

# FISH

FRESH+FROZEN





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## **WHICH IS BETTER... FRESH OR FROZEN?**

When it comes to fish and seafood, everyone says that fresh is best ... but is this really true? Sensory testing research shows there is no discernible difference between fresh or frozen fish from a culinary perspective.

The term 'fresh' is used everywhere although it has no formal or regulatory definition. It is interpreted differently according to individual opinion and experience, and while consumers often have strong opinions they usually find it difficult to explain in detail why they prefer one product to another.

In Australia, many consumers consider that frozen seafood is less healthy or inferior in quality, taste and nutrition compared to 'fresh' (or chilled) seafood. The most common perception is that 'fresh' implies close to capture, which in the modern retail world is not actually the case with the term 'fresh' used by retailers to mean 'not previously frozen'.

Poor perceptions of frozen seafood have usually come from a consumer's bad experience—such as texture, quality or flesh colour—which can arise from buying frozen fish or seafood that has been thawed and poorly handled, or from freezing fresh seafood at home.

Despite modern technology and commercial freezing practices that result in frozen seafood remaining at premium quality for longer than chilled seafood, the resistance to buy frozen instead of fresh seafood continues.

This cookbook is the result of research conducted by the Fisheries Research and Development Corporation (FRDC) to better understand the concerns Australian seafood consumers have about buying fresh or frozen seafood.

The FRDC decided to test if there were any sensory or culinary differences between fresh and frozen product of the same species. Two evaluation groups were used: chefs from high-end restaurants (with a focus on seafood) and experienced seafood panellists. Both groups tasted raw sashimi cuts of the selected fish as well as cooked samples of the fish.

As it turned out, both groups could not readily identify which sample of the fish species was frozen and which was chilled.

This testing has shown that fish handled well and frozen rapidly, soon after harvest and processing, cannot be differentiated by eating quality from chilled ('fresh') fish. Additional testing showed the same results for a range of well-known Australian species used up to a 6-month frozen storage period.

The results open the 'freezer' door for both producers and consumers to reduce reliance on short-shelf-life fresh fish by offering greater flexibility and stability for what can be eaten and when it is available. Ultimately, using frozen seafood can help to improve sustainability because it lasts longer and reduces wastage.

RECIPES WITH



# FRESH

FISH









## Herrings roasted with lime leaves and chilli

SERVES 1-2

### INGREDIENTS

6 fresh herring fillets (600 g)  
 1 teaspoon sea salt  
 small pinch ground turmeric  
 1 lime, thinly sliced  
 8 kaffir lime leaves  
 6 bird's eye chillis  
 coconut oil for frying

### NAM JIM DIPPING SAUCE

3 cloves garlic, chopped  
 4 coriander roots, chopped  
 1 teaspoon sea salt  
 2 teaspoons palm sugar  
 2 teaspoons fish sauce  
 1 small bird's eye chilli, deseeded and chopped

### FOR SERVING

rice noodles cooked to packet instructions,  
 shredded wombok (or Chinese cabbage),  
 Thai basil leaves, roughly torn and  
 crushed salted peanuts



### METHOD

**To make nam jim sauce:** Place garlic, coriander, salt, palm sugar, fish sauce and chilli in a food processor and blend until finely chopped. Set aside.

Preheat oven to 200°C. Wash and pat dry herrings with paper towel. Mix sea salt with turmeric and rub generously both inside and outside of each fish. Place lime slices inside the belly, then tie up the fish with string so the slices do not fall out.

Preheat an ovenproof dish with enough coconut oil to cover the base. When oil is hot, add lime leaves and chillis, then return to oven and cook for 1 minute to release their flavour. Add fish and return to oven for 15 minutes or until golden and cooked through.

Serve with rice noodles, wombok and Thai basil tossed with nam jim sauce and peanuts.

## FRESH

### Crispy sardines with cold cucumber salad

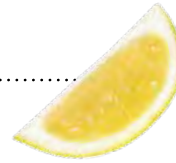
SERVES 4

#### INGREDIENTS

2 Lebanese cucumbers  
4 tablespoons extra virgin olive oil  
2 tablespoons white wine vinegar  
1 clove garlic, crushed  
¼ cup fresh dill, chopped  
½ teaspoon sea salt  
½ bird's eye chilli, chopped  
12 large fresh sardines, filleted, butterflied with tails retained  
1 cup panko bread crumbs  
50 g haloumi cheese, grated  
½ cup fresh flat-leaf parsley leaves, finely chopped  
2 eggs, beaten  
plain flour  
olive oil, for frying

#### FOR SERVING

cucumber salad, lemon wedges and store-bought aioli



#### METHOD

Slice cucumbers to your preferred size and toss in a bowl with oil, vinegar, garlic, dill, salt and chilli. Refrigerate until ready to serve.

Sprinkle sardines with a little salt. Combine panko crumbs, cheese, parsley and place onto a flat tray. Place beaten eggs into a wide bowl. Coat sardines in flour, shaking off any excess. Dip into egg mixture and then crumb mixture. Repeat with remaining sardines.

Heat 1 cm oil in a frying pan and when hot, add sardines, in batches, frying for 1 minute each side. Remove and drain on paper towel, season with salt.

Serve sardines hot, with cold cucumber salad, lemon and aioli.











## Pan-fried groper with gnocchi, capers, lemons and herbs

SERVES 6

**INGREDIENTS**

500 g store-bought fresh gnocchi  
 ½ cup (125 ml) extra virgin olive oil  
 6 x 160 g thick-cut groper fillets, skin on  
 sea salt and freshly cracked black pepper  
 plain flour, for dusting  
 pinch dried chilli flakes  
 1 tablespoon fresh garlic, minced  
 2 tablespoons lemon zest, finely grated  
 ¼ cup capers, finely chopped  
 ¼ cup fresh flat-leaf parsley, finely chopped  
 ¼ cup fresh basil, finely chopped  
 60 g butter, cut into cubes  
 ¼ cup (60 ml) white wine  
 1 tablespoon lemon juice

**FOR SERVING**

baby salad leaves tossed with red wine vinegar,  
 extra virgin olive oil and lemon salt  
 (Lemon salt can be made by combining 2 tablespoons sea salt  
 with 1 tablespoon fresh grated lemon zest.)

**METHOD**

Precook gnocchi as per packet instructions. Spoon onto a flat tray, separate and drizzle with a little oil until ready to fry. Preheat oven to 200°C.

Drizzle a little more oil onto another ovenproof tray and place into oven until hot. Season groper fillets with salt and pepper. Place onto the hot tray, skin side down and return to oven for 1–2 minutes or until fish is crisp. Reduce heat to 170°C. Turn fish over and return to oven for another 5 minutes or until golden and just cooked through. Keep warm.

Lightly dust gnocchi with flour. Preheat a non-stick pan over medium heat. Add a small amount of oil to the pan, saute gnocchi in batches, carefully turning until they are golden on all sides. Remove and keep warm.

To the same pan, add remaining oil, chilli flakes, garlic, lemon zest and capers. Fry gently for 1–2 minutes. Then add parsley, basil, butter, wine and lemon juice, season with a little sea salt and black pepper. Add gnocchi and toss to combine.

Divide gnocchi between 6 bowls, top with groper fillets and serve with dressed leaves and lemon salt.







## Salt-baked ocean perch with ginger and spring onion

SERVES 2

**INGREDIENTS**

1 x 1 kg bigeye ocean perch, cleaned  
 4 cm knob fresh ginger, sliced  
 4 shallots, sliced into 8 cm lengths  
 4 cups sea salt  
 3 egg whites  
 ¼ cup water

**DRESSING**

2 teaspoons peanut oil  
 1 clove garlic, chopped  
 4 cm knob fresh ginger, julienned  
 1 tablespoon soy sauce  
 1 tablespoon oyster sauce  
 1 tablespoon Shaoxing wine\*  
 1 teaspoon sesame oil  
 1 teaspoon white sugar

**FOR SERVING**

shallots diagonally sliced, coriander leaves,  
 steamed rice, wilted bok choy and lime juice

**METHOD**

Preheat oven to 190°C. Stuff cavity of fish with ginger and shallots.

Combine salt, egg whites and water in a bowl, combining well until mixture has the consistency of damp sand. Line a large ovenproof dish with baking paper. Using half the salt mixture, form a bed and place fish on top. Cover fish with remaining salt mixture, packing tightly and bake for 25 minutes. Remove from heat and let stand for 10 minutes.

As fish is cooking, to make dressing, heat peanut oil in a small saucepan over medium heat, add garlic, ginger and cook for 1 minute, then add soy, oyster sauce, Shaoxing, sesame oil and sugar, cook for another minute. Set aside.

Crack and remove salt crust from top of fish. Remove skin and fillet the fish. Once plated, pour dressing over the fish. Sprinkle with shallots, coriander leaves and serve immediately with steamed rice and bok choy. Add a squeeze of lime juice to taste.

*\*Shaoxing is a Chinese fermented rice wine. Pale dry sherry can be used as a substitute.*

## FRESH

### Grilled mahi mahi with crispy potatoes, asparagus and anchovy dressing

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SERVES 4

#### INGREDIENTS

6 medium sebago potatoes, peeled and pre-boiled until tender  
olive oil  
4 x 200 g pieces of mahi mahi, skin on  
sea salt and freshly cracked black pepper  
3 tablespoons olive oil  
3 cloves garlic, chopped  
4 anchovy fillets, chopped  
1 bunch fresh flat-leaf parsley, chopped  
zest and juice of 1 lemon  
2 bunches asparagus

#### METHOD

Preheat your oven grill onto high and set top rack 10 cm from the element.

Thinly slice cooked potatoes and pat dry with paper towel.

Brush a baking tray with oil and evenly arrange sliced potatoes overlapping occasionally. Brush or drizzle with extra olive oil then season with salt and pepper. Place under grill for 12–15 minutes or until turning golden.

While potatoes are being grilled, heat oil in a small frying pan, add garlic, anchovies and parsley, cook for 1–2 minutes or until fragrant. Remove from heat, add lemon zest and juice. Blanch asparagus in boiling water and drain.

Top the potatoes with mahi mahi and grill for another 3–4 minutes or until fish is cooked through.

Serve the fish, potatoes and asparagus drizzled with garlic anchovy sauce.











## Balmain bugs in butter, tomatoes and chilli

SERVES 4–6

### INGREDIENTS

6 Balmain bugs, cooked  
olive oil for brushing  
150 g softened butter  
½ cup olive oil  
1 bird's eye chilli, deseeded and finely chopped  
2 cloves garlic, finely chopped  
1 x 250 g punnet cherry tomatoes, quartered  
4 spring onions, thinly sliced  
1 cup fresh flat-leaf parsley leaves, finely chopped  
1 cup fresh basil leaves, finely chopped  
zest of 1 lemon  
sea salt and freshly cracked black pepper

### FOR SERVING

crusty baguette and watercress sprigs



### METHOD

Preheat a barbecue or chargrill. Cut Balmain bugs in half lengthwise, brush with oil and grill for 1–2 minutes until charred.

Heat butter and olive oil in a large saucepan or wok, add chilli and garlic then cook for 1 minute. Remove from heat and add tomatoes, onions, parsley, basil, lemon zest and cooked bugs. Season to taste with salt and pepper. Toss to combine.

Serve hot with baguette and watercress.

## FRESH

### Crispy salt and pepper whiting

SERVES 4 AS A SNACK

#### INGREDIENTS

1 teaspoon Szechuan (or Sichuan) pepper  
1 teaspoon chilli flakes  
1 tablespoon salt  
 $\frac{3}{4}$  cup rice flour  
2 egg whites  
oil for deep-frying  
400 g sand whiting fillets  
1 small red chilli, finely sliced  
2 shallots, finely sliced

#### FOR SERVING

lime wedges and coriander leaves



#### METHOD

Put pepper and chilli flakes into a mortar, pound with pestle until finely ground. Place into a medium bowl, add salt and flour, then mix to combine. Place egg whites into a separate bowl and whisk until foamy.

Heat oil in a large saucepan over medium heat until temperature reaches 180°C. Dip fish into the egg mixture, then dip in flour mixture, tossing to coat. Repeat with remaining fillets.

Deep fry in batches for 1–2 minutes or until golden brown. Remove fish using a slotted spoon and place on a wire rack to drain.

Toss fillets with chilli and shallots, serve with lime and coriander leaves.





## Basil and mustard-baked spotted mackerel

SERVES 4

### INGREDIENTS

2 tablespoons Dijon mustard  
4 tablespoons olive oil  
4 tablespoons red wine vinegar  
¼ cup fresh tarragon leaves, finely chopped  
½ cup fresh flat-leaf parsley leaves, finely chopped  
½ cup fresh basil leaves, finely chopped  
4 x 200 g mackerel cutlets  
3 x 350 g punnets small truss tomatoes, stem on  
1 teaspoon sea salt  
extra basil leaves  
1 teaspoon lemon juice

### TO SERVE

lemon wedges and crusty bread



### METHOD

Place mustard, oil, vinegar, tarragon, parsley, basil into a bowl and mix to combine. Add fish and toss to coat.

Preheat oven grill to high heat.

Place fish on a large oiled baking tray surrounded with truss tomatoes and place under the grill for 4 minutes. Turn over fish and grill for another 4 minutes.

Remove from heat and sprinkle with sea salt, basil and lemon juice.

Serve with lemon and bread for mopping up flavours.











## Foil-baked bastard trumpeter with couscous

SERVES 4

**INGREDIENTS**

250 g couscous  
zest and juice of 1 lemon  
¼ cup (60 ml) olive oil  
sea salt and freshly cracked black pepper  
1 small red onion, finely sliced  
1 clove garlic, crushed  
1 ¼ cup (350 ml) fish stock  
1 x 400 g can chopped tomatoes  
2 tablespoons baby capers  
100 g pitted kalamata olives  
¼ bunch fresh flat-leaf parsley, finely chopped  
4 x 200 g skinless trumpeter fillets

**FOR SERVING**

fresh watercress sprigs

**METHOD**

Preheat oven to 200°C. Place couscous into a bowl, add lemon zest and juice, drizzle with half the oil, season with salt and pepper then toss to combine. Set aside.

Place remaining oil, onion, garlic in a saucepan over high heat and sauté for 1–2 minutes. Add fish stock and tomatoes. Bring to the boil and pour over the couscous. Cover and set aside for 5 minutes. Fluff the couscous and combine with capers, olives and parsley.

Cut 4 x 50 cm x 30 cm sheets of foil on a work surface, then top with the same-sized baking paper. Divide couscous mixture evenly between the squares, piling it into the middle and then top each with a trumpeter fillet.

Fold over short ends of the squares to cover fish and then fold over long ends rolling up to enclose. Place parcels on 2 oven trays and bake for 15 minutes. Remove from oven and let rest for 5 minutes.

Place parcels onto plates, and using scissors carefully cut open. Serve with watercress.





## Crisp rice paper black bream and green mango salad

SERVES 4

**INGREDIENTS**

4 x 180 g bream fillets, skinless  
 6 x 22 cm rice paper rounds  
 ½ cup fresh coriander leaves  
 1 x 10 cm stalk lemon grass, very finely chopped  
 2 tablespoons vegetable oil

**DRESSING**

2 red or green Thai chillis, deseeded and chopped  
 1 clove garlic, chopped  
 ½ cup fresh lime juice  
 ¼ cup fish sauce  
 2 teaspoons palm or light brown sugar  
 2 tablespoons vegetable oil

**SALAD**

4 green mangoes, julienned  
 2 medium shallots, thinly sliced  
 ½ cup unsalted, dry-roasted peanuts, coarsely chopped  
 ½ cup fresh coriander leaves  
 ¼ cup fresh mint leaves  
 2 tablespoons toasted sesame seeds

**TO SERVE**

dressed green mango salad

**METHOD**

**To make dressing:** Place chilli, garlic, lime juice, fish sauce, sugar and oil in a small food processor and blend until finely chopped.

**To make salad:** Combine mangoes, shallots, peanuts, coriander, mint, sesame seeds and dressing in a large bowl. Toss to coat.

Working with one fish fillet at a time, place a rice paper round in a medium bowl of warm water until just softened. Lift rice paper from water and place on a clean surface. Lay coriander leaves and minced lemon grass in the centre and top with one fish fillet. Fold over the two short ends and roll to enclose. Repeat with remaining rice paper rounds and fish fillets.

Heat oil in a large frying pan over medium to high heat and cook fish parcels for 6 minutes or until browned lightly on both sides and cooked.

Serve with mango salad.



## Oven-baked blue grenadier and chips

SERVES 4

### INGREDIENTS

1 kg sebago potatoes, peeled and cut into chips  
¼ cup olive oil  
1 teaspoon sea salt  
1 cup panko bread crumbs  
1 teaspoon sweet paprika  
½ cup plain flour  
1 egg, lightly beaten  
800 g skinless grenadier fillets, cut into 3–4 cm strips

### TARTARE SAUCE

1 cup store-bought whole egg mayonnaise  
2 dill pickles, finely chopped  
2 teaspoons capers, finely chopped  
1 tablespoon fresh dill, finely chopped  
lemon juice

### TO SERVE

tartare sauce and lemon wedges



### METHOD

**To make tartare sauce:** Combine all ingredients in a bowl and mix thoroughly. Add lemon juice to taste. Set aside in refrigerator.

Preheat oven to 200 °C. Toss potatoes in oil and salt then spread evenly on a baking tray. Bake for 40 minutes turning halfway through cooking time until golden on both sides.

Combine panko crumbs and paprika on a tray, season with salt, pepper and toss to combine. Dust fish strips in flour and shake to remove excess. Dip into beaten egg, then press into crumb mixture to coat. Place evenly on a paper-lined tray until needed.

Add fish to the potatoes after they have been cooking for 20 minutes.

Continue cooking for another 20 minutes, turning once or until fish is cooked through and golden.

Serve fish and chips hot with tartare sauce and lemon.







coles

**HOKI!**  
FILLETS

INDIVIDUALLY  
WRAPPED



strawberries

RECIPES WITH  
.....  
**FROZEN**  
FISH









## Atlantic salmon poached in white wine and cream with spaghetti

SERVES 4

### INGREDIENTS

1 cup water  
 ½ cup (125 ml) dry white wine  
 2 fresh flat-leaf parsley stalks  
 2 fresh dill stalks  
 2 French shallots, 1 halved, 1 finely chopped  
 2 cloves garlic, 1 halved and 1 finely chopped  
 3 x 250 g frozen skinless salmon fillets  
 2 tablespoons cold butter  
 ½ cup fresh flat-leaf parsley, roughly chopped  
 ½ cup fresh dill leaves  
 1 lemon, zested with 2 tablespoons of juice reserved  
 300 ml pouring cream  
 500 g spaghetti  
 1 bunch asparagus, thinly sliced lengthways  
 1 cup parmesan, finely grated

### TO SERVE

lemon zest and dill leaves

### METHOD

**To make poaching liquid:** Place water, wine, parsley and dill stalks, the halved shallot and halved garlic into a deep pot and bring to a simmer. Add frozen salmon, return to heat and when pot begins to simmer turn heat off immediately. Add a lid and leave for 20 minutes, turning salmon once during cooking time.

In a non-stick frying pan, melt 1 tablespoon of butter over medium heat. Add remaining chopped shallot and garlic, fry gently for 2 minutes. Add a ladle of poaching liquid, chopped parsley and dill. Bring to a simmer then stir in second tablespoon of cold butter and lemon juice. Pour in cream to combine. Keep warm.

Meanwhile remove salmon from the pot and flake (reserving some liquid in case it is needed for loosening or flavouring sauce). Cook pasta according to packet directions adding asparagus in the final 10 seconds of cooking to blanch, then drain.

In a large bowl, toss pasta and asparagus, flaked salmon, cream mixture and parmesan. Add reserved liquid or a little more white wine to flavour or loosen if required.

Garnish with lemon and dill.





## Snapper, spinach and tomato en papillote

SERVES 4

### INGREDIENTS

4 cloves garlic, crushed  
 2 teaspoons capers  
 2 tablespoons fresh flat-leaf parsley, chopped  
 2 tablespoons white wine vinegar  
 ¼ cup (60 ml) olive oil plus extra for drizzling  
 250 g baby spinach leaves  
 4 frozen snapper portions (about 150 g each)  
 200 g baby truss tomatoes  
 4 sprigs fresh thyme, leaves  
 sea salt and freshly cracked black pepper

### TO SERVE

green leaf salad and fresh lime



### METHOD

Preheat oven to 180 °C. Place garlic, capers, parsley, vinegar and oil into a bowl and mix to combine. Add spinach and toss to coat.

Lay 4 x 50 cm x 30 cm sheets of foil on a work surface and top with the same-sized sheets of baking paper. Place equal amounts of dressed spinach in the centre of each of the 4 sheets, then top with a frozen snapper fillet.

Score base of tomatoes and place on top of fish. Sprinkle with thyme leaves, a little oil then season with salt and pepper. Fold over short ends of foil to cover the fish, then fold up long ends rolling to enclose. Place on a baking tray and cook for 10–15 minutes or until cooked through.

Serve with a crisp green salad and lime.



## Coconut barramundi in banana leaves

SERVES 4

### INGREDIENTS

1 tablespoon coconut oil  
4 cm knob fresh ginger, grated  
1 teaspoon ground turmeric  
1 teaspoon sea salt  
6 cloves garlic, minced  
2 bunches broccolini, trimmed  
1 tablespoon chilli flakes  
1 tablespoon olive oil  
4 x 180 g store-bought frozen barramundi fillets  
2 banana leaves (if not available substitute baking paper)

### TO SERVE

steamed jasmine rice, Thai basil leaves, fresh lime, chilli salt  
(Chilli salt can be made by placing 1 teaspoon chilli flakes and 2 teaspoons sea salt in a mortar, then pound with pestle to combine.)



### METHOD

Preheat oven to 200 °C. Melt coconut oil in a small saucepan over medium heat. Add ginger, turmeric, salt and half the garlic. Saute for 1–2 minutes until fragrant.

Toss broccolini with remaining garlic, chilli, olive oil and season with a little more salt and set aside.

Place barramundi fillets in a large bowl with turmeric mixture and turn several times until well coated. Cover and marinate for 10 minutes in the refrigerator. Wrap each fish fillet in a banana leaf or baking paper, tucking ends under to create a parcel.

Preheat a chargrill plate over medium heat. Cook fish parcels for 8–10 minutes on each side, or until fish is cooked through. Set aside, keep warm.

Grill broccolini for 2–3 minutes turning until charred and tender.

Serve fish parcels with grilled broccolini, steamed rice, Thai basil, lime and chilli salt.









## Crispy salmon in miso broth with greens and soba noodles

SERVES 4

## INGREDIENTS

1 litre water  
 20 g instant dashi powder\*  
 2 tablespoons mirin  
 1 tablespoon soy sauce  
 10 fresh shiitake or Swiss brown mushrooms  
 3 tablespoons miso paste  
 1 teaspoon fresh ginger, grated  
 ¼ cup shallots, chopped  
 200 g green tea soba noodles  
 4 store-bought frozen Atlantic salmon fillets, skin on (about 100 g each)  
 sea salt and freshly cracked black pepper  
 200 g firm tofu, cut into 1 cm cubes  
 2–3 bunches baby bok choy, cut into quarters lengthways

## TO SERVE

togarashi\*, ponzu\*, shredded shallots and micro herbs (or micro greens)

## METHOD

To make stock, bring water to the boil in a saucepan, then add dashi, mirin, soy, mushrooms and simmer for 5 minutes. In a small bowl combine miso paste with ¼ cup of hot stock, then return to saucepan. Add ginger, shallots then gently simmer for another 10 minutes.

Cook soba noodles in a large pot of boiling water for 5 minutes or until just tender, then drain and rinse in cold water. Set aside.

Season flesh side of salmon with salt and pepper. Lightly oil a non-stick frying pan with a fitted lid. Place salmon fillets into cold pan with skin side down. Cook over medium heat for 5 minutes. As salmon begins to thaw it will turn opaque near the skin. Once it lifts easily and skin is crisp, add a ladle of stock to the pan and cover with lid.

Allow salmon to steam for 10 minutes until just cooked through. In the last few minutes of cooking time, add tofu and bok choy. Taste and adjust seasonings if necessary. Remove from heat once bok choy is wilted but is still a little firm.

Divide noodles between 4 bowls and top with crisp salmon, skin side up, the tofu and bok choy. Ladle over stock. Season with togarashi and ponzu. Garnish with micro herbs (or micro greens) and shallots.

*\*Dashi is a Japanese stock powder, togarashi a Japanese spice mixture and ponzu a Japanese citrus-based sauce.*







## Gummy shark in prosciutto with cherry tomatoes

SERVES 4

### INGREDIENTS

¼ cup (60 ml) olive oil  
 4 (about 750g) frozen gummy shark fillets  
 freshly ground black pepper  
 4 slices prosciutto  
 1 punnet (about 250 g) baby truss tomatoes

### PEA AND FETA SALAD

2 cups frozen peas, cooked until tender  
 2 tablespoons fresh mint, chopped  
 2 tablespoons olive oil  
 1 tablespoon red wine vinegar  
 ½ teaspoon sugar

### TO SERVE

½ cup feta, crumbled and fresh mint leaves for garnish



### METHOD

**To make salad:** Toss cooked peas with mint, oil, vinegar and sugar until well combined. Set aside.

Preheat oven to 220°C. Drizzle half the oil over base of a baking tray and place in oven to preheat.

Season fish with pepper and wrap a slice of prosciutto around each fillet. Place onto preheated baking tray and roast for 4–5 minutes. Turn fish, add tomatoes and drizzle with remaining oil. Roast for another 4–5 minutes or until cooked through.

Top salad with feta, mint and serve with fish.



## Prawn dumplings

SERVES 4, MAKES 20

### INGREDIENTS

200 g store-bought prawn meat, defrosted and finely chopped  
75 g water chestnuts, finely chopped  
85 g snow peas, finely chopped  
2 teaspoons soy sauce  
1 teaspoon fresh ginger, finely grated  
1 small clove garlic, finely chopped  
1 small egg white, beaten  
1 spring onion, thinly sliced  
1 tablespoon coriander leaves, roughly chopped  
1 teaspoon Shaoxing wine or dry sherry  
¼ teaspoon sesame oil  
20 gow gee wrappers\*  
2 tablespoons peanut oil  
1 cup water

### TO SERVE

soy sauce, chilli sauce and coriander leaves to garnish



### METHOD

Place prawn meat, chestnuts, snow peas, soy, ginger, garlic, egg white, onion, coriander, Shaoxing and sesame oil in a large bowl and mix until well combined.

Place gow gee wrappers on a clean surface and working 5 at a time, brush edges with water and place a teaspoon of prawn mixture in the centre. Fold wrapper over then gently pinch and fold to create pleats. Repeat with all wrappers and prawn mixture to make dumplings.

Heat half peanut oil and half water in a large non-stick frying pan over medium heat. Add half the dumplings flat-side down, cover with a tight-fitting lid and cook for 8 minutes. Uncover and cook for a further 3–4 minutes or until water has evaporated, leaving a golden crisp base. Repeat with remaining dumplings.

*\*Gow gee wrappers are light pastry sheets that are used to wrap savoury dumplings.*





## Spice-crusted ocean trout with pilaf

SERVES 4

### INGREDIENTS

2½ cups (625 ml) chicken stock  
2 tablespoons unsalted butter  
½ teaspoon garlic powder  
1 teaspoon sea salt  
¼ teaspoon ground black pepper  
¼ teaspoon sweet paprika  
2 tablespoons olive oil  
1 cup jasmine rice  
1 tablespoon fresh flat-leaf parsley, chopped  
½ cup sliced almonds, chopped  
zest of 1 lemon  
1 tablespoon fresh dill, chopped, extra for serving  
4 portions store-bought frozen trout (about 180 g each)  
4 teaspoons Dijon mustard

### TO SERVE

English spinach leaves and Greek yoghurt



### METHOD

Preheat oven to 200 °C. Place stock in a medium-sized saucepan over medium heat. Add butter, garlic powder, salt, pepper and paprika. Stir to combine, bring to the boil, then reduce to low heat.

**To make pilaf:** Heat half the oil in a large deep-sided frying pan over medium heat. Add rice and cook for 5–7 minutes or until translucent. Add chicken broth and stir to combine. Once mixture simmers, cover and cook for 15 minutes. Add parsley and continue cooking for another 5 minutes or until all of the broth is absorbed.

Place almonds, lemon zest, dill and remaining oil into a small bowl, season with salt, pepper and mix to combine.

Place fish on an oven tray lined with baking paper and spread 1 teaspoon of mustard on each portion. Divide almond mixture among portions, pressing onto top of the fish. Bake for 10–15 minutes or until just cooked through.

Serve trout on a bed of pilaf topped with spinach leaves, yoghurt and garnish with extra dill.







## Rainbow trout frittata with herb salad

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SERVES 4

### INGREDIENTS

1 cup (250 ml) dry white wine  
400 g frozen rainbow trout fillets  
50 g butter  
8 eggs  
sea salt and freshly cracked black pepper  
1 small onion, peeled and finely sliced  
1 cup frozen peas  
 $\frac{2}{3}$  cup (150 ml) cream  
1 bunch of chives, chopped  
1 cup fresh flat-leaf parsley, roughly chopped  
1 cup fresh mint, roughly chopped  
1 cup fresh dill, roughly chopped  
1 cup fresh basil, roughly chopped  
1 tablespoon capers  
juice of  $\frac{1}{2}$  lemon

### METHOD

Preheat oven to 180°C. Place wine in a small saucepan over high heat and bring to the boil. Place trout into a snugly-fitting high-sided roasting pan. Pour wine over fish and dot with half the butter. Cook for 15–20 minutes turning once, until cooked through. Remove from oven and set aside. Reduce oven to 170°C.

Place eggs in a medium-sized bowl, season with salt and pepper and whisk until fluffy. Heat remaining butter in a 20 cm non-stick frying pan over medium heat. Add onion and cook for 2–3 minutes or until tender, then add peas, cream whisked eggs and remove from heat. Stir to combine and season with salt and pepper

Flake poached trout, place on top of egg mixture, then sprinkle with chives. Bake for 15–20 minutes or until centre of frittata is set. Remove from oven and set aside to cool a little.

Toss together the remaining herbs, capers, lemon juice and serve on top of the frittata.











## Clams in fennel tomato cream with Israeli couscous en papillote

SERVES 4

### INGREDIENTS

3 tablespoons olive oil  
 3 cloves garlic, finely chopped  
 2 bird's eye chillis, roughly chopped  
 1 small brown onion, peeled and thinly sliced  
 1 small fennel bulb, thinly sliced  
 ½ cup (125 ml) dry white wine or rose  
 1 x 400 g can crushed tomatoes  
 ½ cup (125 ml) cream  
 sea salt and freshly cracked black pepper  
 250 g Israeli couscous \*, cooked as packet directions, less 4 minutes  
 500 g store-bought frozen whole cooked clams in garlic butter

### TO SERVE

chopped fresh flat-leaf parsley, fresh lemon and crusty bread



### METHOD

Preheat oven to 180°C. Heat oil in a non-stick frying pan over low heat. Add garlic, chilli, onion, fennel and saute for 4–5 minutes or until soft and golden. Increase heat to medium, add wine and tomatoes, simmer for 2–3 minutes. Add cream, stir to combine and simmer for another 2–3 minutes. Season with salt and pepper, remove from heat and set aside.

Line base of a large round casserole or ovenproof dish with baking paper, allowing paper to hang generously over the sides. Spoon couscous into centre of the dish, top with clams, then pour fennel cream sauce over the couscous and clams. Gather paper together at the top and tie with string to seal.

Bake for 20 minutes or until liquid has disappeared. Open the paper and serve straight to the table with parsley, lemon and bread.

*\*Israeli couscous is a type of toasted pasta with larger granules than regular couscous. It is also marketed as pearl couscous.*







## Flathead bonne femme

SERVES 4

## INGREDIENTS

butter for greasing dish  
1 kg sebago potatoes, peeled and thinly sliced  
1 cup (250 ml) thickened cream  
1 cup (250 ml) white wine  
 $\frac{2}{3}$  cup shredded Swiss cheese  
sea salt and freshly cracked black pepper  
200 g mushrooms, thinly sliced  
2 tablespoons fresh flat-leaf parsley, chopped  
1 clove garlic, crushed or minced  
juice of  $\frac{1}{2}$  lemon  
2 tablespoons olive oil  
700 g store-bought frozen flathead fillets

## TO SERVE

fresh lemon wedges and roughly chopped fresh flat-leaf parsley



## METHOD

Preheat oven to 180°C. Lightly grease an 8 cup (2 litre) capacity baking dish with butter. Arrange a layer of potato slices over base of dish, overlapping slightly. Combine cream and wine in a jug. Pour  $\frac{1}{3}$  of cream mixture over the potatoes and sprinkle with 2 tablespoons of cheese. Season with salt and pepper. Repeat to make 2 more layers, finishing with a layer of cheese. Cover with foil and bake in oven for 50–60 minutes or until the potatoes are tender.

Meanwhile combine mushrooms, parsley, garlic, lemon juice and oil in a bowl. Season generously and toss to mix. Remove potatoes from oven.

Layer fish fillets evenly onto potatoes. Cover with mushroom mixture. Butter a piece of baking paper and place over the dish. Bake for a further 20 minutes until mushrooms and fish are cooked through. Set aside for 10 minutes to stand.

Serve with lemon and parsley.



## Garlic prawn pizza with chorizo

**SERVES 4****INGREDIENTS**

500 g strong bread flour  
1 tablespoon dried yeast  
1 teaspoon caster sugar  
300 ml warm water  
3 teaspoons olive oil, plus extra, for greasing  
1 teaspoon sea salt  
1 cup (250 ml) passata  
500 g store-bought frozen banana prawns, peeled with tails intact  
1 air dried chorizo, peeled and blended to a crumb  
250 g cherry tomatoes

**GARLIC CHILLI OIL**

½ cup (125 ml) olive oil  
1 clove garlic, crushed  
1 teaspoon chilli flakes  
1 teaspoon finely grated lemon rind

**TO SERVE**

torn fresh mozzarella, fresh basil leaves, cherry tomatoes and rocket salad (Dress rocket leaves with a little virgin olive oil.)

**METHOD**

**To make chilli oil:** Heat oil in a small frying pan over medium heat. Add garlic and cook for 1–2 minutes or until light golden, then add chilli, lemon and cook for another minute to infuse. Set aside.

Place flour in a large bowl and make a well in the centre. Add yeast, sugar, water, oil and salt using a knife mix until dough comes together. Turn out onto a lightly-floured surface and knead for 10 minutes or until dough is smooth and elastic. Place dough in a lightly-oiled bowl and turn to coat. Cover the bowl with plastic wrap, then stand in a warm place to prove for 1 hour or until doubled in size.

Preheat oven to 230°C. On a clean, lightly-floured surface roll out enough dough to make a 30 cm round. Place on a lightly-greased pizza tray and spread with passata, leaving 1 cm border around edge. Arrange prawns and chorizo crumb, drizzle with garlic chilli oil and cook for 18–20 minutes or until golden and crisp.

Top pizza with mozzarella, basil, cherry tomatoes and serve with rocket salad.









## Choo chee curry rice with hoki

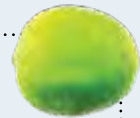
SERVES 4

### INGREDIENTS

600 g store-bought frozen hoki fillets  
 1 cup (250 ml) coconut cream  
 1 tablespoon fish sauce  
 1 tablespoon brown sugar  
 2 tablespoons peanut oil  
 1 onion, thinly sliced  
 3 cloves garlic, crushed  
 4 kaffir lime leaves, folded and crunched before adding  
 1 tablespoon red curry paste  
 1 tablespoon sambal oelek  
 2 cups (500 ml) water or fish stock  
 1½ cups long-grain rice  
 1 bunch broccolini, sliced lengthways

### TO SERVE

store-bought crispy fried shallots, Thai basil leaves  
 and fresh lime wedges



### METHOD

Preheat oven to 180°C. Place hoki fillets, coconut cream, fish sauce and sugar into a bowl and toss to coat. Cover with plastic wrap and allow to marinate in the refrigerator for 30 minutes.

Heat oil in a round ovenproof dish (with a lid) over medium heat. Add onion, garlic and lime leaves, cook for 4–5 minutes or until soft and translucent. Add red curry paste and sambal oelek, cook stirring for another 2 minutes to release flavours. Add water or stock and bring to a simmer. Add rice and cook for 7 minutes.

Place fish on top of rice, then pour over its marinating liquid. Add broccolini. Cover with lid and place into oven for 15–20 minutes or until fish is cooked through and rice is tender.

Top with fried shallots, Thai basil and lime.







## Sea scallops grilled in soy, butter and kaffir lime

SERVES 4 AS AN ENTREE

### INGREDIENTS

100 g butter, softened  
2 kaffir lime leaves, finely chopped  
2 tablespoons soy sauce  
1 clove garlic, finely chopped  
olive oil  
12 or 500 g store-bought frozen scallops

### TO SERVE

lemon wedges, chilli flakes and micro herbs (or micro greens)

### METHOD

Place butter, lime leaves, soy and garlic in a food processor and blend until combined. Turn out onto a sheet of baking paper and using the paper, roll and form flavoured butter into a log shape approximately 3 cm in diameter. Twist ends of paper to seal and place into the freezer to harden.

Preheat oven grill to its highest setting. Lightly oil an ovenproof pan or dish. Arrange frozen scallops without overlapping. Slice 5 mm thick rounds of flavoured butter and place on top of scallops. Grill until golden and butter is bubbling.

Serve with lemon, chilli flakes and micro herbs (or micro greens).





## Bouillabaisse

SERVES 4

### INGREDIENTS

¼ teaspoon firmly packed saffron threads  
7 cups (1.75 litres) fish stock  
¼ cup (60 ml) extra virgin olive oil  
2 baby fennel, finely chopped, fronds reserved  
1 large onion, finely chopped  
1 stalk celery, finely chopped  
6 cloves garlic, finely chopped  
2 leeks, white part only, finely chopped  
1 teaspoon fennel seeds, crushed  
1 kg ripe tomatoes  
2 tablespoons tomato paste  
2 fresh bay leaves  
4 sprigs thyme  
2 large strips orange rind  
1 pinch cayenne pepper  
¼ cup (60 ml) Pernod  
800 g store-bought frozen whiting fillets, skin on  
16 store-bought frozen large prawns, peeled, tails intact  
400 g store-bought frozen whole cooked clams in garlic butter

### TO SERVE

store-bought aioli, lemon wedges and thinly sliced baguette  
(brushed with oil and toasted)

### METHOD

Combine saffron and ½ cup fish stock in a small bowl and set aside for 10 minutes to steep. Heat oil in a large saucepan or casserole dish over medium heat. Add fennel, onion, celery, garlic, leeks, fennel seeds and cook, stirring occasionally, for 10 minutes or until vegetables soften.

Peel tomatoes, remove seeds and finely chop. Add to pan along with tomato paste, saffron mixture, bay leaves, thyme, orange rind and the remaining stock simmer for 30 minutes. Season generously with salt. Stir in cayenne and Pernod.

Add fish to the pan, then prawns, making sure they are submerged in the liquid. Cook for 5 minutes or until just cooked through. Lastly add cooked clams in butter.

Divide bouillabaisse among bowls and scatter with reserved fennel fronds. Serve with aioli, lemon and toasted baguette.







## Ling fish pies

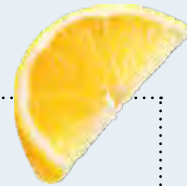
SERVES 4

### INGREDIENTS

500 g baby new potatoes, halved  
¾ cup light sour cream  
½ cup milk  
1 tablespoon dijon mustard  
600 g ling portions, cut into 3 cm pieces  
1 cup frozen peas, thawed  
2 shallots, finely sliced  
sea salt and freshly cracked black pepper  
8 thick slices of baguette, roughly torn  
⅓ cup cheddar, grated  
⅓ cup parmesan, finely grated  
1 tablespoon thyme leaves  
olive oil for drizzling

### TO SERVE

lemon wedges



### METHOD

Preheat oven to 200°C (180°C fan forced). Place four shallow 1½ cup capacity baking dishes on a lined baking tray to catch any spills.

Place potatoes in a microwave-safe bowl with a splash of water. Cover tightly with plastic wrap and microwave on high power for 8 minutes, or until tender. Drain and roughly mash.

In a large bowl whisk sour cream, milk and dijon together. Add potatoes, fish, peas and shallots. Season with salt and pepper and mix well. Spoon evenly among dishes.

Place bread, cheddar, parmesan and thyme in a bowl and toss to combine. Arrange evenly on top of fish mixture and drizzle with olive oil. Bake for 20 minutes or until topping turns golden brown and the filling bubbles up around the edges.

Serve with lemon.









## Paella

SERVES 4

**INGREDIENTS**

3 cups (750 ml) chicken or fish stock  
 ¼ cup (60 ml) olive oil  
 1 chorizo sausage, thinly sliced  
 5 sprigs fresh thyme  
 2 fresh bay leaves  
 2 sprigs fresh sage, leaves picked  
 2–3 cloves garlic, finely chopped  
 ½ carrot, finely chopped  
 ½ stalk celery, finely chopped  
 1 onion, roughly chopped  
 ½ red capsicum, seeds removed and finely chopped  
 1 cup tinned crushed tomatoes  
 10 threads saffron  
 100 ml white wine  
 2 teaspoons smoked paprika  
 350 g calasparra rice  
 sea salt  
 250 g store-bought frozen cooked mussels  
 ⅓ cup frozen peas

**TO SERVE**

chopped fresh flat-leaf parsley, lemon wedges and if desired  
 a lightly dressed salad of rocket leaves

**METHOD**

Heat stock, reserve and keep warm. In a heavy-based frying pan or paella pan, heat oil and chorizo over low heat. Cook chorizo until edges begin to turn golden and crisp. Increase heat to medium then add thyme, bay leaves, sage, garlic and cook for 1–2 minutes.

Stir in carrot, celery, onion and capsicum then cook until softened. Add crushed tomatoes, reserved stock, saffron, wine, paprika and stir to mix well. Add rice to the pan and stir to distribute evenly across the surface, but do not stir rice again. Season with salt to taste.

Bring back to a simmer over medium heat, then cook for 5 minutes. Nestle mussels into the rice, scatter over frozen peas and continue to cook for 5 minutes. Turn heat to low and cook for a further 20–25 minutes or until liquid is completely absorbed.

Serve with parsley and lemon.



## Butter-poached dory with lemon and rosemary

SERVES 4

### INGREDIENTS

1 kg sebago potatoes , peeled and chopped  
2 tablespoons butter  
2 tablespoons Greek yoghurt  
2 tablespoons milk  
sea salt and freshly cracked black pepper  
4 x 180 g store-bought frozen dory fillets, thawed  
½ cup plain flour  
2 tablespoons olive oil  
1 onion, peeled and thinly sliced  
3 cloves garlic, peeled and finely sliced  
4 sprigs rosemary leaves, chopped roughly  
½ cup (125 ml) white wine  
zest and juice of 1 lemon  
80 g butter, cold cubed  
400 g asparagus (trimmed and halved lengthways)

### TO SERVE

lemon salt (Lemon salt can be made by combining 2 tablespoons sea salt with 1 tablespoon fresh grated lemon zest.)

### METHOD

Cook potatoes in a large pot of boiling salted water for 8–10 minutes or until tender. Drain potatoes and mash with butter, yoghurt and milk. Season to taste.

Coat fish in flour and set aside. Heat oil in a non-stick frying pan over medium heat. Add onion, garlic, rosemary and cook for 3–4 minutes or until soft and translucent. Increase heat, place floured fish into pan and fry for 2 minutes on each side. Deglaze pan with wine and lemon juice. Gently shake the pan back and forth as you add cubes of butter as this will allow butter to emulsify. Add asparagus. Remove from heat and cover with a lid.

Allow to rest for 5 minutes or until fish is cooked through and asparagus is tender. Place potato mash onto serving plates, top with asparagus and fish. Spoon over butter sauce to serve.







## Goan fish curry

**SERVES 4****INGREDIENTS**

2 teaspoons coriander seeds  
1 teaspoon cumin seeds  
½ teaspoon yellow mustard seeds  
2–3 cloves garlic, chopped  
1 tablespoon fresh ginger, chopped  
¼ teaspoon sea salt  
½ teaspoon cayenne pepper  
½ teaspoon sweet paprika  
½ teaspoon ground turmeric

**FOR THE CURRY**

1 tablespoon vegetable oil  
1 onion, peeled and finely chopped  
1 tomato, chopped  
2 green chillis, seeds removed and finely chopped  
2 teaspoons tamarind concentrate  
1 cup (250 ml) coconut milk  
450 g frozen whiting fillets

**TO SERVE**

steamed jasmine rice, steamed green beans, fresh herbs  
(coriander, purple basil, store-bought crispy fried shallots) and roti

**METHOD**

Place a small frying pan over medium heat and toast coriander, cumin and mustard seeds for a couple of minutes until fragrant and starting to pop. Place garlic, ginger and salt in a mortar, then pound with pestle to make a relatively smooth paste. Add toasted whole spices, then cayenne, paprika, turmeric and mix to the same consistency.

Heat oil in large deep-sided frying pan over medium heat. Cook onion for 2–3 minutes or until softened. Add spice paste and stir through. Cook for 1–2 minutes then add tomato, chilli and let liquid almost disappear. Add tamarind, coconut milk and mix through. Place fish fillets into the pan, cook for 8–10 minutes turning once.

Serve with steamed rice, beans, herbs and roti.









## Tuna nicoise salad

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SERVES 4

### INGREDIENTS

4 store-bought frozen tuna steaks (about 200 g each)  
2 tablespoons olive oil  
sea salt and freshly cracked black pepper  
300 g baby green beans, trimmed  
8–12 kipfler potatoes, cleaned and sliced into rounds  
4 eggs  
1 cos lettuce, leaves removed and washed  
100 g pitted kalamata olives  
4 radishes, thinly sliced  
200 g cherry tomatoes, halved

### ANCHOVY DRESSING

2 tablespoons dill, chopped  
2 tablespoons fresh flat-leaf parsley, chopped  
2 tablespoons fresh chives, chopped  
2 anchovy fillets  
4 tablespoons red wine vinegar  
½ cup (125 ml) extra virgin olive oil

### METHOD

**To make anchovy dressing:** Place dill, parsley, chives, anchovies, vinegar and oil in a food processor and blend until finely chopped and combined.

Preheat oven grill to its hottest setting. Lay frozen tuna steaks on an oven tray, drizzle with oil, season with salt and pepper. Grill for 5–10 minutes, turn and grill for a further 5 minutes or until just pink in the middle.

Place beans into a heatproof bowl. Cook potatoes in boiling salted water for 6–8 minutes or until tender. Drain potato cooking water over the beans and let them sit in the water for 1–2 minutes. Drain beans and refresh in icy cold water.

Drizzle drained potatoes with oil, season with salt and pepper, set aside. Take eggs from the refrigerator and place in boiling water for 5–7 minutes depending on how cooked you want the yolk. Rinse in cold water and remove shells.

Place lettuce, beans, potatoes, olives, radish, tomatoes and flaked tuna onto a large platter. Top with halved soft-boiled eggs. Drizzle with anchovy dressing and toss to combine.









Fish and shellfish — whether fresh or frozen — are a good source of protein, vitamins, minerals and omega-3 fatty acids. They are low in fat and cholesterol making them ideal to be part of your weekly menu.

Fish and shellfish destined for refrigeration are snap-frozen when caught or harvested and lose none of their flavour, texture or nutritional benefits.

So... whether you are buying fresh for the evening or buying to have something spare in the freezer... these recipes are delicious.

