

STIR FRIED SQUID (The China Garden, Plymouth)

Serves 4

1½ lb. (700 g.) prepared squid
4 spring onions, chopped
1 carrot, cut into fine strips
2 cloves garlic, crushed
1 teaspoon fresh ginger, finely chopped
½ glass rice wine or dry sherry
¼ pint (150 ml.) chicken stock
oil to cook

With a very sharp knife, score the sheets of squid in a fine criss-cross pattern and cut into strips about 2" (5 cm.) long. When cooked, the strips will roll into delicate flowers.

Blanch the squid in fiercely boiling water for 2 minutes. Then strain and dry them.

In another pan or wok, heat 2-3 tablespoons of bland cooking oil and stir-fry the squid for 2-3 minutes, over maximum heat. Remove from the wok and keep hot.

Into the same oil add all the other ingredients, except for the chicken stock, and stir fry for 2 minutes. Add the chicken stock and bubble furiously till the sauce thickens a little. Pour over the squid and eat with some plain boiled rice.

ROUILLE

This classic fiery sauce is rarely made properly, often being presented as a spicy aioli. This is the authentic version, as given to me by a retired Provençal chef in a bar one evening.

2 large cloves garlic, peeled and finely chopped
2 red chillis (you can buy them fresh in certain greengrocers
and supermarkets), chopped
stale bread, soaked in water and squeezed out to the size of
a large walnut
2-3 tablespoons olive oil

Ground the chopped garlic to a paste in the pestle and mortar -
the quantity is too small for the magimix.

Now pound in the nut of bread and the chopped chillis until
smooth. Whisk in the olive oil till the mixture becomes like
a smoothe, shining red mustard.

HOLLANDAISE SAUCE (THE QUICK AND EASY WAY) AND SORREL SAUCE

6 eggs
1½ lb. (700 g.) unsalted butter
juice 1 lemon
pepper

Melt the butter in a pan with a pouring lip.

Put the egg yolks and whites with the lemon juice and pepper
into the food processor and turn on. Pour the hot melted butter
evenly into the whisking eggs until the sauce has thickened.
To keep warm, place over a pan of recently boiled water until
ready to serve. And that, my little gastronomes, is that!

SORRELL SAUCE

For variations you can add blanched sorrel leaves, finely
chopped fresh mint and other herbs as you wish.

TROUT

1 trout per person, about 6 oz. (175 g.) cleaned and gutted
2 sheets newspaper per fish
bouquet of fresh herbs per person
thin slice lemon per fish
yoghurt sauce

Stuff the fish with herbs and a slice of lemon.

Wrap an envelope of paper around each fish and run under the cold water tap until sodden.

Place in a moderate oven till the paper dries out completely, about 8 minutes. Using scissors, carefully cut open the package and peel off the paper which will lift off the skin of the trout with it.

Decorate with yoghurt, chive and cucumber sauce.

FLOYD'S MONKFISH (CONCEIVED AND FIRST EXECUTED ON BOARD A FISHING
OFF THE SOUTH WEST COAST)

Serves 2.

4 thin fillets monkfish
½ pint (150ml.) double cream
1 egg yolk
2 rashers smokey bacon, diced
1 shallot, chopped
1 clove garlic, crushed
juice 1 lemon
1 glass dry white wine
1 bay leaf
1 sprig fresh thyme
little parsley, chopped
1oz. (25g.) butter
salt and pepper
1 fishing trawler and crew

Melt the butter in a pan and gently fry the fish for a minute.

Add everything else, except wine, egg yolk and cream, and cook for about 10 minutes. Add the wine and remove the fish to warm plate. Bubble up the sauce for 1 minute and then stir in the cream, reduce the heat and briskly whisk in the egg yolk. Pour sauce over the monkfish and serve.

SCALLOPS RUE RASPAIL

Serves 4

8 fresh Great Scallops, cleaned and trimmed
3½ oz. (100 g.) butter, unsalted
half glass dry sherry
7 fl. oz. (200 ml.) double cream
2 egg yolks, whisked
1 shallot, very finely chopped
parsley, finely chopped
salt and pepper

Melt the butter in a large frying pan and when it is bubbling but NOT burning, add the scallops, season and cook gently for 2 minutes on each side. Remove the scallops to a serving dish and keep warm. They should be slightly undercooked.

Into the juices in the pan, toss the shallot and the sherry and simmer for 5 minutes, or until you begin to worry that there might not be enough sauce. Then add the cream, and over a low heat stir in the egg yolks until the sauce resembles a thick custard. Strain the sauce over the scallops and garnish with the chopped parsley.

NB: Add the egg yolks carefully, slowly whisking all the time over a low heat or you will end up with scrambled egg.
Doucement, doucement is the word!

RICK STEIN'S BAKED BASS

(SEAFOOD RESTAURANT, PADSTOW)

Serves 4

1 bass, about 2 lb. (scant kg.)

4 oz. (110g.) butter

salt and pepper

juice 1 lemon

1½ lb. (700g.) celery, carrot, turnips, cut into thin batons

2" (5 cm.) long

9 fl. oz. (250 ml.) white wine

Scale, gut and clean the fish. Dry and rub well with salt, pepper and lemon juice, inside and out.

Stir fry the mixed vegetables in half of the butter for 8 minutes.

Stuff the bass with the vegetables and lay the excess vegetables in a baking dish and place the bass on top. Add the white wine and the remaining butter, cover with tin foil and bake in a hot oven, gas mark 7/425[°]F/220[°]c, for about 30 minutes.

Place a portion of fish in the centre of each plate. Cover with hollandaise or sorrel sauce and arrange the vegetable batons, fan like, around the fish.

DUBLIN BAY PRAWNS (LANGOUSTINES) WITH A PIQUANT TOMATO SAUCE

AU GAI BEC RESTAURANT, ST. MALO

Serves 4

48 Dublin Bay prawns
1 onion finely chopped
1 carrot finely chopped
1 bouquet garni
1 fl. oz. (25 ml.) cognac or eau de vie
4 fl. oz. (110 ml.) dry white wine
11 garlic, partly crushed
 $\frac{2}{2}$ pint (400 ml.) fresh tomato sauce
5 tablespoons olive oil
 $\frac{1}{4}$ teaspoon harissa or chilli sauce

Heat the olive oil in a large pan and add the carrot, onion and the prawns. Cook briskly for 3 minutes. Add the cognac and flame the dish and then add the white wine and cook for a further 2 minutes.

Add the tomato sauce, chilli sauce, garlic and bouquet garni and simmer for 4 or 5 minutes more. Take care not to overcook. You must adjust the cooking times, depending on the size of the prawns.

SLICED RAW FISH (SASHIMI) (CHIKAKO'S RESTAURANT, BATH)

1½ lb. (750 g.) skinless fillets of FRESH, FRESH bass, salmon and mackerel.

½ lb. (225g.) large prawns, unshelled

6 oz. (175g.) white radish (daikon), shredded

1 carrot, shredded into long thin strands

4 - 5 spring onions, cut lengthways

1 tablespoon green horseradish powder (another visit to the oriental market)

1 tablespoon fresh ginger, grated

lemon wedges

Japanese soy sauce (shoyu)

With a very sharp knife, slice the fish into very thin rounds, except for the salmon, which you cut into diamond shapes. Arrange the scallop slices, like petals of a flower, around a serving dish. Then make 3 peaked mountains of each of the vegetables on the same dish and lap the slices of bass and mackerel round the bases of two of them.

Prop the prawns around the third mountain and arrange the diamond salmon pieces to balance the display.

Mix the horseradish with a little water to make a thick paste (like very dry mustard) and place on a dish with the ginger and lemon wedges. Pour the soy sauce into individual bowls and allow each guest to add ginger and green 'mustard' (wasabi) to taste. The fish is then dipped into this mixture and eaten. Plain boiled rice can be served to accompany, just tepid, not hot.

PIKE WITH RED PEPPER SAUCE

Serves 4

4 fillets of pike, skinned
1 medium red pepper depithed and deseeded, and cut into 4 and
boiled
 $\frac{1}{2}$ onion finely chopped
1 bay leaf
salt and pepper
1 teaspoon tomato puree
4 tablespoons double cream
2 egg yolks
1 teaspoon chopped parsley
2 glasses dry white wine
1 pint water
1 clove garlic, crushed

Puree the red pepper, add tomato puree and set aside. Mix the wine and water, add bayleaf, garlic, parsley and onion and a pinch of salt, and pour this over the pike fillets and simmer gently for 10 to 15 minutes till the fillets are cooked. Remove fillets to serving dish and keep warm.

Take one third of the poaching liquid and the onions etc. that are in it, and transfer to a small saucepan. Add the pepper and tomato puree and simmer to reduce it by a quarter. Now stir in the cream, whisking well. When it is well mixed, tip in the egg yolks and whisk furiously over a low heat until the sauce thickens. Season with pepper.

Strain this light pink sauce through a fine sieve over the pike fillets.

GRATIN OF MUSSELS WITH SPINACH

AU GAI BEC RESTAURANT ST. MALO

Serves 4

50 mussels

20 oz. (575g.) fresh young spinach

$\frac{1}{4}$ pint (150ml.) Bechamel sauce

2 fl. oz. (50ml.) double cream beaten with yolk of 1 egg

$1\frac{1}{2}$ oz. (40g.) gruyere cheese, grated

salt and pepper

Clean the mussels.

Steam open the mussels in a lidded pan with one cup of water, for 2 or 3 minutes. Save the resulting juice and remove mussels from shells. Discard the shells.

Wash the spinach and shake it fairly dry. Pop into a saucepan over a low heat, and with just the dribbles of water already on the spinach to cook with (do not add more water), cook gently till you can mash the spinach easily. Strain off all excess liquid.

Mix the mussels, spinach and bechamel together in an ovenproof dish. Stir in 2 tablespoons of the juice from the mussels and the egg and cream mixture. Mix well, season and sprinkle with the grated gruyere. Brown in a hot oven for 10 minutes or so.

PAELLA

12 oz. good rice, well washed and dried
2 fl.oz. (50ml.) olive oil
4 cloves garlic, chopped
2 sachets of saffron
1 teaspoon fresh rosemary and thyme leaves
1 red pepper, depithed and pipped and cut into 2" (5cm.) squares
or thin strips
1 large onion chopped
1½ lb. (500g.) rabbit or chicken pieces, diced
50 mussels, cleaned
12 Dublin Bay prawns (langoustines)
24 clams, if available
1 small octopus or squid, cleaned and chopped
salt and pepper
2 tablespoons pine nuts
27 fl. oz. (750 ml.) water

Heat the olive oil in a large iron sauté pan, (you should really have a 'Paella') and fry the seasoned rabbit for 3 or 4 minutes. Add the chopped onion, red pepper, garlic and fry with rabbit until golden.

Add the rice and stir well until every grain is well coated with oil and thoroughly mixed with the other ingredients - if necessary, add a little more olive oil. Add the water, the fresh herbs, saffron, clams, mussels and squid and cover with a large lid and cook gently for 20 minutes.

Remove the lid and add the langoustines and cook for a further 10 minutes. Finally sprinkle in the pine nuts and serve.

As long as you have used a heavy iron pan and cooked over a low heat, your paella should not burn or stick - although, a slightly caramelised base is actually the ideal if you can achieve it.

AIOLI

8 cloves garlic
2 egg yolks
juice 1 lemon
 $\frac{3}{4}$ pint (400ml.) good olive oil

You should really crush the garlic in a pestle and mortar, then with a whisk, stir in the egg yolks. Then you stir away madly, while you dribble in the olive oil till you have a thick yellow mayonnaise. Lastly you stir in the lemon juice and salt and pepper to taste.

Or you can put all the ingredients into the food processor, except for the olive oil, turn it on and pour in the oil slowly but evenly while the eggs and garlic are whizzing around. It will be less good but much quicker.

YOGHURT SAUCE

$\frac{1}{2}$ pint (300 ml.) plain natural yoghurt (free range if possible)
3 tablespoons cucumber, peeled and finely chopped
1 tablespoon chives, chopped
 $\frac{1}{2}$ teaspoon concentrated mint sauce
juice $\frac{1}{2}$ lemon
salt and pepper

Mix together and chill.

MUSSELS IN WHITE WINE

Serves 4 - 6

6 lb. (2.8 kg.) mussels
2 large onions, chopped
3 cloves garlic, chopped
2 tablespoons parsley, chopped (1 for cooking, 1 for garnish)
½ pint (300 ml) dry white wine
2 oz. (50g) butter
salt and pepper

Clean the mussels

Melt the butter in a large pan. Add the onion and garlic and cook for 2 or 3 minutes. Add the wine and bring to the boil. Add the other ingredients, cover with a lid, and boil till the mussels steam open, shaking the pan from time to time.

Serve with more knobs of butter and parsley strewn over.
Use plenty of bread to mop up the sauce.

BOUILLABAISE

Serves 6-8

5 lb. (2.3 kg.) mixed fish, which can include:

John Dory
Bass
Gurnard
Wrasse
Dogfish
Small soft-shelled crabs
Saith
Weaver fish

2 large onions
5 ripe tomatoes, chopped
4 cloves garlic, crushed
1 leek, finely chopped
1 tablespoon orange zest
1 sprig fennel
1 sprig thyme
1 fl. oz. (25 ml.) olive oil
2 sachets saffron
4 pints (2.3 litres) boiling water
salt and pepper
1 pot rouille
1 pot aioli
2 lb. (scant kg.) plain boiled potatoes.

In a large pan fry the onions, leek, garlic and tomato in the olive oil till golden. Then add the thyme, fennel and orange zest, mix in well and cook for a further 5 minutes.

Make sure the water is boiling furiously in readiness for the next phases - the boiling water, when mixed with the olive oil and vegetables, will liaise and thicken the resulting soup, which is essential for this dish.

Add the boiling water to the olive oil and vegetables over a high heat, whisking furiously for a minute or two, till the sauce thickens noticeably. Maybe add another slurp of olive oil at this time and keep boiling till the right consistency.

Add the fish - if they are uneven in size start with the biggest first so that they all cook evenly. Season with salt and pepper add the saffron and simmer till cooked, say 10 or 15 minutes.

Lift the fish carefully from the sauce and remove the skin and bones. Arrange in an attractive shallow dish, moistened with a cupful or two of the strained sauce. Strain the remainder of the sauce into a tureen and serve as a soup garnished with rouille and aioli. Then eat the fish with boiled potatoes and more aioli.

FRESH TOMATO SAUCE

1½ lb. (700g.) ripe tomatoes, roughly chopped
1 onion, finely chopped
4 tablespoons olive oil
1 tablespoon white sugar
2 tablespoons fruit flavoured vinegar (raspberry for preference)
1 tablespoon parsley, chopped
1 tablespoon basil, chopped (I would rather you used dried than
not put in any at all)
5 cloves garlic, crushed
salt and pepper
1 cup water

Saute the onion and garlic in the olive oil till they are golden. Then add the rest of the ingredients and simmer gently for 30 minutes, at least.

Liquidise and pass through a fine sieve. Et voila. To be served hot or cold, as required.

BECHAMEL SAUCE (WHITE SAUCE)

2 oz. (50g.) butter
3 tablespoons flour
17 fl.oz. (500ml.) milk
salt and pepper
slice of onion
1 bay leaf
slice of carrot
sprig of parsley
pinch nutmeg, grated

Melt the butter and stir in the flour. Cook gently for 2 or 3 minutes without burning.

In a separate pan, bring the milk to the boil with all the ingredients except for the flour and butter, and leave to stand for five minutes. Strain.

Pour the milk into the cooked flour and butter over a low heat, stirring all the while with a whisk. Simmer gently for 20 minutes or so, whisking occasionally until you have a thick, creamy sauce.

LA BOURRIDE

Serves 4.

4 fillets thick white fish (bass, monkfish, turbot, brill etc.)
2 live lobsters
7 fl. oz. (200 ml.) double cream
 $\frac{1}{2}$ pint (300 ml.) aioli

For the stock:

2 pints (generous litre) water
fish head and bones
2 slices lemon
2 leeks, chopped
1 carrot, sliced
1 bay leaf

Simmer the stock for 20 minutes and strain.

Into the strained stock place the lobsters, bring to the boil with a lid on the pan, reduce heat and simmer for 20 minutes.

Remove the lobsters and keep warm while you poach the fillets of fish in the same stock for say, 15 minutes, depending on their thickness.

Cut the lobsters in half and arrange on a large serving dish with the fish fillets - keep warm.

Now reduce the remaining stock to about a third of its original volume and over a low heat stir in the cream. Now carefully whisk half of the aioli into the sauce, stirring over a low heat until the sauce takes on the colour and consistency of custard. Pour over the fish and serve at once.

Don't forget, lots of fresh bread to mop up the sauce, maybe some plain boiled potatoes too. And another bowl of aioli for the gluttons.

Don't be afraid of drinking a chilled red wine with this.

SONIA'S HAKE (HORN OF PLENTY, TAVISTOCK, DEVON)

Serves 4

4 cutlets of hake
1 bay leaf
fresh thyme
juice of 1 lemon
 $\frac{1}{2}$ onion, finely diced
1 clove garlic, crushed
2 oz. (50g.) butter
salt and pepper
hollandaise sauce

Wash and dry the hake cutlets. Salt and pepper both sides.

Melt a little butter and gently fry the onion until translucent.

Place the cutlets on the bed of onion in an ovenproof dish. Add the fresh thyme, garlic, lemon juice and the remainder of the butter, cover with a buttered paper or tin foil, and cook in the oven at gas mark 6/400[°]F/200[°]C. for about 20 minutes.

Remove the skin from the fish and place onto a serving dish. Use a sieve to strain the juices from the oven dish over the fish and finally coat the cutlets with hollandaise sauce. A frond of fresh fennel on each cutlet would be a perfect garnish.

ARTICHOKES STUFFED WITH RED MULLET MOUSSE AND
HOLLANDAISE SAUCE

(RESTAURANT L'ARMADA, CANCALE, FRANCE)

Serves 4

4 globe artichokes
4 fresh scallops
10 oz. (300g.) fillet of red mullet, skinned
salt and pepper
2 egg whites, beaten
scant pint ($\frac{1}{2}$ litre) double cream
hollandaise sauce

Remove the stalk from each artichoke. Then with a very sharp knife, cut the top off the artichoke, about two thirds from the base. Discard the tops.

Boil the artichokes in salted water until tender (when the outer leaves can be easily detached), about 40 minutes. Strain and leave to cool.

Hold the artichoke carefully, so that the big leaves do not fall off, and with your forefingers and thumb remove the insides, which are the very little leaves and a thistly substance. Throw this away.

Make the mousse by seasoning the mullet and salt and pepper and puree in the liquidiser. Pour in the cream and whizz for a few seconds more. Chill this mixture for five minutes or so, in the deep freeze, and then fold in the beaten egg white.

Set the oven to gas mark 5/375°F/190°C.

Stuff the artichokes with the mousse and 1 scallop each. Place in a tray of water (the water must not touch the mousse) and bake in the oven for about 30 minutes. Strain carefully from the water and mask with hollandaise sauce.