introduction

When the Fishmongers’ Company decided it would like to mark the “150th Anniversary of Fish and Chips” with a new recipe book, I decided that we needed to address the concerns of many health conscious consumers that Fish and Chips can be high in calories and cholesterol so should not be indulged in too frequently.

So the recipes I have prepared offer various ways of coating the fish, offering alternative styles of chips and providing different cooking methods. I have also been keen to ensure that we offer fish that can be easily obtained from sustainable sources, including shellfish.

My team and I, especially Sean Thompson, have had fun in devising these recipes, adding some Asian fusion elements to this most traditional of dishes and ringing the changes. The recipes are designed to be easy to follow; I hope that you enjoy all of them!

Stephen Pini
Executive Head Chef
Fishmongers’ Company

foreword

Support for the UK’s fish and fisheries sector is core business for the Fishmongers’ Company. Each year Fishmongers’ Hall at London Bridge is the scene for many gatherings of people engaged in the sector. Our renowned Executive Head Chef, Stephen Pini, and his team provide excellent catering for these events, whether with simple sandwich lunches or with grand dinners.

The Company has already published two very well-received recipe books by Stephen Pini, and he has also contributed recipes to the “Cooked Oysters” booklet recently produced by the Shellfish Association of Great Britain and to their forthcoming booklet of crab recipes. In this little collection, to mark the “150th Anniversary of Fish and Chips”, Stephen Pini turns his talents to one of the nation’s favourite dishes, offering both some classic and some novel ideas.

I hope that you will enjoy trying these recipes - and that they will encourage you to eat more fish.

Robin Holland-Martin
Prime Warden
Fishmongers’ Company
a message from the Chief Fisheries Inspector

Fish and Chips has for as long as can be remembered been the number one takeaway food in this country. Many of us will harbour fond memories of our younger days and trips to the seaside, eating our fish and chips out of old newspapers and thoroughly enjoying the experience. At the end we licked our fingers to extract every last bit of succulent flavour from our meal.

Unfortunately, modern hygiene regulations preclude us from eating our food out of newspapers. Polystyrene plates and greaseproof paper are now deemed more hygienic, but, this in no way diminishes the pleasure.

Traditionally the preference is for cod in the South and haddock up North and each is duly served with a good sprinkle of salt and vinegar to enhance the flavour of this already tasty dish. However, with so many varieties of seafood available, there is no need to remain completely traditional.

There are many different types of fish and shellfish that can be served and enjoyed as fish and chips; it just requires a bit of imagination such as displayed in this booklet by Stephen Pini.

Chris Leftwich - Chief Fisheries Inspector, Fishmongers' Company

the Billingsgate Seafood Training School

The School is located above the famous Billingsgate Fish Market in London’s Docklands. Actively supported by Fishmongers’ Company, as part of the Company’s work in the fish and fisheries sector, the School is a charitable trust. The key focus is on encouraging young people to eat more seafood as part of a healthy diet, but also helping to establish independent fishmongers and in teaching members of the public about choosing, preparing and cooking all types of seafood.

For more information please contact the Administrator on 020 7517 3549 or see the website: www.seafoodtraining.org

a message from the National Federation of Fish Friers

Two Thousand and Ten marks the 150th anniversary of the ‘marriage’ of fish and chips. Records show that two shops were opened in 1860, one in East London owned by a family called MALIN and the other in Oldham, Lancashire, owned by the LEE family.

Both fried fish and fried potatoes had been produced separately until some genius decided it was time they got ‘married’. Originally they would have been produced in open vats until the first frying ranges were produced many years later. When you compare this scenario with the latest hi-tech ranges, it demonstrates how far the business has moved in the 150 years.

During the war years fish and chips were recognised as being a good way of feeding the nation and were exempt from rationing. Since then they have become a firm favourite, well established as the No. 1 takeaway. The role played in this story by the fish industry cannot be over emphasised, as without a quality product to work with, further development of the industry could not be achieved. Getting the fish to the customers must have been a nightmare until the introduction of the railways and mechanised road transport. Again things have moved on with fish species arriving from all over the world, with much improved transport systems – including by air; unthinkble when the trade first started.

All these changes have been accommodated and we are now looking forward to the next 150 years. What that will bring, no-one knows. Globalisation has already started with outlets in Africa, European mainland, America, the Gulf states etc. Maybe that will continue to spread. Not bad for a ‘marriage’ of such humble beginnings.

Bill Crook
National President, National Federation of Fish Friers
www.federationoffishfriers.co.uk
Fish and chips may have only been invented in 1860, but fried fish had been around for a long time before that. In biblical times, street sellers of fried fish in Babylon did a roaring trade. The Mediterranean diet, often upheld as the healthiest in the World, has fish as a main protein and the fish is often fried.

Fish is one of the healthiest of foods, even when fried. The secret is to keep the fat or oil to a minimum, because even the so-called healthy oils are high in calories. That also means that it is better to eat a larger portion of fish and a smaller portion of chips.

Fish and chips were traditionally made with white fish; Cod, Haddock and Hake. The health benefit of these comes partly from the omega 3 content which is higher than most other foods, though lower than oily fish. The big benefit is the low calorie content of white fish. This means they satisfy appetite in a way that higher energy foods do not.

So please don't assume that fish and chips are unhealthy!

Dr Clive Askew - Fisheries Consultant, Fishmongers’ Company

Shellfish Association of Great Britain

The Shellfish Association of Great Britain is the industry’s trade body, based at Fishmongers’ Hall and supported by the Fishmongers’ Company.

For more information see the website: www.shellfish.org.uk.

Fish and Chips - a Healthy Fast Food

1. Take some seasoned flour. Place the fillet of fish into the flour, making sure it is all covered. Shake off any excess.

2. Holding the fish at one end, place into the batter. Make sure you coat both sides of the fish. Drain off any excess batter over the bowl.

3. Holding the fish by the end, gently lower into the deep fat fryer, making sure you don’t burn your fingers.

4. Wait for the fish to float near to the surface, then turn over with a spoon or spider drainer.

5. When the fish is floating on the top of the oil it is cooked.

6. Remove from the oil and drain over the fryer. Place onto absorbent kitchen paper to drain off any excess oil.

7. Serve immediately.
Serves 4 Portions

**Ingredients:**
- 400g medium Squid tubes (cleaned) 100g portions
- 200g plain flour
- 200ml milk
- Salt & pepper
- 1 lemon (cut into wedges)
- 4 sprigs of dill
- Vegetable or sunflower oil for deep frying

**Method:**
1. Place the squid onto a chopping board and cut across to give you rings about 5 millimetres thick. Then place to one side.

2. Put the flour into a bowl and season with salt and pepper and into a separate bowl pour the milk.

3. Dip the fish first into the milk and then into the seasoned flour, place onto a tray until all the squid is coated.

4. Pre-heat the oil for deep fat frying to 180°C or follow the manufacturer’s instructions for your deep fat fryer. Carefully drop the squid rings into your deep fat fryer in small batches, so as not to overcrowd the basket.

5. Cook for 1-2 minutes or until crisp and golden. Drain on kitchen paper and then place onto an oven tray to keep warm in an oven pre-heated to 100°C or gas mark ¼ while you cook the remaining squid.

6. Once you have cooked all the squid, arrange on a plate and garnish with the lemon wedges and dill sprigs.
Serves 4 Portions

Ingredients:

For the Fillets of Lemon Sole:
- 4 x 180g fillets of Lemon Sole
- 200g Japanese breadcrumbs
- 50g flour
- 3 tbsp chopped herbs of your choice; parsley, chives, dill, lemon zest
- 3 eggs beaten
- Vegetable oil or sunflower oil for deep frying

For the Tartare Sauce:
- 200ml mayonnaise
- 50g gherkins
- 50g capers
- 2 tablespoons chopped parsley
- 4 x lime wedges or garnish of your choice

Method for the Tartare Sauce:
Finely chop the gherkins, capers and parsley. Mix together in a small bowl and add the mayonnaise. Season with salt and pepper and refrigerate.

Method for the Fish:
1. Place the fillets onto a chopping board and cut either side of the central line of the fillet to remove any small pieces of bone left after filleting.
2. Cut the larger pieces into 3 and the smaller into 2.
3. In 3 separate containers place the flour, beaten eggs and breadcrumbs with the mixed chopped herbs.
4. Take the strips of fish one at a time and dip first into the flour, coating evenly at every stage, then into the beaten egg and finally into the breadcrumb and herb mixture. Place onto a tray until all the fish is coated.
5. Pre heat the oil in a fryer to 175°C. When the oil is hot enough fry the fish off in small batches, making sure you do not overcrowd the basket. Once the fish is crisp and golden remove and drain on kitchen paper. Place onto an oven tray and keep warm in an oven pre-heated to 100°C until all the remaining pieces are cooked.
6. Once cooked, place onto a serving platter, garnish and serve with the tartare sauce on the side.
Serves 4 Portions

Ingredients:
1 bag x 450g raw Scampi tails
100g rice flour
150g cornflour
⅛ teaspoon curry powder
½ teaspoon salt
300ml ice cold sparkling water

To Accompany:
Good quality Thai dipping sauce

Method:
1. Place half of the rice flour, all of the cornflour, the curry powder and salt into a bowl and mix well.
2. Then add the ice cold water and stir well. Set to one side.
3. In another small bowl put the remaining rice flour and use this to dust the scampi tails.
4. Dip the scampi into the batter mix, and then carefully dip 5 or 6 pieces into a fryer pre-heated to 175°C, making sure you do not over crowd the basket. When the scampi is golden brown and floating on the top of the oil, remove and drain on kitchen paper.
5. Place onto an oven tray and keep warm in an oven pre-heated to 100°C or gas mark ¼, while you cook the remaining pieces.
6. When all the scampi is cooked place 5 or 6 pieces per person onto a plate, garnish and serve with dipping sauce on the side.
Serves 4 Portions

Ingredients:
- 4 x 220g Skate Wing middles, cut and trimmed

For the Batter:
- 500ml water
- 225g plain flour
- 100g plain flour for dusting
- 4 medium eggs
- 1 teaspoon bicarbonate of soda
- 1 teaspoon turmeric
- Salt and freshly ground pepper for seasoning

To Serve:
- 4 x sprigs of parsley
- 4 x wedges of lime
- 125 ml white balsamic vinegar

Method:
1. Place the flour, bicarbonate of soda, turmeric, eggs and half of the water into a bowl or food mixer and blend until you have a smooth consistency, adding the remaining water until the mixture coats the back of the spoon. Season with salt and pepper and set to one side.

2. Pre-heat the oven to 100°C or gas mark ¼. Pre-heat the oil for deep fat frying to 180°C or follow the manufacturer’s instructions for your deep fat fryer.

3. Place the remaining flour onto a plate and dust the skate wing portions.

4. Now dip the fillets into the batter, making sure the fish is thoroughly coated. Allow any excess batter to drip into the bowl. Carefully lower the fish into the oil and cook for 6-8 minutes depending on the thickness, ensuring that you turn over the fillets half way through the cooking time. When the fish floats and is golden brown remove using tongs and drain on kitchen paper. Place onto an oven tray and keep warm until all the fish is cooked.

5. Remove from the oven and place onto your serving plates. Garnish with a wedge of lime, a sprig of parsley and a separate ramekin bowl of balsamic vinegar.

Note: Try to ensure you use sustainable ray for this dish rather than endangered common skate.
Serves 4 Portions

Ingredients:
4 x 180g Salmon portions

For the Asian Batter:
100g cornflour
100g rice flour
1 teaspoon garam masala
½ teaspoon turmeric powder
1 teaspoon dried kasoori methi leaves
pinch of salt, to taste
200ml ice cold sparkling water
50g plain flour for dusting
Vegetable or sunflower oil for deep frying

For the Sauce - Coriander and Cucumber Riata:
¼ cucumber
¼ bunch coriander, chopped
½ lemon, juiced
1 x small pot (125g) of natural yoghurt

To Garnish:
1 punnet of baby cress
1 punnet of garlic chives (optional)

Method for the Batter:
Place the cornflour and rice flour into a mixing bowl. Add the garam masala, turmeric, salt and dried methi leaves. Pour on the ice cold sparkling water and blend together with a whisk until a smooth batter is formed. Set to one side.

Method for the Sauce:
1. Cut the cucumber in half lengthways and using a spoon remove the seeds from the centre. Cut into four lengthways, and then cut across into small dice.
2. Place into a small bowl and add the coriander and lemon juice. Now add the yoghurt and season with salt and pepper. Then place into the refrigerator.

Method for the Fish:
1. Pre-heat the oil for deep fat frying to 180°C or follow the manufacturer’s instructions for your deep fat fryer.
2. Dust the fish in a little flour and then dip into the batter mixture, thoroughly coating each piece of fish.
3. Remove from the batter allowing any excess batter to drip back into the bowl. Carefully lower into the hot oil and cook for 5-7 minutes depending on the thickness of the fish, ensuring you turn the fish during cooking. Once the fish is floating on the top of the oil and is golden brown remove and drain on kitchen paper. Place on an oven tray and keep warm in a pre heated oven at 100°C or gas mark ¼.
4. Serve, placing the fish in the middle of the plate accompanied by four spoonfuls of sauce. Garnish as per photo.
Serves 4 Portions

Ingredients:
4 x 180g fillets of Smoked Haddock, skinned

For the Batter:
150g cornflour
150g self raising flour
50g plain flour, for dusting the fish
200ml chilled sparkling water
200ml chilled light beer
Vegetable or sunflower oil for deep frying
Salt and freshly ground pepper for seasoning

For the Sauce:
4 tablespoons mayonnaise
1 grated zest of large lemon
2 tablespoon crème fraiche
Salt and freshly ground pepper
1 tablespoon dill sprig, roughly chopped

To Serve:
1 x tomato, cut into ¼’s with a ‘v’ cut out (optional)
Mixed baby leaf salad
4 x sprigs of dill

Method:
1. Place the self raising flour and cornflour into a bowl with a pinch of salt and add the beer and water. Blend together until a smooth batter is formed. Set to one side.

2. Pre-heat the oven to 100°c or gas mark ¼. Pre-heat the oil for deep fat frying to 180°c or follow the manufacturer’s instructions for your deep fat fryer.

3. Meanwhile make the sauce. Take a bowl and add the mayonnaise, lemon zest, crème fraiche and chopped dill. Mix together and season with salt and pepper. Set to one side.

4. Now place 50g of plain flour onto a plate and dust the haddock fillets.

5. Once the oil is heated, dip the fillets into the batter mix making sure to thoroughly coat them. Allow any excess batter to drip back into the bowl. Carefully lower the fillets into the oil one at a time, depending on the size of fryer. Cook for 4-6 minutes depending on the thickness, ensuring to turn them half way through.

When the fish floats to the top of the oil and is golden brown, remove with tongs and drain on kitchen paper. Place onto an oven tray and keep warm until all the fish is cooked.

6. Once all the fish is cooked, place onto your serving plates and garnish with tomato ‘v’, salad and sprig of dill with the sauce on the side.
Serves 4 Portions

Ingredients:
- 9 x large fresh Scallops
- 100g Panko Japanese breadcrumbs
- 25g sesame seeds
- 5g poppy seeds
- 5g cracked black pepper
- 50g plain flour
- 2 large eggs beaten
- Salt and pepper for seasoning

For the Garnish:
- 3 rashers of Alsace bacon
- 3 tablespoons of mayonnaise
- 1 medium lemon, finely zested
- 3 sprigs of fresh dill
- 2 tablespoons olive oil

Method:

1. Pre-heat the oil for deep fat frying to 180°c or follow the manufacturer’s instructions for your deep fat fryer.

2. Mix the breadcrumbs, sesame seeds, poppy seeds and cracked black pepper into a bowl and season with salt. Set to one side.

3. Now take the mayonnaise and place into a bowl. Add the lemon zest, and season with salt and pepper. Set to one side.

4. Place the rashers of Alsace bacon onto a tray and place under a pre-heated grill and cook each side until crisp. Remove and place onto a tray with kitchen paper and cool.

5. Into three separate bowls, place the egg, bread crumb mixture and the flour. Dust the scallops in the flour and then into the egg and then finally into the bread crumb mixture. Making sure you thoroughly coat the scallops.

6. Now place the coated scallops into the fryer and cook until they float and are golden brown. Remove from the fryer and drain on kitchen paper.

7. Place the scallops onto serving plates and top each one with some of the lemon mayonnaise and a piece of Alsace bacon. Garnish with a sprig of dill and drizzle with olive oil.
Serves 4 Portions

Ingredients:
4 x 180g fillet of Cod portions, pinned and cut into four | 300ml milk | Sunflower oil for deep frying

For the Salt & Chilli Coating:
175g plain flour | ⅛ teaspoon white pepper | ⅛ tablespoon chilli powder | 1 teaspoon monosodium glutamate (optional)
1 tablespoon Chinese five-spice powder | 1 red chilli, deseeded and finely chopped | 2 tablespoons finely chopped coriander
2 tablespoons Maldon sea salt | 50g sesame seeds | 50g Panko Japanese breadcrumb

For the Red Onion & Tomato Salsa:
4 tomatoes halves, deseeded & diced | 1 red onion, peeled and finely chopped | 1 red chilli, deseeded and finely chopped
1 garlic clove, peeled and finely chopped | Juice of 1 lime | 3 tablespoons chopped coriander | 2 tablespoons olive oil
2 tablespoons tomato ketchup, preferably Heinz | 2 tablespoons Linghams chilli sauce

To Garnish:
Mixed baby leaf salad (optional) | Salt & freshly ground pepper for seasoning

Method:
1. Put the flour, pepper, chilli powder, monosodium glutamate, Chinese five spice and chopped chilli in a food processor and blend together for 1-2 minutes. Then tip into a bowl and stir in the coriander and sea salt. Set to one side.

2. Mix the onion and tomato salsa ingredients together in a bowl. Season to taste. Cover with cling-film and place in a fridge.

3. Pre-heat the oil for deep fat frying to 180°C or follow the manufacturer’s instructions for your deep fat fryer. Put the milk in a small bowl. Dip the cod into the milk and then into the prepared flour mixture. Place onto parchment paper. Heat the oven to 100°C gas mark ¼.

4. Once the oil is at the required temperature, carefully lower in the pieces of cod. Cook for 5-7 minutes, depending on size, until they float and the coating is golden and crunchy. Remove with a slotted spoon and drain on kitchen paper. Cook the cod in batches and keep warm in the pre-heated oven.

5. Arrange the cod on a serving dish or divide into individual servings. Garnish with salad and serve with the salsa.
**fried fillet of mackerel in oats with a spicy apple sauce**

Serves 4 Portions

**Ingredients:**
- 4 x large fillets of Mackerel, scaled
- 150g plain flour
- 2 large eggs, beaten
- Salt & pepper for seasoning
- 2 lime, zested
- 200g oats (not ground)

For the Apple Sauce:
- 2 ½ Bramley apples, peeled, cored and diced and placed into lemon water
- 25g butter
- 1 tablespoon olive oil
- 5g shallots, finely chopped
- 1 garlic clove, very finely chopped
- 1 tablespoon demerara sugar
- 1 tablespoon sweet chilli sauce (preferably Linghams)
- 1 dessert spoon coriander, chopped

**Method for the Chutney:**
Place the butter and oil into a pan and heat slowly, without colouring the butter. Now add the shallots and garlic and cook until tender without colouring. Add the sugar and apples and continue to cook slowly until the apple has broken down. Remove the pan from the heat and add the sweet chilli sauce to your taste. Season with salt and pepper and add the chopped coriander. Set to one side ready for serving (this chutney does not have to be served hot).

**Method for Preparing and Cooking the Mackerel:**
1. Place the flour into a bowl and season with salt and pepper. Now place the oats onto a tray and combine the lime zest and set to one side. In a separate bowl place the beaten egg.

2. Arrange these in order and take the mackerel ½ fillets and first place into the flour, then into the beaten egg and lastly place the fillets onto the tray of oats. Make sure you evenly coat the whole of the fish fillet. Repeat with the remaining pieces of fish and set to one side ready to cook.

3. Pre-heat the oil for deep fat frying to 180°C or follow the manufacturer’s instructions for your deep fat fryer. Place the fillet into the hot oil making sure you do not overcrowd the basket. Once the fillets float on the surface and are golden brown the fish is cooked. Remove from the oil and place onto kitchen paper to drain. Now place onto a baking tray and keep warm in an oven pre-heated to 100°C or gas mark ¼ until all the fillets are cooked.

4. To serve, place the fillets onto a plate and garnish with some baby leaves. Serve with the apple sauce and potatoes and vegetables of your choice.
Serves 4 Portions

Ingredients:

- 4 x 100g middle cut Cod/Haddock, skinless
- 3 x large jacket potatoes, not peeled just washed
- Vegetable or sunflower oil for deep frying

For the Batter:

- 150g self raising flour
- 150g cornflour
- 50g plain flour, for dusting
- 200ml sparkling water, chilled
- 200ml light beer, chilled
- Salt and freshly ground pepper for seasoning

For the Mushy Pea and Mint Purée:

- 1 small tin of mushy peas
- 2 tablespoons fresh mint, finely chopped
- 2 tablespoons of mayonnaise
- Salt and freshly ground pepper for seasoning

Method:

1. Place the self-raising flour, cornflour into a bowl with a pinch of salt and some pepper. Add the beer and water and blend together until a smooth batter is formed; the batter should just coat the back of the spoon. Do not make it too thin.

2. Meanwhile take the tin of mushy peas, empty into a pan and warm thoroughly (but not too hot). Remove from the heat and add the mint and mayonnaise. Season with salt and pepper to taste. Set to one side.

3. Pre-heat the oil for deep fat frying to 180°C or follow the manufacturer’s instructions for your deep fat fryer.

4. Take the jacket potatoes and slice in half lengthways. Now make a slice from the middle of the potato ⅛ of an inch thick; you will need 2 slices per portion. Now place the slices into water ready for use.

5. Take the portions of fish and season with salt and freshly ground pepper. Now place a slice of the potato on each side. Then dust in the plain four and then into the batter. Making sure the batter coats all the potato and fish. Now place the battered cake into the pre-heated oil and fry until it floats and is golden or until the potato is cooked. Remove from the oil and drain on kitchen paper. Place onto a baking tray and keep warm in an oven pre-heated to 100°C or gas mark ¼ until all the remaining pieces of fish are cooked.

6. Now return the mushy pea mixture to the heat and slowly warm through, making sure that it is not too hot. Place a cake onto a serving plate and serve with the mushy pea and mint purée.
Serves 4 Portions

Ingredients:

For the Parsnips:
1kg parsnips, peeled and cored if woody
100g white breadcrumbs (made from semi stale bread)
½ teaspoon cayenne pepper
25g flour, for coating
2 large eggs, beaten
150g freshly grated parmesan
Vegetable or sunflower oil for deep frying
Salt for seasoning

For the Romesco Sauce:
40g blanched almonds
½ teaspoon small dried chilli flakes
75g oven dried tomatoes (from a jar, drained)
75g piquillo peppers (from a jar, drained)
1x large garlic clove, peeled and chopped
1 tablespoon sherry vinegar
1 tablespoon olive oil

Method for the Romesco Sauce:
1. Gently fry the almonds in the olive oil until golden. Allow to cool.
2. Place the cooled almonds along with the garlic, chilli, tomatoes, peppers, vinegar and 1 tablespoon of hot water into a food processor.
3. Blend until you have a purée and then add salt to taste. If you prefer a sharper flavour adjust the quantity of vinegar.

Method for Cheese Fried Parsnips:
1. Peel and cut the parsnips into strips about 1cm x 6cm long, remove the cores if woody. Steam until just tender and set to one side to cool.
2. In a small bowl mix the breadcrumbs with the cheese, cayenne pepper and a pinch of salt. In 2 separate bowls have the beaten egg and the flour.
3. To coat the parsnips first dip in the flour, then into the egg and finally into the breadcrumb mix.
4. Pre-heat the oil for deep fat frying to 180°c or follow the manufacturer’s instructions for your deep fat fryer. Fry the parsnips in small batches until crisp and golden. Remove and drain on kitchen paper.
5. Place the parsnips onto a serving plate and serve immediately with the romesco sauce on the side.
Serves 4 Portions

**Ingredients:**
1kg of potatoes, ideally Maris Piper
100ml vegetable oil
1 teaspoon celery salt
1 tablespoon oregano
1 tablespoon cumin
Salt & pepper (if required)
2 x spring onions, sliced at an angle for garnish

**Method:**
1. Pre-heat the oven to 200°c or gas mark 6.
2. Leaving the skin on the potatoes cut each one into 8 wedges and blanch in boiling water for 4-5 minutes. The water should be on a rolling boil.
3. Drain in a colander and allow to cool.
4. Place the cooled potatoes into a large bowl and add the spices, toss making sure all the wedges are evenly coated. Now add the oil and coat the potatoes.
5. Place the potatoes wedges onto a non stick baking tray and bake for 20 minutes or until cooked, tender and crisp making sure you turn half way through cooking time.
6. Once cooked remove from the oven, season, place onto a serving plate and garnish with the sliced spring onions.

Serves 4 Portions

**Ingredients:**
800g sweet potatoes, washed
3 tablespoons Olive oil
1 tablespoon fresh dill, finely chopped

**Method:**
1. Pre heat the oven to 200°c or gas mark 6.
2. Leaving the skins on cut the sweet potatoes into 8 wedges, depending on size.
3. Place the wedges into a large bowl with the olive oil and toss to coat.
4. Place the sweet potatoes wedges onto a non stick baking tray and bake for 30 minutes or until tender and golden, making sure you turn half way through the cooking time.
5. Once cooked remove from the oven and place onto a serving plate and sprinkle with the fresh dill.
traditional chips

Serves 4 Portions
Ingredients:
1kg potatoes, peeled (ideally King Edward, Maris Piper and Désirée)
Vegetable oil for deep frying
Maldon sea salt for seasoning
Method:
1. Take the potatoes, cut into 1cm slices and then cut these again into 1cm wide chips.
2. Wash the potatoes in water, drain and dry on kitchen paper.
3. Place the chips in a pan of cold water, bring to the boil and simmer for 3-4 minutes. Drain in a colander and leave to cool.
4. Pre-heat the oil, lard or dripping in your fryer to 120°c or to the manufacturer’s instructions. Blanch your chips in small batches until they are cooked through but not coloured. Remove from the fat and drain on kitchen paper.
5. To serve the chips, re-fry them in hot oil at 200°c until they are crisp and golden. Season and serve immediately.

stack ‘em up chips

Serves 3 - 4 Portions
Ingredients:
1kg of floury potatoes, (ideally King Edward, Maris Piper and Désirée)
Vegetable oil for deep frying
Seasoning (Maldon sea salt and cracked black pepper)
Method:
1. Peel the potatoes and cut into 12 to 15 chunky chips, approx. 7cm x 2.5cm. Soak in cold water for 5-10 minutes.
2. Drain well and dry with kitchen paper.
3. Heat the oil to 200°c or to your manufacturer’s instructions. Fry the chips in 2 batches for 6-8 minutes until just cooked through. Drain on kitchen paper and allow to cool slightly.
4. To serve re-fry in hot oil at 200°c for 2-3 minutes until crisp and golden.
5. Once cooked remove from the fryer and stack in 4 or 5 layers. Season with salt and pepper.
chips with a cajun spice

Serves 4 Portions

Ingredients:
- 1kg of floury potatoes, peeled (ideally King Edward, Maris Piper and Désirée)
- 2 tablespoons Cajun seasoning
- 3 tablespoon vegetable oil
- Salt for seasoning

Method:
1. Pre-heat the oven to 200°C or gas mark 6.
2. Cut the potatoes into roughly 1cm fingers. Place into a large bowl and add the oil; toss to coat. Now add the cajun seasoning and toss, making sure all the chips are coated.
3. Place the potato chips in the oven on a non stick baking tray and bake for 25-35 minutes or until tender and golden, making sure you turn them half way through.
4. Once cooked remove from the oven, season with salt and place into a serving bowl.

Many more recipes by Stephen Pini are included in his latest cook-book “Simply!Fish”, which features delicious and nutritious dishes which are simple and quick to prepare using readily available and sustainable ingredients.

The book reflects Stephen Pini’s classical training (including at the Hotel Georges V, Paris and Grande Hotel de Lausanne), his interest in Asian cuisine and his personal creativity.

To order a copy please contact:
enquiries@fishhall.org.uk
The Fishmongers’ Company

Promoting a healthy, prosperous and sustainable fish and fisheries sector for the long-term benefit of the United Kingdom.

For more information about the Fishmongers’ Company please visit our website:

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