

Lesley Waters

www.lesleywaters.com

DORSET SEAFOOD 2011

WHOLE SEA BASS COOKED IN CORNISH SEA SALT WITH LEMON AND TARRAGON BEURRE BLANC

This is a rustic style dish. Serve on a chopping board and allow your guests to push away the salt and skin to reveal the succulent, moist flesh of the bass.

Serves 4

2 x approx. 675g-900g (1½lb -2lb) sea bass, scaled & gutted
900g (2lb) Cornish sea salt
2 small bunches parsley, washed
Splash of water

1. Preheat the oven to Gas Mark 7/425F/210C.
2. Sprinkle half the salt evenly over a baking tray. Stuff the cavity of each fish with a small bunch of parsley. Lay the fish on the salt lined baking tray.
3. Sprinkle the remaining salt over the fish and then sprinkle each fish with a little water.
4. Bake the fish in the oven for 18-20 minutes or until just cooked. Then remove from the oven and allow to rest for 5 minutes.
5. To serve, transfer to a serving board and serve with lemon and tarragon beurre blanc.

LEMON & TARRAGON BEURRE BLANC

SERVES 4

2 shallots, finely chopped
4 black peppercorns
2 tarragon stalks
225ml / 8fl oz white wine
1 tablespoon white wine vinegar
6 tablespoons double cream
55g / 2oz unsalted butter, diced and chilled
3 tablespoons fresh tarragon leaves, chopped
lemon juice to taste

1. Place the shallots, peppercorns, tarragon stalks, wine and vinegar in a medium saucepan. Bring to the boil and simmer until the mixture has reduced by half. Add the cream and reduce a little further.
2. Turn down the heat and gently whisk in the chilled butter. Pass the sauce through a sieve, then stir in the fresh tarragon. Season with salt and pepper and lemon juice to taste. Keep warm until needed.

PAN FRIED MACKEREL WITH VICHY BEETROOT AND HORSERADISH CRÈME FRAICHE

Serves 4 as a starter or 2 as a main course

30ml/2tbsp olive oil
1 small red onion, finely chopped
550g/ 1 ¼ lb fresh beetroot, peeled, cut into wedges and cut into ½ cm thick slices
1tsp caster sugar
2 mackerel, filleted
1 small bunch dill, chopped
freshly ground black pepper
40g/1 ½ oz butter
45ml/3tbsp syrupy balsamic vinegar

for the horseradish crème fraiche
150ml/ ¼ pint cream fraiche
2tsp hot horseradish
squeeze lemon

1. Place 15ml/1tbsp oil in a pan. Add the onion and cook over a medium heat until softened. Add the beetroot, sugar and barely cover with cold water. Bring to the boil, cover and allow to simmer for 20 minutes.
2. Meanwhile, rub the mackerel with the remaining oil. Press the dill onto the flesh side and grind over black pepper.
3. Mix the horseradish crème fraiche ingredients together and set to one side.
4. Remove lid from beetroot, most of the water will have evaporated. Add 25g/1oz butter and the balsamic vinegar to the pan and cook over a high heat for a few minutes until glazed. Season to taste.
5. Heat the remaining butter in a large non-stick frying pan. Cook the mackerel fillets flesh side down first for 1-2 minutes each side.
6. To serve, spoon the beetroot on each serving plate and top with the mackerel fillets. Serve with horseradish crème fraiche.

THAI FISH CURRY

Thai curries often use the poaching method. It's a good way of cooking delicate fish and seafood and the poaching liquid becomes the sauce.

Serves 4

600ml/1pint vegetable stock
400g canned coconut milk
450g/1lb gurnard fillet, cut into chunks
250g/9oz mussels, cleaned
125g/4 ½ oz sugar snap peas, halved lengthways
2 tbsp coriander leaves, torn
1 lime, juice only

for the Thai paste

15ml/1tbsp oil
75ml/5tbsp of the coconut milk
5cm piece fresh ginger, peeled and chopped
1 green chilli, halved, deseeded and chopped
1 red chilli, halved, deseeded and chopped
1 stick lemon grass, chopped
1tsp coriander seeds
1 shallot, chopped
1 garlic clove, crushed
1tsp shrimp paste
coriander stalks

1. To make the Thai curry paste, put all the paste ingredients into a blender or food processor and blend briefly. The texture should be a coarse paste.
2. Heat a wok over a medium heat, add the paste and stir fry for 2 minutes. This will release the flavours of the spices. Add the stock to the pan, then add the coconut milk and heat to simmering, so that the liquid is just moving.
3. Add the guarnard and mussels. Bring back to simmering, then cook for 2 minutes. Add the sugar snap peas. Cook for a further minute until the fish is just cooked (it will be opaque all the way through) and the mussels opened.
4. Stir in half the coriander leaves and season to taste. Add the lime juice and scatter with the remaining coriander.

CRAB AND SPICY BREAD AND BUTTER COCKTAILS

Serves 4 / 6

1 x 200g packet of dressed crab
1 x 140g pot of cooked crayfish tails, drained
3 slices of very fresh brown bread
30g soft unsalted butter
1 large red chilli, very finely chopped
1 lime
1 small bunch coriander, roughly chopped
Cracked black pepper

Tumbler style glasses to serve and extra lime for wedges

1. In a small bowl mix together the butter, chilli and zest of a lime. Season with black pepper and butter the slices of bread. Break the buttered bread in small pieces into a medium sized mixing bowl.
2. Add the dressed crab meat , crayfish tails, coriander and a squeeze of lime juice and very gently fork through (do not over mix)
3. Spoon into glass tumblers and finish with an extra wedge of lime, place on a small saucer with a teaspoon and serve straight away.