AND LING	23
(recipes in this section can be used for all these fish)	
Taramasalata	23
*Gratin of Cod with Bacon, Tomatoes and Dill	24
Gratin of Cod with Buttered Leeks	25
Fish Cakes with Garlic Butter	28
A Very Superior Fish Pie	29
Omelette Arnold Bennett	30
Ling or Pollock with Tomatoes and Fresh Spices	31

GREY SEA MULLET	33
*Grey Sea Mullet with Gruyère and Mustard	33
Deh Ta Hsiung's Chinese Steamed Whole Fish	34
SALMON AND SEATROUT	35
Roulade of Smoked Salmon with Cottage Cheese and Dill	35
Warm Smoked Salmon with Cucumber and Dill	36
Gravlax with Mustard and Dill Mayonnaise	37
Salmon Tartare with a Sweet Cucumber Salad	38
Salmon with Tomato and Fresh Herb Salsa	38
Salmon with Lemon and Honey	39
TROUT	41
Trout with Ginger Butter	41
Trout with Mushrooms	42
MACKEREL	43
*Barbecued or Pan-grilled Mackerel with Green Gooseberry Sauce	43
Poached Mackerel with Sauce de Quimper	44
Mackerel with Cream and Dill	45
Deepfried Mackerel with Tartare Sauce	45
HERRING	47
Soused Herring or Mackerel	47
Soused Herring or Mackerel Salad with Dill Mayonnaise	48
Herrings Grilled with Mustard Butter	48
Proper Breakfast Kippers	48
MONKFISH	50
Poached Monkfish with Red Pepper Sauce	50
Monkfish with Red Pepper Vinaigrette	51
*Monkfish Spedino with Summer Marjoram Sauce	52
RAY OR SKATE	53
*Skate with Black Butter	53
*Warm Ray Wing with Coriander	54
*Poached Ray Wing with Cucumber Hollandaise	55
Ray and Mushroom Tart	56
JOHN DORY	58
Grilled John Dory with Orange Butter	58
SQUID	59
*Squid Provençal	59
*Squid with Garlic Butter	60
Stuffed Squid with Tomato Sauce	60
*Chargrilled Squid with Fresh Chilli Sauce	62
LOBSTER	63
How to Cook Lobster or Crayfish	63
*Lobster Mayonnaise	64
*Ballymaloe Hot Buttered Lobster	67
Lobster Vol au Vent	68

PRAWNS AND SHRIMPS	71
(recipes in this section can be used for both prawns and shrimps)	
How to Cook Prawns	72
Salad of Prawns and Courgettes	72
*Prawn Kebabs with Coriander	73
CRABS	74
How to Cook Crab	74
*Ivan Allen's Dressed Crab	75
Crab Cakes	76
*Crab Pâté with Cucumber and Dill Salad	77
*Tomatoes Stuffed with Crab Mayonnaise	78
SCALLOPS	79
Warm Salad of Scallops with Toasted Pine Kernels and Avocado	79
Scallops Mornay	80
Scallops with Beurre Blanc and Chervil	81
OYSTERS	82
*Hot Buttered Oysters	83
Angels on Horseback	83
COCKLES, CLAMS, PALOURDES AND ROGHANS	85
(recipes in this section can be used for all these shellfish)	
Clams, Palourdes or Roghans Gratinée	85
Steamed Cockles or Clams with Fresh Herbs	86
MUSSELS	88
Mussel Salad with a Julienne of Vegetables	88
Spaghetti with Mussels, Tomato and Basil	89
Gratin of Mussels and Potato	90
SEA URCHINS	92
*Sea Urchins with Homemade Mayonnaise	92
Sea Urchins Nature	93
MIXED FISH DISHES	94
*A Plate of Irish Shellfish with Homemade Mayonnaise	94
*Periwinkles with Homemade Mayonnaise	96
Ballymaloe Fish Terrine with Tomato Coulis	96
Fritto Misto de Mare	98
Italian Fish Stew	99

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