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CATCH OF THE DAY

Sixteen fantastic fish recipes



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Here at Great British Chefs, we're all about bringing you incredible recipes and cooking guides direct from the minds of some of the best chefs in the UK.

Whether you're a dab hand in the kitchen or still learning the basics, we've got everything you need to become the cook who goes above and beyond in the name of great food and drink.

CATCH OF THE DAY

Fish has it all. It's healthy, full of flavour and – when you know how – incredibly easy and quick to cook. Whether you're in the mood for salmon, are looking to give trout the attention it deserves, want to make the most of fantastic cod or have a hankering for haddock, these are some of our favourite recipes, created in partnership with Seafood from Norway, that show just how simple and delicious a great fish course can be.

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Jeremy Lee



Hiideki Hiwatashi




Robin Gill



Daniel Galmiche



Jose Pizarro



Skrei is a
Norwegian-Arctic cod
only available between
January and April

Skrei en papillote with olives, spinach and herbs

by Louise Robinson

Louise Robinson serves Skrei en papillote by encasing each fillet in its own parchment parcel along with a fragrant mix of olives, spinach, courgette and herbs. Perfect for a midweek meal, healthy lunch or even a dinner party, this dish can be assembled in a matter of minutes and looks fantastic when served in its paper parcel. Use Norwegian cod if Skrei is out of season.

🍴 Main 📏 Easy 👤 4 ⏱ 35 minutes

Skrei en papillote

4 Skrei loin fillets, (200g each), skin removed, use Norwegian cod if Skrei is out of season
120g of baby spinach, washed
2 courgettes, thinly sliced
40 black olives
1 lemon, juiced, plus 1 teaspoon of zest
1 garlic clove, peeled and crushed
2 tbsp of fresh basil, finely chopped
1 tbsp of fresh chives, finely chopped
120ml of extra virgin olive oil
salt
pepper

1. Preheat an oven to 190°C/gas mark 5
2. Prepare the parcels by cutting out 4 squares of baking paper and 4 squares of foil, each approximately 30cm square. Lay out the 4 pieces of foil and place the paper squares on top
3. Divide the spinach, courgette slices and olives between the parcels. Season and drizzle each parcel with 1/2 tablespoon of olive oil before placing a fish fillet on top
4. Place the lemon juice, zest, crushed garlic and herbs in a small bowl and whisk in the remaining olive oil. Pour a little of the the dressing over each fillet, reserving any leftover for the table
5. Bring up the edges of the baking paper layer of each parcel and fold over the edges to seal. Then do the same with the foil layer
6. Place the parcels on a baking tray and bake for 20 minutes
7. When the parcels are ready, carefully remove the foil but leave the paper parcel intact. Put each parcel on a serving plate and open at the table. Serve the extra dressing in a jug to drizzle over

Skrei is a Norwegian-Arctic cod only available between January and April



Skrei with brassicas and tarragon salsa verde

by Simon Hulstone

This gorgeous verdant dish from The Elephant chef patron Simon Hulstone is a celebration of two wonderful ingredients – meaty Norwegian Skrei and beautiful leafy brassicas. Simon uses cavolo nero, kalettes, purple sprouting broccoli and spigarello – a leafy broccoli native to the south of Italy, and wraps things up in the comforting embrace of a tarragon salsa verde.

🍴 Main 📶 Easy 👤 4 ⌚ 45 minutes

Skrei

4 Norwegian Skrei loin fillets, skinless, use Norwegian cod if Skrei is out of season

1 dash of oil
salt

Tarragon salsa verde

50g of parsley
50g of tarragon
10g of mint
2 anchovies
1 banana shallot
200ml of olive oil
1 tsp Dijon mustard
1 tbs of sherry vinegar
salt

Brassicas

seasonal brassicas, a selection of kalettes, cavolo nero, kale and broccoli preferably
100g of butter
100ml of water
salt
pepper

1. To begin, make the salsa verde. Finely chop the herbs and anchovies and add to a bowl. Finely dice the shallot and stir into the herbs and anchovies, along with the olive oil. Stir in the mustard and vinegar, then season to taste
2. Bring a large pan of salted water to the boil. One ingredient at a time, blanch the brassicas until vivid green and tender. Drain well and place in iced water to chill
3. Place a large frying pan over a medium-high heat and add a dash of oil. Meanwhile, heat up a griddle pan until smoking hot (this is an optional step to add a charred flavour to the fish – if the weather is nice you can also finish cooking the fish on a barbecue to impart a smoky flavour). Season the Skrei with salt and add to the pan, skin-side down. Cook for approximately 6 minutes, until mostly cooked through. Carefully turn the fillets over, finishing on the griddle pan if using. Once cooked through, remove from the pan and allow to rest for a few minutes. If using the griddle pan technique, add the blanched broccoli to the hot pan once you've removed the fish to allow it to char lightly
4. To finish cooking the brassicas, warm the butter and water in a saucepan, whisking lightly to emulsify. Add the brassicas and allow to warm through in the emulsion. Drain and season
5. To serve, place a portion of Skrei on each plate and place a spoonful of the salsa verde to one side. Arrange the brassicas around the outside and serve immediately

Skrei with chickpea and chorizo stew

by José Pizarro

José Pizarro serves up beautifully flaky pan-fried Norwegian Skrei on a bed of chickpea and chorizo stew in this stunning recipe. The rich, comforting flavours of the dish make it ideal for the colder months, perfect for Skrei's short season which runs from January to April – although it would be just as tasty when made using cod at other times of the year.

🍴 Main 📊 Easy 👤 4 ⌚ 1 hour 20 minutes, plus at least 6 hours to soak the chickpeas

Skrei

4 Skrei cod fillets, each weighing 200g, skin-on, use Norwegian cod if Skrei is out of season
olive oil, for pan-frying and finishing
salt

Chickpea and chorizo stew

300g of dried chickpeas
4 tbsp of extra virgin olive oil
2 garlic cloves, chopped
1 onion, chopped
2 carrots, chopped
300g of fresh chorizo, spicy
900ml of chicken stock
1 bay leaf
2 medium potatoes, cubed
sea salt
freshly ground black pepper
1 handful of flat-leaf parsley, chopped (optional)

1. Soak the chickpeas in lots of cold water for a minimum of 6 hours before you intend to cook them. Overnight is best
2. Heat the oil for the stew in a saucepan and lightly fry the chopped garlic, onion and carrots. When the vegetables are nicely golden, slice the chorizo and add to the pan. Sauté until brown all over
3. Add the stock and the bay leaf. Bring to the boil, add the chickpeas and the potatoes and cook for about 1 hour, nibbling occasionally to see if the chickpeas and potatoes are cooked. Skim off any foam or chorizo fat that comes to the surface during cooking
4. Once the chickpeas are soft but not mushy, season to taste. Add a little boiling water if you would like a more soupy consistency
5. To cook the fish, heat the oil in a heavy-based frying pan over a medium heat. Once the pan is hot, season the skin with a little salt and pan-roast the skin-side down until golden and crisp. This will take 2–3 minutes
6. Gently turn the fillets over and continue to cook for another 2–3 minutes until the flesh turns white and starts to firm up. Remove from the heat and allow to rest and cook through a little further for 2 more minutes until the centre is almost cooked
7. Divide the stew between four bowls, drizzle a little olive oil over the top and scatter on some parsley if you have any

Skrei is a Norwegian-Arctic cod only available between January and April



Skrei with chicken skin crumb and onion purée

by Simon Hulstone

Simon Hulstone takes a meaty fillet of Skrei and really ups the umami ante, pairing it with a rich chicken broth and crispy chicken skin crumb. He balances things out with a beautiful sweet onion purée and garnishes with button onion petals – roasted in their skins – and seasonal greens – in this case, blanched kalette leaves.

🍴 Main 📊 Easy 👤 4 ⌚ 1 hour 15 minutes

Skrei

4 Norwegian Skrei loin fillets, skinless, use Norwegian cod if Skrei is out of season
1 dash of oil
1 knob of butter
salt

Chicken reduction

1l brown chicken stock, (use the best quality you can find, preferably make it at home)

Chicken skin and lemon thyme crumb

chicken skin, taken from 4 chicken thighs
1 sprig of lemon thyme, leaves picked
flaky sea salt

Onion purée

3 large sweet onions
1 garlic clove, finely sliced
1 sprig of thyme
250ml of double cream
50g of butter
1 dash of oil
salt
white pepper

Onion petals

8 button onions, halved through the root (keep the skin on)

1. To begin, pour the chicken stock into a saucepan and set over a medium-high heat. Allow to reduce at a steady simmer by three quarters, skimming away any impurities that rise to the surface – this should take 30–45 minutes
2. Preheat the oven to 180°C/gas mark 4
3. To prepare the crispy chicken skins for the crumb, lay the skins on a chopping board (skin-side down) and use a short paring knife to carefully scrape away any excess fat and flesh. Line a baking tray with greaseproof paper and lay the skins on top, stretched out so they are completely flat. Sprinkle with sea salt and place another sheet of greaseproof on top, followed by another baking tray (this will keep the skins nice and flat. Bake in the oven for 10–15 minutes, or until golden-brown and crisp (it's worth checking regularly so that they don't burn)
4. Meanwhile, slice the large sweet onions as finely as you can and sweat down in a pan with a good glug of oil until thoroughly cooked and lightly caramelised. Add the garlic and a sprig of thyme, continue to cook until the garlic is tender and the onions are even more caramelised, then add the cream and butter
5. Bring to the boil and reduce until the mixture has thickened considerably, but not split
6. Once the chicken skins are golden, drain on kitchen paper. Chop into a crumb and mix with the lemon thyme, and a pinch of salt if needed. Set aside

7. When the cream and onion mixture has reached the desired consistency, place in a blender, blend until smooth, then pass through a sieve and season. Place in a squeeze bottle or piping bag and set aside
8. Heat a non-stick pan over a medium heat and add the halved button onions, cut-side down. Cook slowly until deeply caramelised and the onions are tender but still holding their shape. Pop the onions out of their skins and separate into individual layers
9. To cook the Skrei, heat a large frying pan over a medium-high heat and add a dash of oil. Season the fish with a little salt and add to the pan, skin-side down. Cook for approximately

6 minutes, until golden on the underside. Flip the fillets, add a knob of butter to the pan and spoon the foaming butter over the fish. When cooked through, remove from the pan and allow to rest for a few minutes

10. To serve, place a portion of Skrei in the base of four deep serving dishes. Pipe the onion purée next to the Skrei, then pour the hot reduced stock into the dish, without disturbing the purée. Sprinkle the chicken skin crumb over the fish and arrange the onion petals around the dish. Serve immediately

Skrei is a Norwegian-Arctic cod only available between January and April



Hot-smoked cod with tomatoes and cod's roe

by Paul Welburn

This ingenious hot-smoked Norwegian cod recipe sees the fish cooked three ways at once. Served with a simple homemade taramasalata, fresh tomatoes and dill, lemongrass stalks are scorched in a pan to infuse the delicate Norwegian cod with aromatic sweet smoke.

🍴 Main 📊 Medium 👤 4 ⌚ 1 hour 30 minutes

Cod

720g of Norwegian cod loin, pin-boned, skin on
1l water
150g of salt
½ bunch of dill, stalks and fronds separated
1 lemon, zested
1 lime, zested
rapeseed oil
6 sticks of lemongrass, split lengthways and halved

Spiced tomato and bread sauce

4 plum tomatoes
¼ red chilli, (remove seeds if preferred)
½ garlic clove
75ml of passata
5ml of rapeseed oil
1.5g of Maldon salt
½ slice of bread, fried in rapeseed oil until golden
4ml of sherry vinegar

Taramasalata

50g of smoked cod roe, (skinned weight)
8g of Panko breadcrumbs
10ml of lemon juice
5g of Dijon mustard
125ml of vegetable oil
65ml of milk
salt

Tomatoes

500g of ripe tomatoes, a mixture of varieties, at room temperature
rapeseed oil
white wine vinegar
Maldon salt

1. This dish requires a quick 15-minute brining of the cod, which draws out impurities and seasons the fish. It will also slightly firm up the cod, which will prevent it falling apart during the hot-smoking process. To make the brine, heat the water with the salt, dill stalks and lemon and lime zests. Stir until the salt has dissolved then remove from the heat and chill
2. Once the brine has completely chilled, submerge the cod in the brine for 15 minutes. Remove after 15 minutes and rinse with cold water, then wrap up tightly in clingfilm to help hold its shape and place in the fridge until needed
3. Preheat the oven to 180°C/gas mark 4. Roast the tomatoes, garlic and chilli with a drizzle of oil for 20-25 minutes or until they are soft and roasted
4. Once roasted, squeeze the garlic from its skin and place in a blender with the tomatoes, chilli, oil and passata and blend until smooth. Add the fried bread and salt and blend again. Taste and season with the vinegar and more salt (if needed)
5. Next, make the taramasalata. This recipe will make more than you need but will keep in the fridge for a few days and is delicious slathered on toast. Place the peeled roe, panko, lemon juice, mustard and milk into a blender and blend until smooth. With the motor running, drizzle in the oil to emulsify. Taste and adjust the seasoning, adding more milk if it is too thick. Transfer to a piping bag

6. Remove the cod from the fridge and cut into 4 separate 180g portions (leaving the cling film on). Cutting the cod into large pieces means you can showcase the large flakes that naturally separate after the smoking process. Although smoking is more associated with oily fish, it works well with large pieces of cod too – you just need to add more oil to help maintain the smoke
7. Place a large flat frying pan or skillet over a high heat and get the pan smoking hot. Remove the cling film from the cod portions and roll them in rapeseed oil. Make up 4 little rafts out of the lemongrass halves (5 pieces per portion) for the cod portions to sit on (skin-side down). Using a fish slice, pick up and place into the hot pan. The lemongrass rafts will protect the fish from the fierce direct heat, whilst creating smoke to help flavour the fish
8. Drizzle the pan with more oil and wait for the smoke to appear. Cover with an upturned pan or a lid to stop the smoke escaping. Cook the cod for 6–8 minutes (depending on the thickness of the fillets). Don't remove the lid or pan as this will allow the smoke to escape
9. Whilst the fish is cooking, slice the tomatoes into wedges and lightly dress with a few drops of vinegar, oil and a little salt
10. Remove the lid and you should see the pure white cod has changed colour– the lemongrass will have scorched and blackened, creating plenty of smoke that both cooks and flavours the fish. This is a great way to enhance the cod with a sweet, almost citrus-flavoured smoke but without masking it with lots of butter and allows the fish to cook in 3 ways at once – seared, baked and steamed. Once the fish is cooked, remove it from the pan with a fish slice and discard the lemongrass
11. To plate, add a large spoonful of the tomato sauce off-centre in the bowl and gently spread out with the back of a spoon. Place the smoked cod on top – be gentle as it will be quite flaky and delicate
12. Add a piped peak of taramasalata next to the fish and arrange wedges of tomatoes around the bowl. Finish with the dill fronds



Pan-roasted Norwegian cod loin with pea and asparagus risotto

by Louise Robinson

Louise Robinson serves up a vibrant pea and asparagus risotto recipe topped with perfectly flaky Norwegian cod loin – a gorgeous dish.

🍴 Main 📏 Easy 👤 4 ⌚ 30 minutes

Cod loin

4 portions of Norwegian cod loin, thick, skin-on
2 tbsp of olive oil
30g of unsalted butter
salt
freshly ground black pepper

Pea and asparagus Risotto

150g of asparagus spears, fine
1l vegetable stock, fresh
2 shallots, peeled and finely chopped
1 garlic clove, peeled and crushed
25g of unsalted butter, diced
250g of carnaroli risotto rice
250ml of dry white wine
50g of frozen peas
30g of Parmesan, finely grated
1 tbsp of olive oil
salt
freshly ground black pepper

To serve

1 handful of pea shoots

1. To begin, place the vegetable stock in a small pan, bring to the boil then keep warm over a low heat
2. Prepare the asparagus by snapping off the woody ends (add the woody ends to the pan with vegetable stock). Cut an inch off the tips of the spears and finely slice the remaining middle section into discs, setting both aside
3. Make the risotto by adding the olive oil to a wide, heavy-based frying pan over a low heat. Sweat the shallot and crushed garlic until soft and translucent, this will take around 8–10 minutes. Season lightly with salt and pepper
4. Add the diced butter to the pan along with the rice and stir for a couple of minutes until the rice becomes hot and sticky. Turn up the heat and add the white wine, stirring until the wine has evaporated
5. Remove the woody asparagus ends from the stock with a slotted spoon and discard them. Lower the heat to moderate and start adding the stock to the rice, one ladleful at a time. Stir and allow the rice to absorb the liquid before adding another ladleful. After 10 minutes, add the asparagus tips and sliced middles along with the peas. Continue adding the stock until the rice is cooked with a slight bite, approximately another 5–8 minutes



6. While the risotto is cooking, prepare the cod, seasoning it with salt and pepper. Heat a large non-stick frying pan over a medium heat and add the olive oil. Add the fish to the pan, skin-side down. Turn the heat down and cook for 5 minutes. Add the butter to the pan and turn the fish over, cook for a further 4–6 minutes depending on the thickness of the fish, basting occasionally with butter
7. Finish the risotto by stirring in the Parmesan and seasoning to taste. Divide between four plates or bowls and top with the fish and pea shoots. Serve immediately

Norwegian cod with spring vegetables

by Jeremy Lee

This stunning Norwegian cod recipe from the wonderful Jeremy Lee is served with a host of spring vegetables and a decadent butter sauce. A dish that celebrates vibrant, fresh flavours.

🍴 Main 📊 Easy 👤 4 ⌚ 60 minutes

Cod

4 Norwegian cod fillet portions, weighing 150–180g each
1 tsp lemon juice
1 tsp olive oil
1 tbsp of water
salt

Spring vegetables

8 small globe artichokes
12 Jersey Royal potatoes
4 tbsp of peas
4 tbsp of broad beans
12 asparagus spears
1 lemon, juiced
extra virgin olive oil
salt
pepper

Butter sauce

4 shallots, peeled and very finely sliced
4 tbsp of white wine
2 tsp white wine vinegar
125g of butter, diced

To serve

1 tbsp of flat-leaf parsley, finely chopped
1 tbsp of mint leaves, finely chopped

1. To begin, prepare the vegetables. Prepare the artichokes by trimming the stems until about 5cm long. Snap away the outer leaves until the paler centre leaves are revealed
2. Use a vegetable peeler to remove any remaining hard outer leaves and cut across the top of the artichoke to reveal the 'choke' inside. Scoop out the chokes using a spoon and place immediately into acidulated water to prevent discolouration, if not cooking immediately
3. To cook the artichokes, bring a large pan of water to the boil and add a good pinch of salt. Add the prepared artichokes and cook until tender
4. Meanwhile, boil the Jersey Royals until tender, then drain and allow to cool slightly. Cut lengthways into quarters and set aside
5. Cook the peas and broad beans separately in salted boiling water, then drain (reserving a little pea cooking liquid for later). Shell the broad beans. Steam or boil the asparagus until tender, depending on your preference

6. Set all of your cooked vegetables aside while you prepare the butter sauce. Add the shallots, white wine and white wine vinegar to a saucepan and cook until the shallots are tender and you're left with approximately 1 tsp of liquid in the pan – it should not be too dry. Whisk the butter into the shallots over a gentle heat. Once smooth and combined, pass the sauce through a sieve into a clean pan and set aside
7. Preheat the oven to 200°C/gas mark 6
8. To cook the cod, whisk together the lemon juice, olive oil and water to combine. Place the cod portions in an ovenproof pan or baking dish and drizzle over the liquid
9. Place in the oven and cook gently in the oven for 5–6 minutes, depending on the thickness of your cod. After this time, gently prod the fish to check how much resistance it has. Once ready, remove from the oven, season and set aside
10. While the cod is cooking, add the cooked vegetables to a pan with 8 tbsp of the pea cooking liquid, the lemon juice and a good glug of oil. Gently warm the vegetables in the mixture for approximately 5 minutes, until the vegetables have heated through nicely. Season to taste
11. To serve, divide the vegetables between plates and top with the cod. Drizzle over the butter sauce and scatter with chopped mint and parsley



Seaweed butter-baked cod with pea and lettuce fricassée, potatoes and mint hollandaise

by Richard Bainbridge

Richard Bainbridge serves up a stunning baked Norwegian cod recipe, topped with seaweed butter before cooking for a pleasantly salty, umami finish. A simple lettuce and pea fricassée and new potatoes make great accompaniments, along with an unusual mint Hollandaise that he makes with rapeseed oil, instead of the customary clarified butter.

🍴 Main 📊 Medium 👤 4 ⌚ 60 minutes

Baked cod with seaweed butter

480g of Norwegian cod fillet, skinned, pin-boned and cut into 4 even portions
sea salt
25g of salted butter

Seaweed butter

100g of butter
20g of kombu powder

Mint hollandaise

3 large egg yolks
½ lemon, juiced
1 tbsp of cider vinegar
200g of rapeseed oil
2 tbsp of mint, finely chopped
sea salt
freshly ground white pepper

New potatoes

500g of new potatoes
1 handful of mint
10g of salt, plus extra for seasoning
½ lemon
20g of salted butter, or 20g rapeseed oil
freshly ground white pepper

Fricassée of baby gem lettuce and peas

10g of salted butter
1 banana shallot, finely sliced
1 garlic clove, grated
100g of white chicken stock
1 baby gem lettuce, finely sliced
500g of frozen petit pois
10g of mint, chopped
sea salt
freshly ground white pepper

1. For the Hollandaise, whisk together the egg yolks, lemon juice, cider vinegar and seasoning in a bowl set over a pan of simmering water. Whisk until the mixture thickens, for about 10 minutes. (To make sure the sauce doesn't overheat, take it on and off the heat while you whisk. The aim is to achieve a golden, airy sauce that forms ribbons)
2. Warm the rapeseed oil in a small pan, then set aside. Off the heat, gradually whisk a small amount of the warmed oil into the egg mixture, a drop at a time, then return the bowl to a gentle heat to cook a little more
3. Remove from the heat again and whisk in another dash of warm oil. Repeat until all the oil is incorporated and the sauce has a thick, mayonnaise-like consistency
4. Season with salt and pepper to taste, plus 2–3 tablespoons of warm water to give the sauce a pouring consistency. Stir through the chopped mint and keep warm over the bain marie
5. Sprinkle a tray lightly with sea salt and place the cod portions on top. Cover lightly with more sea salt and allow to cure for 8 minutes



6. Meanwhile, place the potatoes, salt, mint and lemon in a large pan and cover with cold water. Place on a high heat and bring to the boil, then turn down the heat and simmer potatoes until just-cooked
7. Remove the potatoes from the heat, strain, and place in a bowl with the butter or oil. Season with sea salt and white pepper, mix well and cover. Set aside to rest for 10 minutes
8. Preheat the oven to 180°C/gas mark 4
9. To make the seaweed butter, simply mix together the butter and kombu powder
10. Rinse the salt from the cod and pat-dry with kitchen paper. Spread the salted butter on a baking tray and place the portions of cod on top. Divide the seaweed butter into four and place on top of the cod. Bake for 8–10 minutes, or until the cod is just-cooked. Remove from the oven and allow to rest for 2–3 minutes before serving
11. While the cod is cooking, make the fricassée. Add the butter to a pan and place over a low heat. Once melted, add the shallot and garlic and cook until soft but without colour. Add the chicken stock, bring to the boil then remove from the heat. Add the lettuce and peas, stir well, and allow to sit for 2 minutes. Season with salt and pepper
12. Crush the potatoes lightly just before serving
13. To serve, place 2–3 spoonfuls of the potatoes in the middle of each plate make a small well in the centre. Spoon the fricassée of peas into the potatoes, place the cod on top and spoon over the hollandaise sauce

Pan-fried Fjord Trout with celeriac and pancetta galette

by Daniel Galmiche

This delightful pan-fried Fjord Trout recipe is served with a golden, crispy celeriac and pancetta galette, somewhat similar to a rösti. The lime butter sauce adds a heady, zesty tang to finish the dish.

🍴 Main 📊 Easy 👤 4 ⌚ 45 minutes

Pan-fried Fjord trout

4 Fjord trout fillets, weighing 150g
40g of butter
1 tbsp of olive oil

Celeriac and pancetta galette

50g of pancetta lardons
200g of floury potatoes, peeled and grated
200g of celeriac, peeled and grated
1/2 tbsp of flat-leaf parsley leaves, chopped
40g of butter
1 tbsp of olive oil
sea salt
freshly ground black pepper

Lime butter sauce

1 lime, juiced with zest finely grated
1/2 tbsp of flat-leaf parsley leaves, chopped
40g of butter
1 tbsp of olive oil

To serve

watercress

1. Preheat the oven to 160°C/gas mark 3
2. To make the galette, bring a small pan of water to the boil. Add the pancetta and blanch for 1–2 minutes until just cooked. Drain and refresh in cold water, tip onto kitchen paper and pat dry
3. Mix together the potatoes, celeriac and pancetta in a bowl with half of the parsley and season with pepper
4. Heat a large, non-stick, ovenproof frying pan over a medium heat. Add 20g of the butter and 1 tablespoon of the oil. When the butter is foaming, add the potato mixture and lightly press it down with a spatula into an even layer
5. Fry for 5 minutes until golden brown, then put the pan in the oven for 3 minutes. Remove from the oven and put a large plate on top to cover. Carefully turn the pan upside-down to flip the galette over onto the plate, then slide it back into the pan
6. Return the pan to a medium heat, add another 20g of butter and cook the galette for 3 minutes. Slide the galette onto kitchen paper to drain for a few seconds, then wrap in kitchen foil to keep warm while you cook the fish
7. Turn the oven up to 180°C/gas mark 4



8. Heat 20g of the butter and the oil in a clean ovenproof frying pan over a high heat. Add the trout skin-side down, cook for 3 minutes, then turn and add the remaining butter. Cook in the oven for 3–4 minutes – it should be cooked through but still pink in the middle, and should feel very tender to the touch
9. Remove the fish from the oven, cover with foil and leave to rest on a warm plate. To make the lime and butter sauce, return the frying pan to the hob and add the butter and oil. Stir in the parsley and the lime zest and juice. Heat through briefly
10. Divide the trout fillets between plates, and add a portion of the galette. Spoon the sauce over the fish and finish with watercress leaves

Dill and vodka-cured Fjord Trout with Bloody Mary sorbet and avocado

by Paul Welburn

This stunning dill-cured Fjord Trout recipe from Paul Welburn is laced with a cheeky shot of vodka for a super-refreshing finish. Served with a silky-smooth avocado purée and steadying Bloody Mary sorbet, this dish holds plenty of intrigue and playfulness.

🍴 Main | 📊 Medium | 👤 10 | ⌚ 2 hours, plus 24 hours curing time

Dill and vodka-cured Fjord trout

1 side of Fjord trout, pin-boned and cleaned
7g of black peppercorns
37g of coriander seeds
250g of coarse sea salt
75g of caster sugar
37g of lemon zest
1 bunch of dill
50ml of vodka

25g of sherry vinegar
Tabasco, a few drops
freshly ground black pepper

Sourdough croutons

1/2 sourdough loaf
olive oil
salt

Avocado purée

1/2 avocados, ripe
1 lime, juiced
salt
pepper

Dill oil (optional)

1 bunch of dill
500ml of grapeseed oil

Bloody Mary sorbet

500g of tomato juice
15g of vodka
100g of glucose
5g of celery salt
35g of Worcestershire sauce
25g of lemon juice

To serve

nasturtium leaves
dill tops

1. To begin, cure the trout. Toast the black pepper and coriander seeds in a hot dry pan until aromatic. Place the remaining dry ingredients and toasted spices in a food processor and blend to form a coarse powder
2. Add the vodka to the mixture and spread over the trout, including the underside. Leave to cure for 24 hours, turning every 8 hours
3. On the same day as you cure the trout, make the dill oil. Blanch the dill in a pan of salted boiling water for 1 minute. Refresh in iced water before squeezing out as much liquid as possible
4. Transfer to a liquidiser with the oil and blitz until smooth, then place in a cheesecloth and hang overnight in the fridge with a jug positioned below to collect the oil that drips through. Store the resulting oil in a bottle until ready to serve
5. To make the Bloody Mary sorbet, add all of the ingredients to a pan and warm gently. Taste the mixture and adjust the seasoning if necessary

6. Chill before churning in an ice cream maker until frozen. Transfer to a container and freeze to firm up before serving

7. Preheat the oven to 150°C/gas mark 2

8. Slice the sourdough very thinly using a good bread knife or meat slicer. Rub with oil and salt and bake in the oven for 15–20 minutes until crispy. Break up some of the croutons into a crumb to sit the sorbet on when plating and leave the remaining whole for garnish

9. When the trout is ready to serve, wash the fillet in cold water for at least 5 minutes to remove any the excess cure and dry with kitchen paper. Cut into 1cm cubes

10. To make the avocado purée, destone the avocados and place the flesh in a liquidiser with the lime juice, salt and pepper. Blend until silky smooth and transfer to a squeeze bottle

11. To plate the dish, dot cubes of trout all around the plate, interspersed with dots of avocado purée. Add a mound of sourdough crumb, followed by a quenelle of the Bloody Mary sorbet. Add drops of dill oil, shards of sourdough croutons and finish with the dill tops and nasturtium leaves



Pan-fried haddock with potato cake, poached egg and hollandaise

by Louise Robinson

Louise serves pan-fried Norwegian haddock atop a fluffy potato cake in this stunning brunch dish. Topping the fish with an oozing poached egg and plenty of homemade hollandaise adds plenty of luxury to the dish.

🍴 Brunch 📈 Easy 👤 4 ⌚ 45 minutes

Haddock

4 Norwegian haddock fillets, each weighing 200g
butter, for frying
sea salt
freshly ground black pepper

Potato cakes

800g of Maris Piper potatoes, peeled and diced
100g of butter, plus extra for frying
sea salt
freshly ground black pepper

Hollandaise

280g of butter
4 egg yolks
2 tsp tarragon vinegar
lemon juice, to taste

To garnish

chopped chives, optional

1. Place the potatoes in a pan of cold water, bring to the boil and cook for 20 minutes, or until they are soft but not mushy. Drain and leave to dry out in the colander for 10 minutes. Pass the potatoes through a potato ricer if you have one, or mash to a smooth consistency. Melt the butter and add it to the mashed potato. Stir to combine and season to taste. Set aside to cool, then form into four round patties. Place in the refrigerator until needed
2. Next make the hollandaise. Place the butter in a small pan and heat gently until just melted. Remove from the heat
3. Put another small pan, a quarter filled with boiling water, over a low heat. Place a heatproof mixing bowl over the pan of gently simmering water and add the egg yolks. Whisk in the vinegar using an electric or balloon whisk, and slowly drizzle in the melted butter, whisking vigorously all the time. The sauce should become smooth and thick. Remove from the heat, whisk in the lemon juice to taste and season with salt and pepper. Cover with cling film and set aside
4. Set a large frying pan over a medium heat and add a little butter. Fry the potato cakes for 5 minutes on each side until golden, then place in a low oven to keep warm

5. Bring a large pan of water to the boil, then reduce the heat to a gentle simmer and add the vinegar. Break one of the eggs into a small cup, swirl the water with a spoon, and gently lower the cup into the water to slide in the egg. Repeat with the other eggs and simmer for 1 minute. Turn off the heat and leave the eggs in the water for 5 minutes, until the eggs are cooked but the yolk is still soft. Carefully remove with a slotted spoon and place onto kitchen paper to drain
6. Add a large knob of butter to a large non-stick frying pan over a medium heat. Season the haddock fillets and, when the butter is foaming, add them to the pan. Cook for 5–8 minutes, or until they are almost opaque all the way through. Finish by continually spooning hot butter over the fillets until they are cooked on top
7. When you are ready to serve, place the potato cakes in the middle of large warm plates. Top with the haddock and a poached egg. Give the hollandaise a quick stir, then spoon it over the egg. Sprinkle with chopped chives and serve immediately





Steamed haddock with saffron mash and gremolada

by Jeremy Lee

Jeremy Lee's dreamy steamed Norwegian haddock recipe is served with a heady saffron mash and gremolada for a verdant freshness. A fabulously comforting dish that elevates the humble haddock to a thing of beauty.

Main Easy 2 60 minutes

Haddock

2 skinless Norwegian haddock
fillets, each weighing
approx. 200–250g
salt

Saffron mash

600g of floury potatoes, such as
King Edward or Maris Piper
1 pinch of saffron
150ml of double cream
75ml of olive oil
1 pinch of garlic, crushed
salt
pepper

Gremolada

½ lemon, zested
½ garlic clove, grated
3 tbsp of parsley, chopped

To serve

extra virgin olive oil

1. To begin, boil the potatoes in salted boiling water until tender. Meanwhile, add the cream, saffron, oil and garlic to a pan and warm over a very low heat to infuse the saffron into the mixture. Whisk to emulsify
2. Drain the potatoes, allow to steam and dry then pass through a potato ricer into a bowl. Beat in the infused saffron mixture until you have a beautifully rich, smooth mash. Season generously and set aside
3. To cook the haddock, fold each fillet carefully, either in half or into three folds, depending on the shape of the fillet. Place on small squares of greaseproof paper and add to a steamer. Cook for 3–5 minutes, depending on size, until cooked through. Remove and allow to rest briefly before seasoning with a little salt
4. Meanwhile, chop together the lemon zest, parsley and garlic to make the gremolada. Spoon the mash onto plates, top with the haddock and scatter over the gremolada. Drizzle over some extra virgin olive oil and serve

Poached haddock with stewed leeks, soy-cured egg yolks and curry dressing

by Richard Bainbridge

Richard Bainbridge serves perfectly poached Norwegian haddock on a bed of sweet stewed leeks in this recipe, finishing the dish with a swirl of curry dressing and a soy-cured egg yolk for extra richness.

🍴 Main 📊 Easy 👤 4 ⌚ 40 minutes, plus 8 hours to cure the egg yolks

Poached haddock

480g of Norwegian haddock fillet, cut into four even portions (skin-on, pin-boned)
300ml of milk
1 bay leaf
5g of sea salt

Stewed leeks

2 tsp rapeseed oil
1 knob of unsalted butter
1 garlic clove, peeled and chopped
1 leek, washed and sliced
2 sprigs of thyme, leaves picked (optional)
1 bay leaf
50ml of milk
150ml of double cream
1 tbsp of fresh parsley, chopped
salt
pepper

Soy-cured egg yolks

250g of mirin
250g of soy sauce
4 egg yolks

Curry dressing

6 tbsp of plain yoghurt
3 tbsp of lemon juice
2 tbsp of water
1 tbsp of honey
1 tsp curry powder
1/4 tsp salt
1/4 tsp white pepper, freshly ground

To serve

1 bunch of coriander, finely chopped

1. Prepare the soy-cured egg yolks at least 8 hours before you plan to serve the dish. Place the mirin and soy sauce in a bowl and mix well. Add the egg yolks and leave at room temperature for up to 8 hours, until the yolks are slightly firm and a beautiful burnt orange colour. Remove the eggs from the soy mixture and drain on kitchen paper
2. To make the stewed leeks, heat the oil and butter in a frying pan and gently fry the garlic with the leeks and thyme leaves (if using) for 3–4 minutes, or until the leeks are soft
3. Stir in the milk, cream, bay leaf and parsley, then reduce the heat and simmer gently for a further 6–8 minutes, stirring occasionally. Season to taste. If not serving immediately, you can transfer the leeks to an oven dish, cover with foil and keep warm in the oven until ready to serve
4. Meanwhile, cook the haddock. Place the milk, bay leaf and sea salt in a pan and bring to a simmer (do not allow to boil)
5. Place the haddock in the milk and cover the pan with cling film. Remove from the heat and rest from 8 minutes to allow the fish to cook. Once cooked, remove the fish from the pan and carefully peel away and discard the skin

6. For the curry dressing, whisk all of the ingredients together in a bowl and taste for seasoning

7. To serve, place 2–3 tbsp of the stewed leeks in the middle of the plate, carefully sit the haddock on the leeks and top with a soy-cured egg yolk. Finish with fresh coriander and spoonful of the curry dressing drizzled around the plate



Steamed haddock with blood orange and basil hollandaise

by Paul Welburn

Cooking haddock en papillote ('in paper') results in perfectly cooked fish which you can unveil directly at the table. This recipe from Paul Welburn pairs basil-cured haddock from Norway with fennel and seasonal blood oranges, which are steamed in the parcel itself and used to flavour a rich hollandaise to be drizzled over the top. A wonderfully theatrical dish for any dinner party.

🍴 Main 🥗 Medium 👤 4 ⌚ 45 minutes

Haddock

600g of Norwegian haddock, cut from the loin in a single thick piece
50g of coarse sea salt
10g of sugar
1 lemon, zested
basil stalks

Garnish in the bag

50ml of rapeseed oil
½ onion, finely sliced
1 small carrot, peeled, halved lengthways and finely sliced
½ fennel, finely sliced
2 blood oranges, segmented
25ml of dry white wine
25ml of blood orange juice
salt
pepper

Blood orange and basil hollandaise

2 egg yolks
100ml of blood orange juice, reduced to 25ml
7ml of white wine vinegar
200ml of clarified butter, melted
salt
5 basil leaves, chiffonaded

To serve

½ fennel, finely shaved, dressed in a drizzle of rapeseed oil and sprinkle of salt

1. Begin by curing the haddock. Blend the salt, sugar, lemon zest and basil stalks to create a bright green cure. Coat the fish evenly with the cure and leave for 20 minutes. Wash the cure off with cold water, pat dry and cut into 4 equal 150g portions
2. Whilst waiting for the fish to cure, prepare the garnish. Sweat the finely sliced fennel, onion and carrot in the rapeseed oil until soft but not coloured. Season with salt and pepper and leave to cool
3. Cut out 4 separate 30cm circles of parchment paper. Spoon some of the cooled vegetable mixture onto half of each paper, and divide the blood orange segments between the four circles (there should be 4–5 segments for each). Top with the haddock portions then fold the paper over to create semi-circles
4. Crimp the edges tightly and staple round the edges until only a small opening is left. Carefully pour in a splash of the white wine and blood orange juice, then seal the parcels completely. It is important that there are no gaps or holes so the steam doesn't escape and the fish cooks evenly. Preheat an oven to 190°C/gas mark 5

5. While the oven is heating up, make the hollandaise. Place the egg yolks, reduced orange juice and white wine vinegar into a large glass bowl and sit this on top of a pan of gently simmering water, ensuring the water doesn't touch the bottom of the bowl. Whisk until the mixture creates thick ribbons, which will take about 5 minutes
6. Remove from the heat and slowly drizzle in the butter, whisking all the time to emulsify. If the mixture begins to split, add in a splash of cold water to bring it back together. You want the sauce to become a thick pouring consistency, so add a little more water to loosen if needed. Taste and season with salt, then fold in the basil. Keep warm whilst you cook the fish
7. Place the fish in the oven for 7 minutes. Due to the cure, the fish may still look a little translucent, but will be perfectly cooked after this time. Divide the parcels onto plates, tear open the paper and dress with a little bundle of the finely shaved fennel. Spoon over the warm hollandaise and serve immediately



Spicy Norwegian salmon uramaki

by Hideki Hiwatashi

This stunning Norwegian salmon uramaki recipe is perfect for those wanting to try a new twist on this classic sushi. Chopped spicy salmon makes a colourful topping, while cooling cucumber adds crunch and freshness to the filling.

🍴 Canapé 📊 Medium 👤 Makes 12 ⌚ 1 hour 30 minutes

Spicy Norwegian salmon

100g of Norwegian salmon
2g of salt
4g of chilli oil
10g of wasabi paste

Sushi rice

150g of sushi rice
180ml of water
12ml of rice vinegar
2.5g of salt
7g of sugar

Wasabi paste

2g of wasabi powder
8g of water

Fillings

1 cucumber
2 sheets of nori seaweed

Topping

10g of wasabi tobiko
¼ leek, cut into julienne
2 red chillies
chopped chives

1. Begin by preparing the sushi rice. Place the rice in a medium pan with a tightly fitting lid and rinse thoroughly with cold water 5 or 6 times. After the final rinse, refill the pan with water and leave the rice to soak for 20 minutes
2. Carefully drain the soaked rice and pour over the measured 180ml water. Bring to the boil then cover the pan with a lid and reduce the heat to very low. Leave the rice to steam and simmer gently for 20 minutes
3. When the rice has nearly finished cooking, prepare the sushi vinegar. Combine the vinegar, salt and sugar in a large bowl and place in a microwave for 10 seconds. Once warmed through, stir well to dissolve the sugar
4. Remove the pan from the heat and transfer the cooked rice to the mixing bowl with the sushi vinegar. Mix together to combine, then set aside and leave to cool to room temperature
5. Preheat a deep-fryer to 170°C
6. Prepare the garnish by deep-frying the leeks until crispy, then drain on a kitchen paper. Deseed the chillies, scrape away as much skin as possible and cut the skin into very fine julienne
7. To make the wasabi paste, simply mix together the water and wasabi powder
8. To prepare the salmon, remove the skin from the fillet then chop the meat finely until it becomes pliable and sticks together
9. Mix the salmon with all of the seasonings and set aside
10. To prepare the fillings, remove the seeds from the cucumber. Cut the flesh into 5cm long, 8mm wide batons



11. To assemble the uramaki, place a nori sheet on a cling film lined bamboo mat. Spread 100g of the sushi rice over the nori sheet and flip it over so that the rice is touching the cling film and facing landscape
12. Add some cucumber julienne along the front edge of the sushi rice then start rolling. As you roll, make sure you firmly keep the filling inside using your fingers
13. Once you have rolled the sushi, add half of the salmon meat along the top edge of the roll. Bring the mat up around the salmon to create a nice even shape
14. Repeat with the rest of the rice, the second nori sheet and remaining salmon then cut each roll into 6 pieces
15. To serve, add a small spoonful of tobiko to each uramaki then top with a pinch of the crispy leeks and red chilli. Sprinkle over some chives and serve with wasabi paste and pickled ginger

Cured and smoked Norwegian salmon with oyster emulsion and pickled fennel

by Robin Gill

Robin Gill's Norwegian salmon recipe involves curing and smoking the salmon at home – a process which is a little time consuming but is actually very easy to do. The result is wonderfully flavoured salmon which really makes it the hero of the dish, with subtle spices and smokiness permeating the flesh. Served with a simple oyster mayonnaise and quickly-pickled fennel, this makes a delicious seafood starter.

🍴 Starter | 📊 Medium | 👤 4 | ⌚ 1 hour 15 minutes, plus 4 days curing

Cured and smoked salmon

250g of skinless Norwegian salmon, pin-boned
400g of salt
70g of caster sugar
70g of Demerara sugar
140g of soft brown sugar
1 lemon, zested
5g of fennel seeds, lightly crushed
3g of black peppercorns, lightly crushed
3g of juniper berries, lightly crushed
2 sheets of nori seaweed, lightly crushed or crumbled
100g of wood chips, ideally apple wood, for smoking
300g of unsalted butter

Fried wakame

50g of dried wakame
200ml of vegetable oil, for frying

Oyster emulsion

130g of rock oysters, shucked reserving the juices
100g of shallots, sliced
200ml of dry white wine
150g of grapeseed oil
5 sorrel leaves

Pickled fennel

1 fennel bulb, thickly sliced
½ tsp fennel seeds
1 tsp black peppercorns
1 star anise
½ tsp cumin seeds
5 pink peppercorns
½ garlic clove
1 pinch of salt
250ml of apple juice
250ml of white wine vinegar

To serve

sorrel leaves
fronds of fresh dill
fennel fronds

1. Begin by curing the salmon. Mix together the salt, sugars, lemon zest, spices and nori in a bowl. Lay a double layer of cling film on a work surface about 4 times wider than the salmon
2. Spread half of the cure mixture onto the middle of the cling film and place the salmon on top. Cover with the remaining cure and wrap the cling film tightly around the salmon to seal. Place on a tray and cure in the fridge for 4 days, turning the salmon every 24 hours
3. To make the oyster emulsion, place the sliced shallots in a small pan and cover with the wine. Place over a medium heat, bring to the boil then simmer until the wine has completely evaporated. Set aside to cool completely
4. Once cool, place the shallots and oysters in a blender and blitz until smooth. Gradually pour in the oil while continuing to blend, until the mixture emulsifies into a mayonnaise consistency
5. Once thickened, add the sorrel leaves and blitz briefly to combine. Decant into a bowl and stir

through just enough of the reserved oyster juices to loosen to a spoonable consistency. Reserve in the fridge until ready to serve

6. To pickle the fennel, place all of the spices and seasonings in a pan with the apple juice and vinegar. Bring to the boil over a medium heat then leave to cool very slightly
7. While still hot, pour the pickling liquor over the sliced fennel in a bowl and leave to pickle for 30 minutes
8. Before serving, unwrap the salmon, rinse off the cure with cold water then pat dry on kitchen paper. Place the wood chips in a deep tray or wok and warm through over a medium heat on the hob until they start to smoke (make sure you do this in a very well-ventilated room)
9. Place the salmon on a vented tray and position over the smoking wood chips. Cover completely with cling film or foil and leave to gently smoke for 7 minutes. Remove from the

smoke and cut the salmon into 4 portions

10. Place the butter in a pan and heat through gently until it starts to foam. Allow the butter to become lightly golden in colour with a nutty aroma then take off the heat to stop it burning. Allow to cool slightly
11. Transfer the butter to a wide pan and warm up to 46°C using a thermometer. Add the salmon pieces and cook very gently for 12 minutes, turning in the butter as they cook
12. Heat the vegetable oil in a deep-fryer or deep pan to 160°C. Fry the dried wakame for 90 seconds until crisp then drain any excess oil on kitchen paper
13. To serve, spoon some of the oyster emulsion over each serving dish. Drain the salmon from the butter and flake into large pieces before adding to each dish. Drain the fennel from the pickling liquid and add a few slices to each dish before garnishing with the fried wakame and fresh herbs



Meet the chefs and contributors



Richard Bainbridge

Benedicts

With a background in classical cooking in Michelin-starred kitchens, Richard Bainbridge returned to his home city of Norwich to open Benedicts, a renowned restaurant which serves Norfolk produce cooked with passion, playfulness and creativity.



Daniel Galmiche

190 Queen's Gate at The Gore

An epicurean upbringing and stints in top restaurants across the world inspire Daniel Galmiche's effervescent cuisine. Galmiche believes that French cooking should be "less prescriptive, more eclectic", and creates light, slightly dishes accented with Mediterranean and Asian influences.



Robin Gill

The Dairy

Dublin-born Robin Gill has worked under revered chefs such as Marco Pierre White and Raymond Blanc, but his own string of restaurants – The Dairy, Sorella and Counter Culture – are relaxed, innovative and very exciting.



Hideki Hiwatashi

Sake no Hana

With over fifteen years of rigorous Japanese culinary training behind him, Hideki Hiwatashi is well versed in the art of kaiseki cuisine. As executive chef at Sake no Hana he fulfils a lifelong dream of bringing traditional Japanese cooking to diners around the world.



Simon Hulstone

The Elephant

With multiple successes at the highest levels of competitive cooking behind him, Simon Hulstone is now achieving in the restaurant arena, holding a Michelin star at his Torquay eatery since 2004. His beautiful, seasonal plates feature the best of West Country produce, most of which is grown at his remarkable dedicated farm.



Jeremy Lee

Quo Vadis

With the voice of a thespian and the culinary skills of a French master chef, Jeremy Lee is by far one of the most well liked chefs in London. His incredible dedication to British produce is apparent in his simple, delicious food, coming out of the kitchen at the iconic Quo Vadis in Soho.



José Pizarro

José Pizarro Broadgate

With a focus on simple, authentic Spanish cuisine, chef José Pizarro has been at the forefront of bringing true tapas to London. With three successful restaurants across the city, his career has taken him a long way from his farming background and initial training as a dentist.



Louise Robinson

Louise Robinson is a former fashion accessories designer turned freelance food writer, stylist and photographer now based in the Sussex countryside. She started her food blog Cygnet Kitchen in July 2014 as a creative outlet, combining her love of cooking, great food and photography.



Paul Welburn

Paul Welburn has trained with some of the best chefs in Britain, even while he was still at college. He already has years of Michelin-star cooking behind him, holding a star for five years at restaurant W1. Cooking gently nostalgic British dishes with a modern twists, his career has already spanned top London restaurants, taking him a long way from his Scarborough roots.



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