

# A SEAFOOD BOUNTY

## CONTENTS

Foreword.....	1
A Guide To Using This Book.....	1
The Nutritional Value of Seafood .....	3
How To Tell When Fish Is Fresh .....	7

### Starters and Salads 9

Salmon Tartar.....	11
Salmon Tartar Stack .....	11
Smoked Salmon Roulade.....	12
Salmon Frittata.....	13
Young Herring Fillets in Herb Sauce .....	14
Fish Balls with Horseradish Sauce (Jewish Gefilte Fish).....	15
Thai Fish Cakes.....	16
Savoury Pancakes.....	17
Steamed Prawns.....	18
Stir Fry Broccoli with Prawns .....	18
Garlic Prawns .....	19
Josie's Special Tomato & Garlic Prawns .....	20
King Prawns American-Style.....	21
Steamed Prawn Wontons with Red Chilli and Spring Onion .....	22
Wonton Pastry .....	23
Squid with Tuna Sauce .....	23
Calamari Al Limone (Lemon Calamari) .....	24
Coquilles St Jacques .....	24
Calamari Ripiene .....	25
Baby Octopus & Broad Beans with Tomatoes .....	26
Mussels with Coconut Milk .....	27
Herbed Mussels with Hot Lemon Sauce .....	28
Seafood Salad .....	29
Sushi Salad.....	30



### Dips, Dressings and Sauces 31

Smoked Salmon Dip.....	33
Sardine Dip .....	33
Tuna Spread .....	33
Guacamole.....	34
Mild Salsa.....	34
Cincinnati.....	35
Tuna Tapenade.....	35
Taramasalata .....	36
Salmon/Trout Mousse .....	36
Salmon Pate with Green Pepper Dip .....	37
Basil Dressing .....	38
Chilli Orange Dressing.....	38
Seafood Cocktail Sauce .....	39
Garlic and Herb Butter Sauce .....	39
Tartare Sauce .....	40
Lebanese Garlic Paste.....	40
Spicy Satay Marinade for Prawns .....	41
Wasabi Lime Mayonnaise.....	41
Asian Style Dressing .....	42



### Soups 43

Basic Fish Stock .....	45
Bouillabaisse (Traditional Fish Stew).....	45
Smoked Salmon Soup .....	46
Swordfish Stew .....	46
Fish, Potato and Bean Soup.....	47
Soup of Prawns and Chick Peas .....	47
Fisherman's Soup .....	48
Fish Soup from the North Sea.....	49
Prawn & Chicken Laksa.....	50
Andrew Fielke's 'Prawn Bisque with Lemon Myrtle & Coconut Foam .....	51

# CONTENTS



## Mains, Pasta & Risotto 53

Curried Fish .....	55
Calamari in Red Sauce.....	55
Fish Pie with Mashed Potato Topping.....	56
Steamed Thai Fish Cakes .....	57
Salmon Filled Empanada .....	58
Empanada Gallega (Spanish Pies) .....	60
Linguini with Mussels and Zucchini .....	61
Butterfly Pasta with Salmon Sauce.....	61
Macaroni with Parsley, Anchovies and Capsicum .....	62
Ditali Pasta with Octopus.....	63
Linguini with Squid.....	64
Pennette with Saffron (Prawns and Rocket) ...	65
Saffron Penne with Mussels.....	66
Spaghetti alla Puttanesca .....	67
Tips for Making the Perfect Risotto.....	68
Risotto with Fish and Artichoke.....	69
Risotto al Salmone .....	70
Risotto with Squid and Rocket .....	70
Risotto with Prawns and Gorgonzola .....	71
Tasmanian Scallop and Lemon Myrtle Risotto.....	72

## Varoma Recipes 73

Steamed Fish Parcels .....	75
John Dory Fillet .....	76
Flat Fish Fillets with Pine Nuts .....	77
Seafood Dish a la Josie.....	77
Fish Cake.....	78
Chinese-Style Steamed Fish .....	79
Fish Fillets in Tomato Sauce .....	80
Salmon Fillet.....	81
Lebanese Snapper in Chilli Tahini Sauce .....	82
Steamed Trout with Lemon Delicious Sauce.....	85
Western-Style Steamed Fish .....	86
Steamed Fish with Rice and Asparagus .....	87
Fish with Leeks.....	88
Greek-Style Fish.....	89
Stuffed Squid Tubes with Potato .....	90
Salmon Fillet with Mushroom Cream Sauce...	91
Steamed Fish with Vegetables Italian-Style.....	92
Spanish Potatoes and Prawns.....	93
Index .....	94

