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Simply Delicious Fish

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## Contents

**FOREWORD**

**ACKNOWLEDGMENTS**

**BUYING FRESH FISH**

**GLOSSARY**

### SOUPS
- Basic Fish Stock  
- Household Fish Stock  
- *Seafood Chowder  
- Mediterranean Fish Soup with Rouille  
- Cockle and Mussel Soup  
- *Chinese Fish Soup with Spring Onions  

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### PLAICE, LEMON SOLE, DAB, FLOUNDER AND MEGRIM
(recipes in this section can be used for all these fish)
- Baked Plaice with Chanterelles  
- *Plaice or Sole Bonne Femme  
- Goujons of Plaice, Sole or Monkfish  
- Plaice or Sole à l’Orly  

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### DOVER OR BLACK SOLE
- Sole or Plaice à la Meunière  
- Sole Stuffed with Prawns and Garlic Butter  

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### TURBOT OR BRILL
- Turbot, Brill, Cod or Monkfish with Black Peppercorns  
- Turbot or Brill with Carrot and Chives  

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### WHITING
- Whiting Baked in a Parsley Sauce  
- Whiting with Orange and Buttered Crumbs  
- Whiting with Mushrooms  
- Whiting with Mangetouts, Carrots and Chervil  
- Fish Mousse with Shrimp Butter Sauce  
- Fish Mousse in Courgette Flowers  

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### COD, HADDOCK, HAKE, POLLOCK AND LING
(recipes in this section can be used for all these fish)
- Taramasalata  
- *Gratin of Cod with Bacon, Tomatoes and Dill  
- Gratin of Cod with Buttered Leeks  
- Fish Cakes with Garlic Butter  
- A Very Superior Fish Pie  
- Omelette Arnold Bennett  
- Ling or Pollock with Tomatoes and Fresh Spices
GREY SEA MULLET
*Grey Sea Mullet with Gruyère and Mustard
Deh Ta Hsiung’s Chinese Steamed Whole Fish

SALMON AND SEATROUT
Roulade of Smoked Salmon with Cottage Cheese and Dill
Warm Smoked Salmon with Cucumber and Dill
Gravlax with Mustard and Dill Mayonnaise
Salmon Tartare with a Sweet Cucumber Salad
Salmon with Tomato and Fresh Herb Salsa
Salmon with Lemon and Honey

TROUT
Trout with Ginger Butter
Trout with Mushrooms

MACKEREL
*Barbecued or Pan-grilled Mackerel with Green Gooseberry Sauce
Poached Mackerel with Sauce de Quimper
Mackerel with Cream and Dill
Deepfried Mackerel with Tartare Sauce

HERRING
Soused Herring or Mackerel
Soused Herring or Mackerel Salad with Dill Mayonnaise
Herrings Grilled with Mustard Butter
Proper Breakfast Kippers

MONKFISH
Poached Monkfish with Red Pepper Sauce
Monkfish with Red Pepper Vinaigrette
*Monkfish Spedino with Summer Marjoram Sauce

RAY OR SKATE
*Skate with Black Butter
*Warm Ray Wing with Coriander
*Poached Ray Wing with Cucumber Hollandaise
Ray and Mushroom Tart

JOHN DORY
Grilled John Dory with Orange Butter

SQUID
*Squid Provençal
*Squid with Garlic Butter
Stuffed Squid with Tomato Sauce
*Chargrilled Squid with Fresh Chilli Sauce

LOBSTER
How to Cook Lobster or Crayfish
*Lobster Mayonnaise
*Ballymaloe Hot Buttered Lobster
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The items marked with an asterisk denote recipes which are demonstrated on RTE’s Simply Delicious Fish television series.