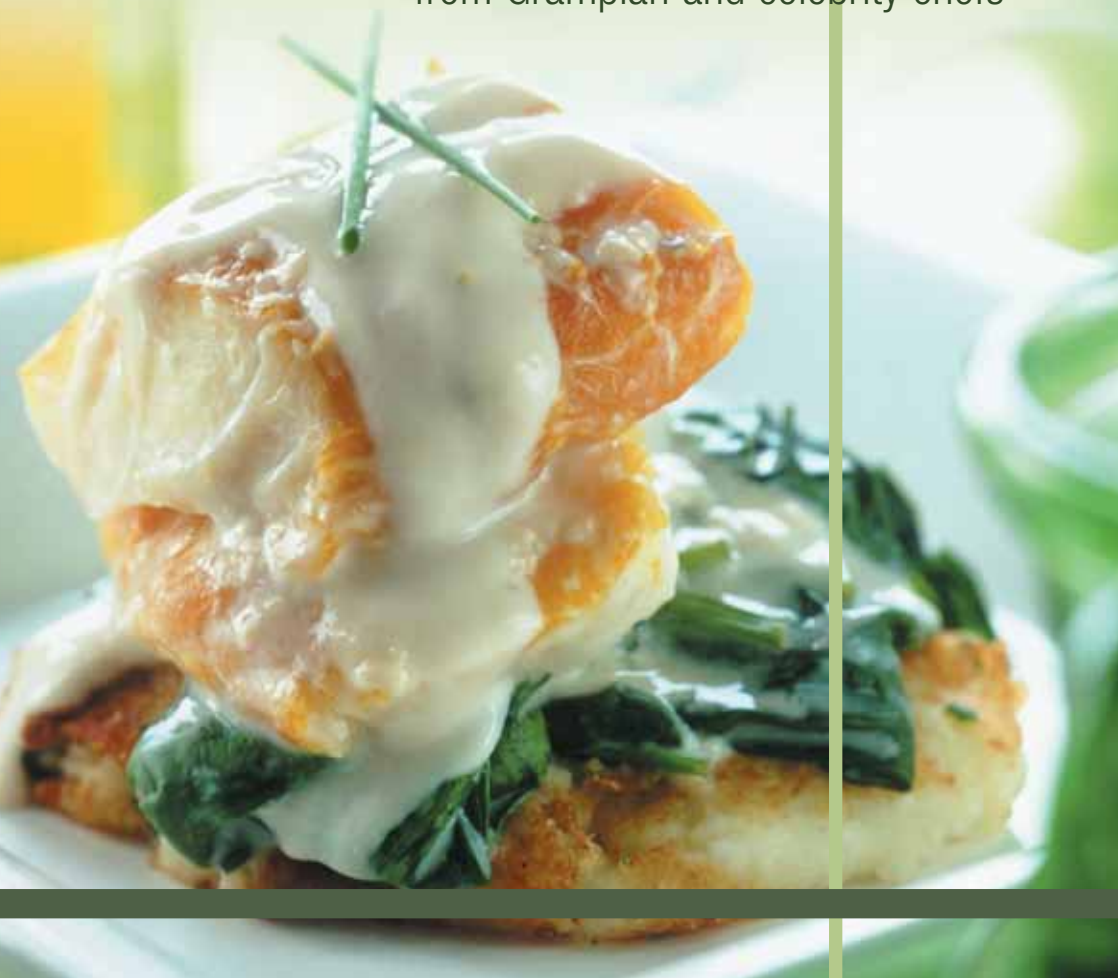


haddock

a special collection of tasty recipes
from Grampian and celebrity chefs



grill, bake, steam, poach or fry... *a versatile fish*



The North East of Scotland Fisheries Development Partnership (NESFDP) is a partnership of processors, catchers, local government, national trade agencies and other stakeholders associated with the fishing industry in the North East of Scotland.

For hundreds of years, families in the North-east of Scotland have been raised on the sea's rich harvest. Generations have thrived on the simple diet that is rich in nutrients and flavour. The sea has provided a good living and despite the often hard and dangerous life, fishing settlements along the coast-line flourished and became the strong communities which shaped the distinctive North-east characteristics of determination and courage.

Haddock, with its firm, meaty texture and delicate flavour, has always held a special place in our diets. Often served breaded or battered, it has been one of the mainstays of the family meal. But the humble haddock is so much more versatile than that, and in this diverse collection of

introduction

recipes we want to bring haddock into the 21st century and show the wonderful range of delicious dishes that can be made, using ingredients gathered from the world over.



Species: *Melanogrammus aeglefinus*
Common name: Haddock

In the Partnership's quest to promote haddock throughout the United Kingdom, we contacted Grampian and celebrity chefs for their assistance. We are delighted to be able to include recipes from Antony Worrall Thompson, Lady

Claire Macdonald, Gary Rhodes, Gordon Ramsay, James Martin, Josceline Dimbleby, Ken Hom, Manju Malhi, Mary Berry and Rick Stein. Our gratitude is also extended to our best local North East chefs and finest eating establishments for their contributions.

From the salty tang of simply prepared fresh haddock, to the traditional home favourites of kedgeree and fish pie, to exotic flavours such as coconut, chilli and pesto which infuse some of the more unusual recipes, this is a celebration of one of the maritime treasures of the North east. So be adventurous, be inspired and enjoy.

Cllr Raymond G Bisset OBE
Chairman, *North East of Scotland Fisheries Development Partnership*



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Did you know...

There are around 280 ports and harbours around the UK where fish is landed. The major fish landing ports in the North East are Peterhead and Fraserburgh

SALMON AND SMOKED HADDOCK FISH CAKES

Antony Worrall Thompson **MOGB**, Notting Grill, London



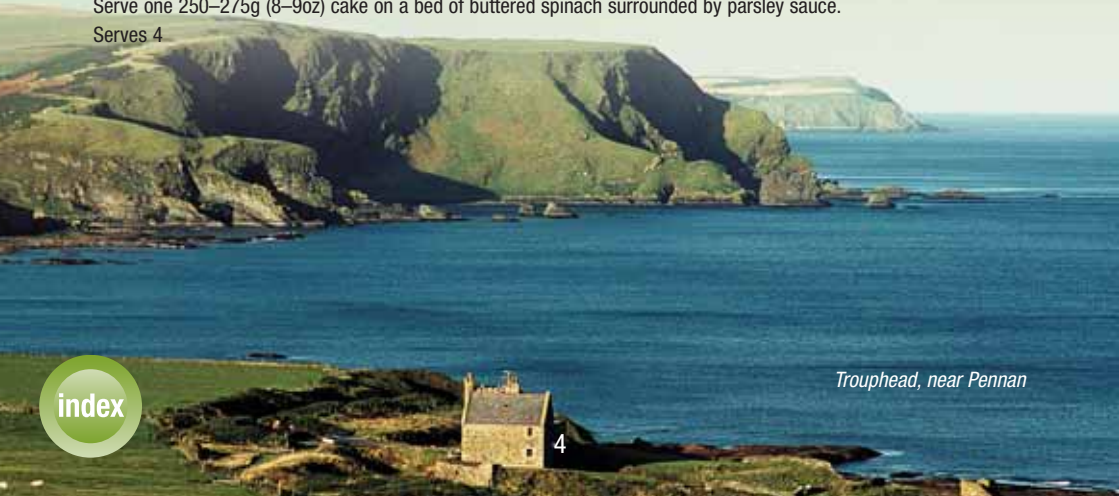
Ingredients: 275g (9oz) haddock fillets
175g (6oz) salmon
Milk for poaching the haddock
275g (9oz) dry mashed potatoes
50g (2oz) melted butter
1 small onion, finely chopped and sweated in butter
2 teaspoons anchovy essence
2 hard boiled eggs, chopped
2 tablespoons chopped parsley
1 tablespoon chopped dill
Salt and ground black pepper
Flour for coating
Beaten egg for dripping
Natural breadcrumbs
50g (2oz) butter for frying

- Cook the haddock and salmon in seasoned milk (onion, carrot, bay leaf, peppercorns and 2 cloves) until cooked.
- Remove from the milk and when cool enough to handle, flake the fish discarding any skin or bone. Combine the haddock with the potato, butter, onions and anchovy essence in a mixer with a dough hook, then fold in the salmon, egg, parsley and dill by hand until well combined, do not over-mix.
- Season to taste. If the mixture is too dry at this point add some of the haddock poaching milk.
- Divide the mixture up into 4 equal amounts, then shape into patties. Dip in the flour, egg and finally breadcrumbs and reshape.
- Refrigerate for 2 hours before use.
- Pan-fry in butter for 5 minutes each side – keep warm in the oven.

Assembly

Serve one 250–275g (8–9oz) cake on a bed of buttered spinach surrounded by parsley sauce.

Serves 4



Trouphead, near Pennan

starters

SMOKED HAM AND HADDIE SOUFFLÉ

Shirley Spear, The Three Chimneys Restaurant, Isle of Skye

Ingredients: 225g smoked haddock fillet (undyed)
50g finely chopped smoked ham
300mls milk
2 sprigs of parsley, including the stalk
1 bay leaf
Freshly ground black pepper
Freshly grated nutmeg
Finely grated rind of half a large lemon
1 small onion, finely chopped
1 tablespoon finely chopped parsley, or mixed herbs such as chervil,
lemon balm and dill
4 large eggs
40g plain flour
40g butter



- Pre-heat oven to Gas mark 5, 375°F, 190°C. Pour hot water into the roasting tin to a depth of approximately 2cm. Place the roasting tin on the top shelf of the oven. The water should be piping hot by the time you put the soufflé in the oven. Butter 8 size 1 ramekins liberally. Coat the base and sides of the dishes with a half-and-half mixture of fine white breadcrumbs and very finely grated Parmesan cheese. Put the dishes to chill in the refrigerator before using.
- Put all the ingredients, except the haddie, into a wide saucepan. Bring gently to simmering point and lay the fillets of fish into the milk mixture. Cover with a lid and leave the fish to poach very gently in the milk, over a low heat. This will take 5-10 minutes, depending on the thickness of the fish. When it is ready, the fish will begin to flake apart easily. Try not to let the milk overheat and curdle.
- Lift the fish out of the pan and leave aside to cool. Strain the milk through a sieve and discard the parsley and bay leaf. Retain the onion with the lemon rind. Pour the milk into a measuring jug. You need 300mls to make the sauce. Top up the quantity, if necessary, with a splash of extra milk or cream. Remove any skin or small bones etc from the fish and break it up with a fork. Tip the onion into the bowl with the flaked fish. Add the chopped ham, plus the extra freshly chopped herbs and mix everything together.
- Melt the butter in a saucepan and stir in the sieved flour to make a roux. Gradually stir in the milk, which the fish was cooked in, stirring all the time until you have a thick sauce. Leave this on a very low heat to cook gently for 10 minutes.
- Separate the eggs and beat the yolks into the sauce. Add the flaked smoked fish, lemon rind, onion and chopped ham. Stir well. Check seasoning. As smoked fish and ham are salty, you may not need to add any more salt, just a few twists of freshly ground black pepper. Last of all, whisk the egg whites in a clean grease free bowl, until they reach the soft-peak stage. Stir one spoonful of the whites into the fish mixture to loosen it. Fold the remaining egg whites into the fish mixture with a large metal spoon, with a cutting and folding motion.
- Divide the mixture into the ramekins. Mixture should fill the dishes to just below the indent of the rim. Place the dishes in the hot water in the roasting tin in the pre-heated oven. Be careful, as the water will be hot. They will take 15/20 minutes on the top shelf. The soufflés will rise and look golden brown on the surface. They should be slightly crisp on top and soft in the centre. Some may rise more evenly than others but don't worry about it. Serve them immediately from the oven, as they sink very quickly.

Serves 8

SMOKED HAM AND HADDIE TART

Shirley Spear, The Three Chimneys Restaurant, Isle of Skye



Ingredients: 225g smoked haddock fillet
150ml milk mixed with 100ml water
2 sprigs of flat leaf parsley, including the stalk
1 bay leaf
Finely grated rind of 1 large lemon
Freshly ground black pepper
Freshly grated nutmeg
1 small onion, finely chopped
25g butter
1 level tablespoon plain flour
3 large fresh eggs
125ml double cream
1 rounded tablespoon finely chopped flat parsley
2 spring onions (syboes in Scotland) chopped small, including the best of the green tops
100g sliced smoked ham, roughly chopped
50g finely grated mature white Scottish cheddar cheese

- Pre-heat the oven to Gas 5, 375°F, 190°C. Place a flat baking sheet on centre shelf to warm. Line individual tartlet tins with shortcrust pastry and chill.
- Put the milk and water into a wide, shallow saucepan together with the sprigs of parsley roughly broken up, the bay leaf, lemon rind, a few twists of black pepper and some grated nutmeg. Heat until just beginning to bubble around the edge. Place the haddock fillet into the liquid and leave the fish to poach gently in the milk, over a low heat. This will take approximately 5–10 minutes, depending on the thickness of the fish. When it is ready, the fish will flake apart easily. Remove the cooked fish from the pan and leave to cool on a flat plate. Strain the cooking liquid through a fine sieve and set aside.
- When it is cool, roughly flake the fish, taking care to remove any traces of skin and bones. In a clean saucepan, melt the butter until it is hot and foamy.
- Add the chopped onion and cook until soft, but not coloured. Add the sieved plain flour and mix into the onion to make a roux.
- Add 125ml of the milk mixture used to cook the fish, stir into the roux until it makes a thick sauce. Add the double cream and stir well. Leave to cook very gently over a low heat.
- Meanwhile separate 2 of the eggs and reserve the whites in a clean, grease free bowl. Whisk the 2 egg yolks together with the remaining whole egg and stir into the sauce mixture. Add the flaked smoked haddock, the chopped smoked ham, the chopped spring onions and the chopped parsley. Combine all the ingredients together well.
- Check seasoning. Remember that the haddie and the ham are both salty and so it may not be necessary to add any salt, but only a little more pepper. Remove the saucepan from the heat.
- Whisk the egg whites until forming soft peaks. Cut and fold these into the fish mixture. Pour the mixture into the chilled tartlet cases. Sprinkle the finely grated cheddar over the top. Place the tins on a flat baking sheet and bake in a moderate oven (Gas 5, 375°F, 190°C) for 25–30 minutes until firm and golden.

starters

ROSTI FISH CAKES

Sue Lawrence, Scottish Kitchen

Ingredients: 500g (1lb 2oz) waxy potatoes
(Charlotte, Estima, Belle de Fontenay) this is the unpeeled weight
500b (1lb 2oz) haddock fillets, cut into large chunks
15g (1/2oz) chives, chopped
1 medium egg
2 tablespoons sunflower oil

- Peel and coarsely grate the potatoes and pat dry with kitchen paper.
- Place the fish, chives and egg in a food processor with salt and pepper.
- Using the pulse button, process briefly until combined - do not overprocess or you will have a gluey paste.
- Mix this with the potatoes then divide into 9–10 balls.
- Flatten out slightly and place on a kitchen paper-lined plate.
- Chill for one hour or so, then pat dry again.
- Heat the oil in a frying pan and, once very hot, brown the fishcakes for 3–4 minutes then turn and brown the other side.
- Place them on a baking sheet and cook in a low oven (150°C/300°F/Gas 2) for about 30 minutes or until piping hot and cooked through.
- Serve warm.
- Makes 9–10 fish cakes.



Macduff Harbour

Did you know...

Cullen Skink is a traditional soup originating from the fishing village of Cullen on the Moray Firth. Skink is a word for soup. It can be varied by adding bacon, vegetables or using a mixture of smoked and white fish

RUSTIC POTATO, LEEK AND SMOKED HADDOCK SOUP

George McIvor, Baxters



Ingredients: 100g butter
2 natural smoked haddock skin on bone in
60ml white wine
100g smoked bacon – diced 15 mm
1 onion – peeled and finely chopped
4 large leeks – harsh green removed, quarter and wash well then slice
2 large potatoes – peeled and cut into 15mm chunks
250ml milk
600ml light fish stock or vegetable stock
120ml double cream
1 tablespoon flat parsley – chopped
Sea salt, white pepper and nutmeg

- Place a couple of knobs of butter on the flesh side of each haddock add a splash of white wine, wrap each haddock in tin foil and place in a hot oven for five minutes,
- Remove from oven and pick the fish clean of all skin and bone, keep warm and reserve any juices.
- Melt the remaining butter then add bacon, onions, leeks and potatoes and sweat over a low heat for 10–15 minutes.
- Add milk and stock and cook for a further 15 minutes. Stir in the cream and any reserved juices from the fish, bring back to the boil. The potatoes should be cooked by this stage.
- Add flaked haddock and chopped parsley and season with pepper and nutmeg.
- You may only need a little salt as the haddock can be quite salty.

Assembly

Ladle into bowls and swirl on some extra cream and chopped parsley, serve with hunks of soda bread.
Serves 4.

THYME AND CARRAWAY SODA BREAD

George McIvor, Baxters

Ingredients: 275g plain flour
75g corn flour
1 level teaspoon bicarbonate of soda
295ml full fat milk
2 tablespoon lemon juice
1 heaped teaspoon thyme leaves
1/4 teaspoon salt
Caraway seeds

- Sieve together dry ingredients then stir in thyme.
- Add lemon juice to milk then add milk to dry ingredients and mix to a dough, shape and place on baking sheet.
- Brush lightly with water and sprinkle on caraway seeds.
- Bake at 185°C, Gas 4, for 15–20 minutes.
- When bread is cooked it should sound hollow when tapped on the bottom.

SOUPS

CULLEN SKINK

Kareen Horne, Swallow Waterside Inn, Peterhead (Grampian Chef of the Year 2005)

Ingredients: 675g natural smoked haddock
180g leek chopped
60g onion chopped
675g potato cooked and diced
800 ml milk
250 ml double cream
30g butter
2 dessert spoons chopped parsley
Salt and cracked pepper
5g plain flour

- Trim off and remove any bones, cut fish into small chunks.
- Chop and wash leek and onion.
- Put butter in a large pan and sweat onion and leek.
- Add flour, cook for 1 minute.
- Slowly add milk and cream, then add smoked haddock chunks and cook on a gentle heat, DO NOT BOIL this will cause it to split.
- Add cooked potato.
- Finish off with parsley and salt & pepper to taste.
- Serve with warm oatcakes or crusty bread.



ARBROATH SMOKIE KEDGEREE WITH GRILLED HADDOCK AND GRAIN MUSTARD CREAM SAUCE

Ryan Paterson, The Cock & Bull Restaurant, Balmedie (Grampian Chef of the Year 2004)



Arbroath Smokie Kedgerree

Ingredients: 1 onion, diced
1 teaspoon garlic purée
250g butter
1kg Arborio rice
500ml white wine
2ltr fish stock
250g Parmesan, grated
200ml cream
2 flaked Arbroath Smokies
1 pkt dill, finely chopped
Salt and pepper

- Sweat onion and garlic in half the butter.
- Add rice and sweat for 2 minutes.
- Add wine and stock bit by bit.
- Bring to boil, reduce heat.
- Simmer for 15 minutes or so, until liquid is absorbed and rice is cooked.
- Add flaked Smokies, then add rest of butter, cream, Parmesan and dill.
- Stir until all combined and butter melted.
- Season to taste.

Grain Mustard Cream Sauce

Ingredients: 570ml cream
570ml fish stock
2 tablespoon coarse grain mustard
Juice of 1 lemon
Salt and pepper

- Place cream, stock, lemon juice and mustard in pan.
- Bring to boil and reduce until coats the back of a spoon, season to taste.

For The Haddock

Place portion of haddock on tray, season with salt, drizzle with fresh squeezed lemon juice, place knob of butter on top. Grill until just cooked.

Assembly

Spoon kedgerree onto centre of plate, place grilled haddock on top, top with soft poached egg and drizzle mustard cream sauce over the top and around plate.

main courses

SMOKED HADDOCK CROQUETTE WITH HERB SALAD AND SWEET MUSTARD DRESSING

Addy Daggert, Craigellachie Hotel (Grampian Chef of the Year 2003)

Croquettes

Ingredients:

*500g pale smoked haddock fillet
700ml fish stock
60g butter
60g plain flour
1 tablespoon coarse grain mustard
50g grated mature cheddar cheese
1 tablespoon chopped chives
Salt, pepper and nutmeg to season
500g home-made bread crumbs (with 200g flour and 3 whisked eggs for coating)
Mixed salad leaves and fresh herbs eg. dill, chives, fennel*



- Bring 500ml of your fish stock to boiling point, add the haddock and then remove from heat to cool down.
- When cooled, remove haddock from fish stock then flake the haddock.
- Top up the juices with fish stock until you have 500ml again, set aside for next stage.
- Melt the butter in a pan, add the flour and cook for 1 minute, remove from heat and add the fish stock from the first stage. Put the pan back on a low heat and bring to the boil slowly. Simmer gently until a “thicker than sauce” consistency has been achieved, stirring constantly.
- Gently stir in the flaked haddock, chives, mustard and grated cheese and season to taste with salt, pepper and nutmeg.
- Allow to cool then pipe into a continuous sausage shape of 3cm diameter on grease-proof paper, then refrigerate overnight.
- Cut into 10cm logs and prepare a breadcrumb station.
- Dip croquettes into the flour, then whisked egg and then finally into the breadcrumbs, ensuring they are totally covered.
- Place in a deep fat fryer at 180°C until golden brown. (Test one first - if the croquettes are breaking repeat the egg/breadcrumb step).

Mustard Dressing

Ingredients:

*2 egg yolks
4 tablespoon white wine vinegar
1 tablespoon caster sugar
1 teaspoon English mustard
2 tablespoon coarse grain mustard
200ml sunflower oil
Salt, pepper and lukewarm water*

- Put egg yolks in a liquidiser, add sugar, English mustard, vinegar and salt and pepper.
- Turn on the machine and pour in the oil very slowly until you have a thick emulsion.
- Add coarse grain mustard and use some lukewarm water to get the right pouring consistency.

FRESH HADDOCK AND SMOKED BACON WITH CELERIAC SAGE FRIES

Taken from "The Complete Cookery Year" published by BBC Books

Gary Rhodes



Ingredients: 4 x 175g (6oz) fillets of fresh haddock, skinned
Salt and pepper
12 rashers of smoked streaky rindless bacon
2 small-medium celeriac
4 tablespoons olive oil
25–50g (1–2oz) butter, plus an extra knob
Squeeze of lemon juice
6 sage leaves, neatly chopped

- If the haddock fillets are thin and include the tails, these can be folded, placing the pointed tail under the main fillet. Season each with a twist of pepper only.
- Bacon rashers can be quite thick; if so, place them between two sheets of cling film and press with a rolling pin to thin them. Place the rashers on a board, overlapping very slightly in threes to form each portion. The haddock fillets can now be placed on top horizontally or vertically, whichever will cover the maximum area of the fish. Fold the rashers over, pinning them together with one or two cocktail sticks. Refrigerate until needed.
- Top and tail the celeriac, cutting away the skin. Cut the vegetables into sticks approximately 1 cm (1/2 inch) thick, not worrying too much about neatness. These are now be plunged into boiling salted water. Once returned to the boil, cook for a minute or two before draining in a colander and allowing to cool slightly. Dry on a clean cloth. This blanching method cuts into their rawness, which will leave these fries with a softer interior. Heat 2 tablespoons of the olive oil in a large frying pan. Once hot, add the celeriac sticks, frying until golden brown and approaching crispy on all sides. This will take 8–10 minutes.
- With the celeriac fries cooking, heat another large frying pan with the remaining olive oil. Once hot, place the wrapped haddock fillets in the pan, presentation-side down, and fry for 5–6 minutes, until the bacon is well coloured and golden. Add a knob of butter, turning the fish, and continue to fry for a further 4–5 minutes; turn off the heat at this point and leave the fish in the pan.
- Add a generous squeeze of lemon juice to the celeriac, along with 25g (1oz) butter, shaking it into the juice and cooking oil. This will emulsify quite smoothly, add the extra 25g (1oz) butter for a smoother, richer finish, if preferred. Season with salt and pepper, sprinkling over the chopped sage.

Assembly

Twist the cocktail stick(s) from the haddock, presenting on plates along with the celeriac sage fries.

Serves 4

An alternative finish to the celeriac is to add the butter once they are completely fried, increasing the heat to create a bubbly nutbrown finish. Squeeze over the lemon juice and sprinkle on the sage, spooning the foaming butter over the fries.

An extra sweet warm twist can be added to this dish by mixing together a dessertspoon each of Dijon mustard and clear honey. This can now be brushed on the presentation side of the haddock fillet, before wrapping in the bacon.

main courses

10 MINUTE HADDOCK WITH SPRING ONION SAUCE

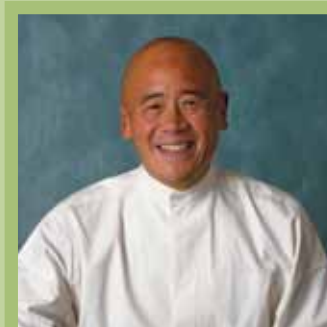
Ken Hom

Ingredients: 450g (1lb) fresh haddock fillets
2 teaspoons salt
1/2 teaspoon freshly ground white or black pepper
570ml (1 pint) water
6 tablespoons coarsely chopped spring onions
1 tablespoon finely chopped fresh root ginger
1 1/2 tablespoons oil (preferably ground nut)
2 teaspoons sesame oil

- Rub the haddock fillets with 1 teaspoon of the salt and pepper.
- Bring the water to the simmer in the wok. Add the haddock, simmer for 2–3 minutes, cover tightly and turn off the heat. Allow to stand for 4 minutes.
- Combine the spring onions, ginger and the remaining 1 teaspoon salt together in a small bowl.
- In a small pan combine the oil and sesame oil and bring it to the smoking point.

Assembly

Remove the haddock from the water and arrange on a platter. Scatter the spring onion mixture on top and pour hot oil over it. Serve at once. Serves 4.



FISH STEAKS AND AVOCADO WITH TOMATOES, LIME, CHILLI AND ANGOSTURA BITTERS

Josceline Dimbleby

Ingredients: 4 haddock steaks, 200–225g (7–8oz) each
Enough milk to cover the fish
225g (8oz) shallots or small onions
3 large cloves garlic
1 fresh red chilli
450g (1lb) ripe tomatoes
3 tablespoons olive oil
3 bay leaves
Juice of 2 limes
1 large, ripe avocado
Lemon juice for sprinkling
1 rounded teaspoon caster sugar
2–3 teaspoons Angostura bitters
Salt

- Put the fish steaks into a dish in which they fit fairly closely and pour enough milk over them to cover. Cover the dish with cling film and leave in the fridge for 2 hours or more, then remove the fish and discard the milk. Pat the fish dry with absorbent paper.

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FISH STEAKS AND AVOCADO WITH TOMATOES, LIME, CHILLI AND ANGOSTURA BITTERS cont...

- Peel the shallots or onions and slice across thinly. Peel and finely chop the garlic, keeping 1 level teaspoon of it to one side. Cut open the chilli under running water, discard the seeds and stem and chop the flesh finely. Put the tomatoes into a bowl, pour boiling water over them and leave for 2 minutes, then peel and chop.
- Put the olive oil in a heavy-based saucepan over a medium heat, add the shallots or onions and stir around for a few minutes until soft and golden. Add the chilli and garlic, leaving the reserved teaspoonful of garlic to one side. Stir for a minute and then remove from the heat. Add the chopped tomatoes and their juice, together with the bay leaves, lime juice and some salt. Cover the pan and cook gently for about 10 minutes, until the tomatoes are mushy. Add the drained fish steaks, baste with the tomato sauce and cover the pan once more. Continue cooking over a low heat for 10–15 minutes or until the fish feels just firm when lightly pressed. Remove from the heat.
- Using a slotted spatula, transfer the fish to a heated serving dish. Cut the avocado in half, remove the stone, peel the skin off carefully and slice the flesh thinly crossways. Arrange the slices between the fish steaks and sprinkle them with lemon juice.
- Add the reserved garlic to the sauce and bring to the boil, stirring continuously for 2–3 minutes. Then remove from the heat and add the sugar and Angostura bitters to taste.
- Pour the sauce over the fish and avocado and serve at once.

SMOKED HADDOCK RISOTTO WITH BLACK PUDDING AND LEEK

James Martin



Ingredients: 300g (10oz) smoked haddock (undyed)
85g (3oz) butter
600ml (1 pint) fresh fish stock
300ml (1/2 pint) chicken stock
225g (8oz) Arborio rice
3 shallots
2 cloves garlic
170g (6oz) black pudding
2 leeks
Mascarpone cheese
Parmesan cheese
Salt and pepper
Fresh flat parsley, chopped
White wine

- Peel and chop the onions and garlic, and sauté in a pan with a little butter and add the rice and cook for a further 30 seconds, then add the white wine and fish stock.
- Dice the black pudding and add it to the pan with some thinly sliced leek. Bring back to the boil and simmer gently for about 5 minutes before adding the diced smoked haddock.
- Cook for a further 4–5 minutes to ensure the rice is cooked, finish with chopped parsley, Mascarpone, grated Parmesan and seasoning.

Assembly

Serve in a large bowl with grated cheese and olive oil drizzled over the top.

main courses

SPICED HADDOCK IN COCONUT

Manju Malhi

Ingredients: *1/4 teaspoon salt
1/2 teaspoon turmeric
400g skinless and boneless haddock fillets, cut into
4cm pieces lengthways
2 tablespoons vegetable oil
5–6 curry leaves (optional)
2 garlic cloves, crushed
1 teaspoon root ginger, peeled and finely grated
2–3 green finger chillies, finely chopped
1 teaspoon ground coriander
1 teaspoon ground cumin
1 tablespoon lemon juice
200ml coconut milk
A few fresh coriander leaves, washed and roughly chopped.*

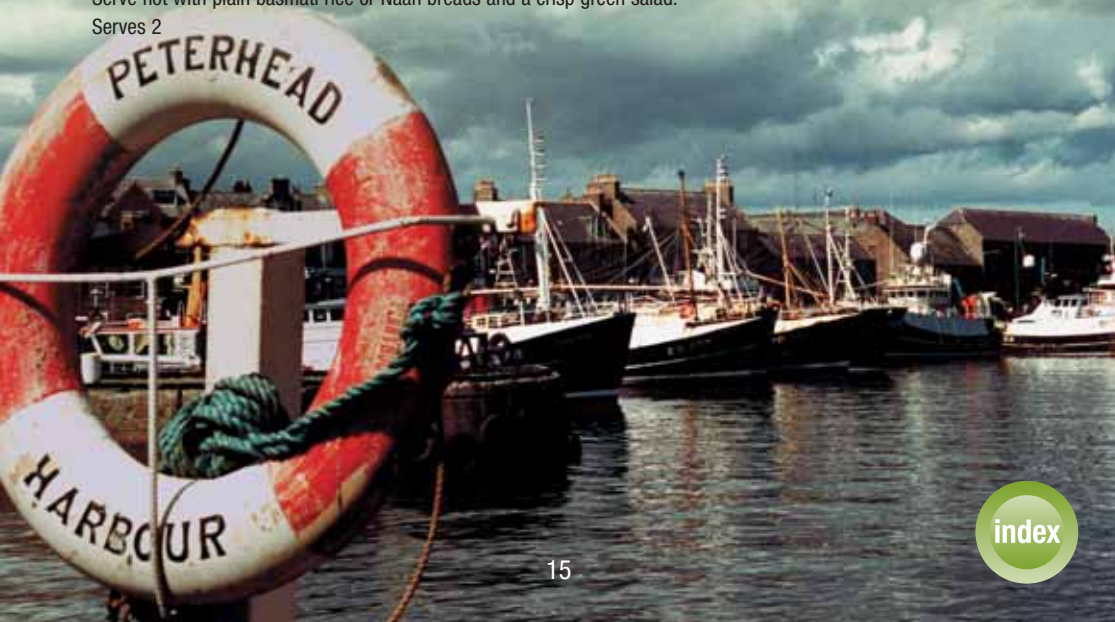


- Sprinkle the salt and turmeric over the fish and set aside.
- Heat the oil in a heavy based pan and add the curry leaves, if using. Allow them to sizzle in the oil and then mix in the garlic and ginger for a minute. Tip in the fish and gently fry the fish pieces for a minute on both sides.
- Add the chillies and stir for a few seconds. Tip in the coriander and cumin. Stir well, then add the lemon juice. Cook on a low heat for 3 minutes.
- Pour the coconut milk and 100ml of boiling water into the pan. Cover and simmer for 2–3 minutes more.

Assembly

Serve hot with plain basmati rice or Naan breads and a crisp green salad.

Serves 2



Tip...

Whole fresh fish have eyes that are bright and not sunken. The skin should have a shiny, moist, firm appearance. When buying filets check for a white translucent appearance

SMOKED HADDOCK RISOTTO WITH ROASTED BABY ONIONS

James Martin

Ingredients:	<i>300g natural smoked haddock</i>	<i>1 shallot</i>
	<i>250g Arborio rice</i>	<i>1 garlic clove</i>
	<i>1/2 ltr fresh fish stock</i>	<i>30g butter</i>
	<i>1/2 ltr fresh chicken stock</i>	<i>10g flat leaf parsley</i>
	<i>75ml white wine</i>	<i>Seasoning</i>
	<i>80g Mascarpone</i>	<i>20 peeled shallots</i>
	<i>100g Parmesan</i>	

- Peel and chop the shallots and garlic and sweat in a pan with the butter, but don't colour. Add the rice to the pan with the onions and seal for about 30 seconds over a low heat. Add the white wine and add the stocks in stages to the rice and bring to the boil, then simmer for about 12 minutes, stirring a few times. After 10 minutes add the flaked smoked haddock.
- Grate the Parmesan cheese and chop up the flat leaf parsley.
- Heat a frying pan until very hot and drizzle with olive oil and butter. Add the peeled baby onions and sauté, then place into the oven to cook.
- Mix the Mascarpone and Parmesan into the risotto with the parsley and season well.

Assembly

To serve, spoon the risotto on to the centre of the plate, top with the roasted shallots and serve immediately.

BAKED HADDOCK WITH PESTO AND PARMESAN

Mary Berry



This is an all-in-one dish that can be prepared ahead

Ingredients:	<i>4 x 175g (6oz) fillets of haddock, skinned</i>
	<i>About 375g (3/4lb) peeled potatoes</i>
	<i>Good knob of butter</i>
	<i>A little milk</i>
	<i>4 teaspoons pesto</i>
	<i>4 large tomatoes, skinned, seeded and cut into long strips</i>
	<i>A few sprigs of basil, torn</i>
	<i>50g (2oz) Parmesan, coarsely grated</i>
	<i>Paprika</i>

- Bring potatoes to the boil in salted water, simmer until tender, about 30 minutes. Then mash adding butter, a little milk, pesto and seasoning.
- Season a greased roasting tin.
- Place the fish on the seasoning and also season the fish. Spread a quarter of the mashed potato on each fillet, top with the tomatoes and basil mixed together, sprinkle with Parmesan and dust with paprika.
- Bake in a hot oven 220°C, 400°F, Gas 7 for about 15 minutes until the fish has turned white.

Assembly

Serve at once garnished with parsley. If the fish is very fresh and mashed potato cold, you may cover the assembled, uncooked fish and store in the fridge for 24 hours, then cook as above. Serves 4

main courses

POACHED HADDOCK WITH MUSSELS, SPINACH AND CHERVIL

Rick Stein, The Seafood Restaurant

Ingredients: 150g (5oz) butter
1 shallot, finely chopped
600ml (1 pint) mussels, cleaned
4 x 175g (6oz) pieces of unskinned haddock fillet
900g (2lb) fresh spinach, washed, large stalk removed
1 tablespoon malt whisky
1 teaspoon fresh lemon juice
1 teaspoon chopped chervil
Salt and freshly ground black pepper

- Heat 25g (1oz) of the butter in a medium pan, add the shallot and cook gently for 3 minutes until soft. Add the mussels and 150ml (5fl oz) of water, then cover and cook over a high heat 3–4 minutes, until the mussels have opened.
- Tip them into a colander set over a bowl to collect the cooking liquor. When they are cool enough to handle, remove the mussels from all but 8 of the nicest shells. Cover and set aside.
- Pour all the mussel liquor except the last tablespoon or two (which will be gritty) into a 30cm (12 inch) sauté pan, bring to a simmer and then add the haddock, skin-side up. Cover and simmer gently for 3 minutes. Remove from the heat (leaving the lid in place) and set aside for about 4 minutes to continue cooking.
- Meanwhile, melt another 25g (1oz) of the butter in a large pan. Add the spinach and stir over a high heat until it has wilted. Cook, stirring briskly, until all the excess liquid has evaporated, then season to taste with some salt and pepper.
- Divide the spinach between 4 warmed plates and put the haddock on top. Keep warm. Return the sauté pan to the heat, add the remaining butter and boil rapidly for 3–4 minutes, until the liquor has reduced and emulsified into a sauce.
- Stir in the whisky and lemon juice and boil for 30 seconds. Add the chervil and mussels and stir for a few seconds, until they have heated through.

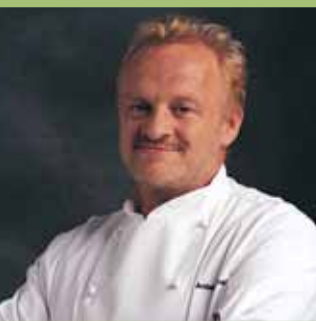
Assembly

Spoon the mussels around the spinach and haddock, dividing the unshelled mussels equally between the plates, then pour over the sauce and serve.

Serves 4

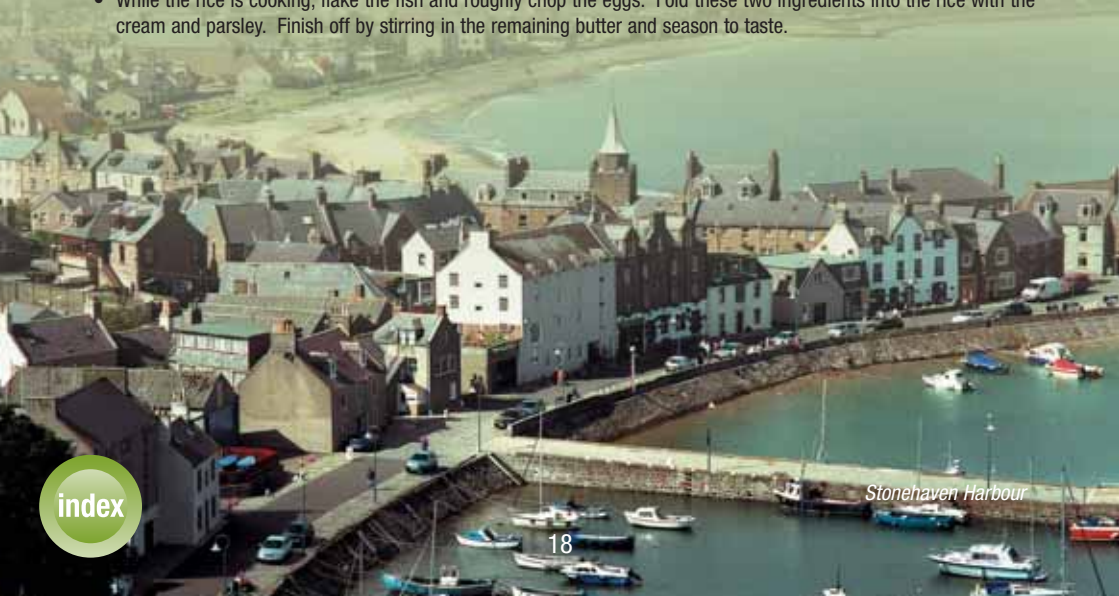
SMOKED HADDOCK AND SALMON KEDGEREE

Antony Worrall Thompson MOGB, Notting Grill, London



Ingredients: 375g (3/4lb) smoked haddock fillet
375g (3/4lb) salmon fillet
1 bay leaf
1 lemon, thinly sliced
Peppercorns
125g (4oz) unsalted butter
1 onion, finely diced
500g (1lb) long grain rice
2 teaspoons curry powder
4 hard boiled eggs, shelled
4 tablespoons double cream
3 tablespoons chopped parsley
Salt and ground black pepper

- Preheat the oven to 190°C/375°F/Gas 5. Arrange the fish fillets in a buttered baking dish with a few peppercorns, a bay leaf, the lemon slices and cover with water. Bring to the boil on top of the stove, then pop in the oven for 8 minutes.
- Melt half the butter in a large saucepan, add the onion and curry powder and cook over a moderate heat until the onion is soft but not brown. Add the rice and toss to combine.
- Strain the cooking juices from the fish and measure out twice as much in volume as the rice, ie if the rice filled two cups, measure out four cups of liquid. Pour this liquid onto the rice, stir and cover.
- Cook for about 20 minutes or until the rice is fluffy and fairly dry. Check the rice from time to time to make sure the pot has not boiled dry.
- While the rice is cooking, flake the fish and roughly chop the eggs. Fold these two ingredients into the rice with the cream and parsley. Finish off by stirring in the remaining butter and season to taste.



Stonhaven Harbour

main courses

SMOKED HADDOCK WELSH RAREBIT

James Martin

Ingredients: 3 x 175g smoked haddock fillets (un dyed)
30 small ready made tartlet cups

Rarebit

Ingredients: 325g strong Cheddar cheese
75ml milk
1 egg yolk
1 whole egg
1/2 tablespoon mustard powder
30g plain flour
1/2 teaspoon Worcester sauce, Tabasco sauce
25g fresh white breadcrumbs
Seasoning

Tomato Chutney

Ingredients: 15g root ginger
4 red chillies
2kg red tomatoes
500g apples, peeled and chopped
200g sultanas
400g chunky chopped shallots
Salt
450g brown sugar
570ml malt vinegar

- Season the haddock well and place in the oven with a little olive oil and cook for about 5–6 minutes.
- Grate the cheese and add to the pan with the milk and gently warm in a pan until dissolved, remove from the heat and cool.
- Add the whole egg and yolk, mustard, breadcrumbs and a dash of both Worcester and Tabasco, season and allow to cool.
- Flake the haddock to remove any bones and place the chutney in the bottom of the tarts, top with the flaked fish.
- Preheat the grill to a high heat and top the haddock with the rarebit and place under the grill until golden brown on top.

Assembly

Remove the haddock from the grill and serve at once.

Notes: Make the chutney chunky (not smooth) but cut the ingredients small.

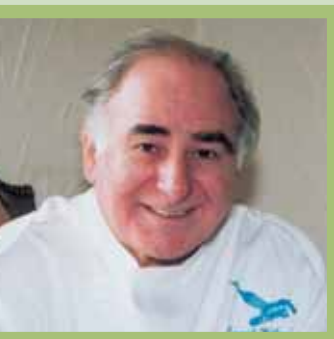


Did you know...

Haddock can provide a tasty, low calorie meal in a wide variety of dishes

SMOKED HADDOCK FILLET WITH POTATO, LEEK AND A CHIVE SAUCE

David Wilson, The Peat Inn



Ingredients: 2 x 90g (3oz) smoked haddock fillets
300g (12oz) peeled potato
60g (2oz) chopped leek (white part only)
150ml/scant (1/4 pint) vegetable stock for cooking vegetables
Salt/pepper
Chopped chives for garnish
30g (1oz) unsalted butter

Chive Sauce

Ingredients: 150ml (1/4 pint) vegetable stock
75ml (1/8 pint) double cream
60g (2oz) unsalted butter diced
1 level dessertspoon chopped chives
Salt/pepper

- Thinly slice potatoes on mandolin, chop leeks in rounds.
- Lightly butter a small baking dish then layer potatoes and leek alternatively seasoning lightly each layer.
- Pour over vegetable stock (this will not cover vegetables, just enough to cook them).
- Cover dish with foil, place in a preheated oven (425°F/200°C) and cook until tender, about 30 minutes.
- Remove foil then dot with remainder of butter and cook for a further 5 minutes.
- To make the sauce, put vegetable stock and cream in saucepan, bring to boil, whisk in diced butter until all is incorporated in sauce. Add chopped chives, check seasoning, adjust as necessary.
- Cut haddock fillets in half across fillet.
- Put a little oil in sauté pan, place on heat.
- When almost smoking, place fillets in pan and cook for 1 1/2 minutes then turn over and cook for further 30 seconds (cooking times may vary depending on thickness of fish but fish should be undercooked).

Assembly

Spoon potato/leek mixture onto centre of warm plate. Cut fillet diagonally in half then place on top of potato/leek, spoon sauce around. Sprinkle chopped chives over and place two snipped chives on top of fish. Serve immediately.

Serves 4



main courses

FILLET OF HADDOCK BAKED WITH ROASTED AUBERGINES AND SHALLOTS WITH AIOLI

Claire Macdonald, Kinloch Lodge, Isle of Skye

Ingredients: *6 pieces of filleted haddock, skin removed, and the fish felt with your fingertips so that you can feel and remove any bones. Each piece of fish should weigh about 6oz/170g*
4 large – or 5 if they are smallish – aubergines, each with its ends cut off and the flesh cut into chunks about 2" or 5cm
6 tablespoons extra virgin olive oil
8 banana shallots, each skinned and cut in half or three, depending on their size. Or 24 smaller shallots, each skinned and left whole
1 level teaspoon dried chilli flakes
Malden salt, and pepper

- Line a roasting tin with baking parchment, mix together the chunks of aubergine with the shallots and mix in well the olive oil and the chilli flakes, trying to make sure that each piece of vegetable is coated with oil. Spread them evenly, and roast in a hot oven. 400°F/200°C/Gas 6, and cook for 30–35 minutes stirring them from time to time so that they don't overcook on the outer sides, and that they then roast evenly. When they are roasted put them into a large sauté pan.
- Heat up the contents of the sauté pan before pressing the pieces of fish down into the roast vegetables.
- Cover the sauté pan with its lid and cook over a moderate heat for 10–15 minutes. Exactly how long depends on the thickness of the fish. It is easy to lift the lid and test a piece of fish with a fork for done-ness. It should fall into flakes in the middle.

Assembly

Serve with garlicky hot – chilli hot – aioli.

Aioli

Ingredients: *1 whole egg and 1 yolk*
1/2 teaspoon caster sugar
About 1/2 teaspoon salt and a good grinding of black pepper
2 fat garlic cloves which have been poached for just 1 minute, then drained and popped out of their skins straight into the processor.
2 teaspoons Dijon mustard
285ml (1/2 pint) extra virgin and light olive oil combined
1–2 teaspoons wine vinegar – taste after adding one and add more if you think it is needed.
2 teaspoons Tabasco

- Put the egg, the yolk, sugar, salt, pepper and Dijon mustard into a processor with the poached skinned garlic cloves. Whiz, adding the olive oils drop by drop initially, then, when you have an emulsion, in a steady trickle. Lastly whiz in the vinegar and Tabasco. Spoon either into small individual ramekins, or into one bowl and hand around with the fish and roast vegetables.



Did you know...

A 10 year old haddock can grow to 70-80cm in length

POACHED FILLET OF HADDOCK RESTED ON A CULLEN SKINK RISOTTO WITH WATERCRESS SAUCE

Russell Beveridge, Brodie Countryfare

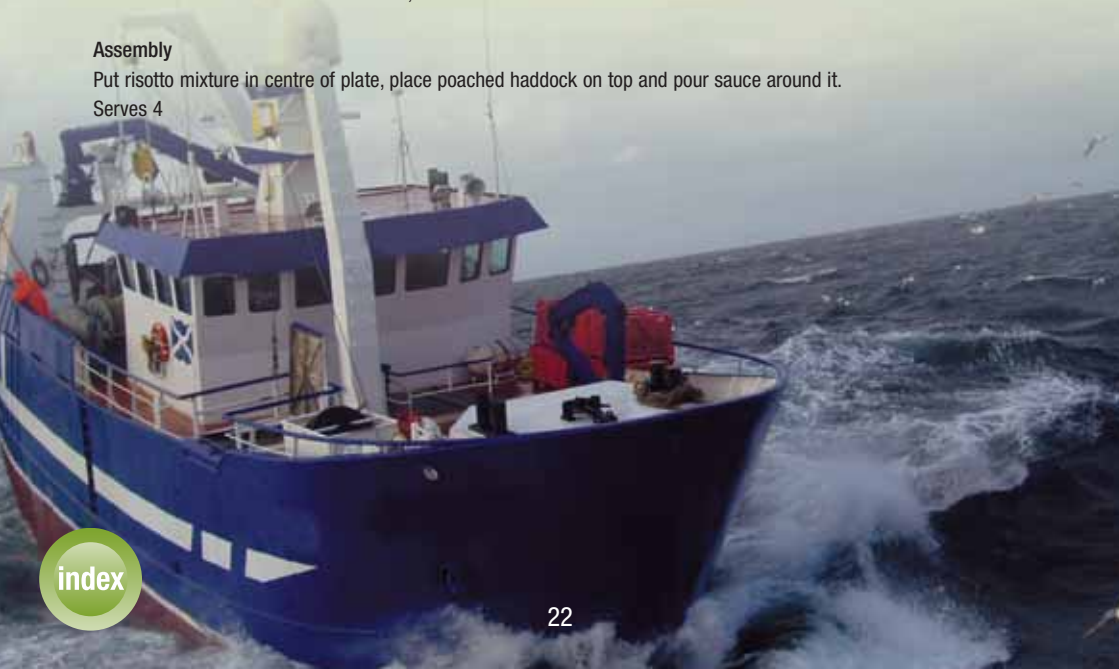
Ingredients: 4 fillet of haddock
1 fillet of smoked haddock (diced)
1 leek finely chopped
1 bunch watercress
750g fish stock
250g double cream
Salt and pepper to taste
100g risotto rice
1 lemon grass, finely chopped
500g approx fish stock/bouillon
25g finely diced onion
10g ginger purée

- For risotto - fry onion, rice, ginger and lemon grass, slowly add stock till rice has a bite, finish with salt and pepper to taste.
- Fry leek and smoked haddock in a little white wine until cooked.
- Add risotto mixture and 100g of cream and cook until a thick consistency.
- Poach haddock in a little white wine and fish stock.
- Reduce rest of fish stock with cream, add watercress and blend till smooth texture.

Assembly

Put risotto mixture in centre of plate, place poached haddock on top and pour sauce around it.

Serves 4

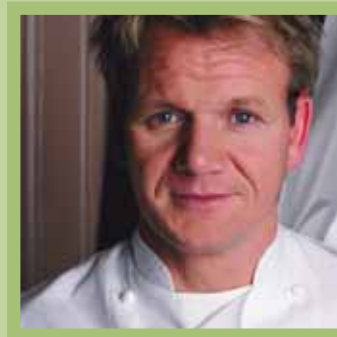


main courses

SMOKED HADDOCK LASAGNE WITH MUSTARD SAUCE

Gordon Ramsay

Ingredients: *1kg smoked haddock fillets*
About 500ml milk and water mixed
300g fresh pasta lasagne sheets or 150g dried (do not use 'no need to cook' lasagne sheets)
400ml fish stock
100ml dry white wine
150ml double cream
1 tablespoon coarse grain mustard
1 tablespoon chopped fresh chives
200g wild mushrooms or chestnut mushrooms, sliced
2 tablespoons olive oil
12–16 asparagus tips
150g baby spinach leaves, washed and dried
1 tablespoon freshly grated Parmesan cheese
Sea salt and freshly ground pepper



- Poach the haddock in simmering milk mixture to just cover fish for about 5 minutes until it starts to flake then drain. Skin, bone and flake the fish whilst it is still hot - it is easier. Set the flesh aside.
- Blanch the pasta sheets in boiling salted water for just 2 minutes for fresh sheets; 4-5 for dried. Drain, rinse in cold water then pat dry with paper towel.
- Boil the stock and wine until reduced by half to about 250ml then add the cream and boil for another 3 minutes. Stir in the mustard and chives and check the seasoning.
- Sauté the mushrooms with the oil in a frying pan until just softened. Remove and drain. Peel the stems of the asparagus with a vegetable peeler, and then blanch for 2 minutes in boiling water. Drain.
- Now you can put the lasagne together. First pre-heat the oven to 190°C, Gas 5. Lightly grease a medium size ovenproof dish.
- Pour a little mustard sauce on the base of the dish and arrange pasta sheets on the sauce. Scatter over baby spinach leaves and a third of the fish and then a third of the mushrooms.
- Trickle with a little more sauce and repeat the layers twice again – pasta, spinach, fish, mushrooms.
- Arrange the blanched asparagus tips on top and pour over the last of the sauce. Sprinkle with the Parmesan then bake for about 15 minutes until hot and bubbling. Allow to stand to about 10 minutes before serving.

Serves 4

Did you know...

The method of smoking fish was revolutionised in 1939 with the introduction of the Torry kiln, developed in the Torry Research Station in Aberdeen. This meant a high quality, uniform product could be produced time after time.

GRILLED HADDOCK WITH PARMESAN HERB CRUST, SAUTEED GREEN VEGETABLES SERVED WITH A WHITE BALSAMIC AND VINE TOMATO ESSENCE AND FONDANT POTATO

Colin Milne, Norwood Hall Hotel, Aberdeen

Ingredients:	300g (10oz) haddock	25ml white Balsamic vinegar
	2 slices white bread	1/2 shallot
	1 egg yolk	1 clove of garlic
	120g (4oz) butter	1/4 stalk of celery
	Tarragon	1/4 carrot
	Flat leaf parsley	1/2 sprig of thyme
	Dill	7.5g (1/4oz) brown sugar
	Chervil	25ml white wine
	15g (1/2oz) Parmesan cheese	4 asparagus
	2 baby fennel	1/2 courgette
	4 broccoli florets	1 baking potato
	600ml (1 pint) fish stock or bullion	seasoning
	12 cherry tomatoes (vine on)	

- Peel the baking potato, top and tail and cut in half, place in a deep tray and pour 300ml (1/2 pint) of fish stock or to just below the top of the potato, place butter on top of the potato and place in a preheated oven at 190°C for 30 minutes.
- Whilst the potato is cooking finely dice the onion, carrot, garlic and celery and sauté in a heavy bottom pan. Add the cherry tomatoes and sauté until soft.
- Add white Balsamic vinegar, brown sugar and white wine. Reduce by half, then add 300ml (1/2 pint) of fish stock, reduce by half and blend, pass through a fine sieve to another pan and leave to simmer.
- Blend bread, minus the crust, in a food blender with the herbs, egg yolk, Parmesan and butter. Spread evenly on a silicon mat and place in the fridge.
- Prepare the vegetables into equal sizes and place in a pan of seasoned water to boil.
- Cut fish into two equal portions and place onto a greased baking tray.

PARMESAN HERB CRUST

- Once herb crust has set cut into two equal pieces to fit on top of the haddock and place in the oven at 190°C.
- Put the vegetables into the boiling water, take fondant potatoes out of the oven and place in the centre of a plate.
- Once the vegetables have come back to the boil take them off the heat and strain, place them back in the pan and add butter and seasoning and arrange around the potato.
- Spoon the sauce evenly around the plate and add the cooked haddock on top of the potato and serve.

Serves 2

main courses

BAKED FILLET OF HADDOCK, TERIYAKI GLAZE, HERB MASH AND CORIANDER INFUSION

Dave Barron, Copthorne Hotel, Aberdeen

Ingredients: 1 x 175-225g (6-8oz) fresh haddock fillet
3 large baking potatoes
1 tablespoon of rice wine or medium dry sherry
2 tablespoons of Soya sauce
1 tablespoon of brown sugar
1 tablespoon of grated fresh ginger
4 tablespoons of finely chopped sprig of parsley
Half lemon, squeezed
60g (2oz) butter
3 sprigs of finely chopped fresh coriander
Salt and pepper
100ml double cream
Chervil/Parsley to garnish
3 shallots

- Using a sharp knife, trim edges of haddock. Take the tail and other end of the haddock and fold into the centre. Add salt and pepper seasoning, before baking in a moderate oven (150°C) for 10–13 minutes.
- Peel potatoes and cut into 1/4, boil in salted water until soft. Sweat off finely diced shallot with butter in saucepan, add white wine, coriander and juice from lemon. Reduce the liquid for 30 seconds – 1 minute. Next add the double cream and bring to the boil, simmer for 1–2 minutes and season to taste. Take off the heat.
- For the glaze, in a small saucepan combine the soya sauce, rice wine, sherry, sugar and the ginger. Simmer for 2–4 minutes until a light syrup forms. Let cool. Mash the baking potatoes and knob of butter and some chopped parsley, season to taste. Take haddock out of oven and brush with the glaze that has now cooled.
- Place under hot grill until golden brown colour. Place mash into the centre of plate in a plastic ring mould 6cm diameter/6cm deep (2 1/2" x 2 1/2"). Remove the mould and place haddock on top.
- Reheat the sauce on low heat till hot.

Assembly

Place sauce round the potato and the haddock that's on the plate. Garnish with sprigs of chervil and parsley on the top. Serve with a cold glass of chardonnay.

Tip...

If barbecuing a whole fish, slits or slashes at the thickest part will make cooking faster and more even

MIXED HADDOCK SUPPER FOR 2

Shirly Line



Ingredients: *A piece of fresh haddock about 225g (7–8oz)
A piece of smoked haddock about the same weight
A good handful of button mushrooms wiped not washed, sliced
Tablespoon capers
50g (2oz) lump of butter to sauté mushrooms
25g (1oz) flour
150ml (1/4 pt) milk
Glass of white wine
Pinch of salt to taste
A good shake of Parmesan cheese or grated Gruyere*

- Sauté the mushrooms in the butter until soft and set aside.
- Leaving the skin, poach the two pieces of fish in the milk with capers for about 4 minutes.
- Don't forget the smoked fish has already been cooked so can be lifted first. Remember the golden rule for any kind of fish – DO NOT OVER COOK.
- Lift fish from stock and flake away from skin into a flat gratin dish.

Sauce

- Shake flour into mushrooms stirring well and slowly as you pour in stock from fish over gentle heat, to make creamy sauce. Season to taste with pepper (you should not need salt), gently stir in the wine.
- Pour over the fish.
- Give a sprinkle of cheese, pop into a fairly hot oven – not to cook – just to brown the top.

Assembly

Serve with peas, broccoli or spinach and a few new potatoes.



main courses

POACHED HADDOCK ON A HAM AND SPRING ONION ROSTI POTATO

Gary Isaac, Banchory Lodge Hotel (Grampian Seafood Chef of the Year 2005)

<i>Ingredients:</i>	<i>100ml whipping cream</i>	<i>450g Maris Piper potatoes</i>
	<i>125g spring onions</i>	<i>125g diced ham</i>
	<i>9 asparagus spears</i>	<i>2 x 675g whole haddock</i>
	<i>125g Orkney smoked cheese</i>	<i>60g butter</i>
	<i>60g flour</i>	<i>1 red pepper</i>
	<i>1 shallot</i>	<i>1 onion</i>
	<i>1 leek</i>	<i>1 clove garlic</i>
	<i>150ml sunflower oil</i>	<i>75ml dry white wine</i>
	<i>2 litres water</i>	<i>6 parsley sprigs</i>
	<i>2 thyme sprigs</i>	<i>1 lemon</i>
	<i>6 black peppercorns</i>	<i>125g butter</i>



- Put on a pan of water for the stock, scrub potatoes and boil with seasoning.
- Prepare vegetables for the fish stock and poaching dish and put on to sweat off.
- Fillet the haddock and cut into 3 portions, add fish bones to vegetables and sweat off. Put haddock in fridge.
- Cut julienne of red pepper and put in cold water in fridge. Make bouquet garni.
- Add water to make fish stock, add bouquet garni and take to boil. Skin and simmer for 15-20 minutes.
- Slice and sauté spring onions, peel asparagus, grate smoked cheese.
- Drain potatoes and cool, melt butter add flour and cook to a blond roux, put shallots, lemon and parsley in a shallow greased dish and peel and grate potatoes add spring onions and ham and season.
- Sieve fish stock, place haddock in a dish and season, add lemon, shallots, fish stock and wine and cover with greased paper. Place in the oven.
- Make velouté adding stock slowly until smooth, add peppercorns and reduce.
- Sauté rosti potatoes in a heavy frying pan with metal rings, put on asparagus to cook. Sieve velouté, add cream and small amount of stock from fish dish, reduce and add cheese, check seasoning.
- Arrange potato on plate, drain asparagus and glaze with butter and put on top of potato. Nap the asparagus with sauce and place haddock on top skin side up, put sauce on plate and finish with julienne of pepper and serve.

Thanks to Aberdeenshire Council, Sea Fish Industry Authority and Seafood Scotland for the use of their photography.

Whilst every care has been taken on the compilation of this publication, the publishers and promoters of this publication shall not be liable for any inaccuracies.

This special collection of recipes
has been compiled for the

**North East of Scotland
Fisheries Development Partnership**

in association with

