SWALEY’S SWAN INN “ACQUA PASZA”

Ingredients

150g good olive oil
4 cloves of garlic, peeled and finely diced
1 tsp dried thyme
1 tsp fresh thyme
10mls of fresh tomatoes, skinned and roughly diced (or the equivalent in chopped tinned tomatoes or passata)

Method

In a wide heavy pan, heat the olive oil, add the garlic and chilli, stir for 2 minutes then add the herbs, tomatoes and olives. At the same time add the seafood to the pan to simmer. Add the stock to come up to the level of the fish. Season well. Reduce the heat and cover. After 20 minutes the fish should be cooked through. Serve with a wedge of lemon and some crusty bread to soak up the sauce. Garnish with some fresh basil leaves.

TUNGOE OF CONE EEL WITH ONIONS & SWEDISH RARIES

Ingredients

4 cone eels
100g onions
100g carrots
300g potatoes
200g small swedes
150g fresh tomatoes
100g small onions
2 cloves of garlic
1 tsp of ground turmeric

Method

1. Preheat oven to 180 degrees. Place all ingredients in a bowl. Season with salt and pepper. Bake for 45 minutes or until the vegetables are tender. Serve with a green vegetable side dish.

TANDOOI MACKERAL

Ingredients

2.5 cm fresh ginger, grated or sliced
1 tsp garlic powder
2 green chilies or 3 tsp swedish chili sauce
2 level tsp of tandoori masala or paprika
1/2 lemon, juiced

Method

1. Mix all ingredients in a blender. Add a little fresh water to achieve the right consistency. Add a little lemon juice to taste. Pour over the cooked mackerel. Garnish with fresh coriander and serve.

SUPREME OF SEA BASS SERVED WITH A CRAB CAKE ON A BED OF SPRING ONION, GINGER AND CHILLI

Serves 4

Executive Chef James Bessant

Ingredients

2 potatoes, peeled and diced
500g of white crab meat
1 bunch of spring onions, finely sliced
1 tsp of ginger and 1 tsp of garlic pulp
2 tbsp of olive oil

Method

Cook the potatoes, drain and then mash, add the crab meat and season, place in a cutter for the required shape, dip in flour and then breadcrumbs. Cook the crab cakes in the fryer until golden then place in the oven to finish. Heat the oil in a deep pan when hot, add the salt, black pepper and the fish. Fry until golden brown. Garnish with a sprig of dill for decoration. Serve with a lemon wedge.}

POTTED SHELLFISH

Heather Bennett

Good pippin cayenne pepper
2 tsp of salt

Method

Mix all the ingredients in a bowl. Add 2 tbsp of oil and stir well. Season with salt and pepper. Bake in the oven for 30 minutes or until the vegetables are tender. Serve with a green vegetable side dish.

Method

1. Preheat oven to 180 degrees. Place all ingredients in a bowl. Season with salt and pepper. Bake for 45 minutes or until the vegetables are tender. Serve with a green vegetable side dish.

Method

1. Preheat oven to 180 degrees. Place all ingredients in a bowl. Season with salt and pepper. Bake for 45 minutes or until the vegetables are tender. Serve with a green vegetable side dish.

Method

1. Preheat oven to 180 degrees. Place all ingredients in a bowl. Mix well and season with salt and pepper. Bake for 45 minutes or until the vegetables are tender. Serve with a green vegetable side dish.
BAKED WHOLE JOHN DORY WITH A SAUCE VIENNE, FRESH HERBS AND A CONFIT OF BABY FENNEL BULBS

Ingredients

- 450-500g whole John Dory
- 25g unsalted butter
- 1 chopped shallot
- 200ml olive oil
- 1 chopped thyme leaf
- 1 lemon
- Salt
- Pepper

Method

Place the John Dory on a shallow baking dish with 200 ml of fish stock and 32g of unsalted butter, cover with baking parchment and cook for 12-15mins.

Trim some baby fennel bulbs and blush for 3 minutes in salted water, then refresh in cold water. For the sauce, prepare the olive oil and add the juice from 1 lemon, remove from the heat. Add the confit shallot and baby fennel leaves. Add 1 chopped plum tomato just before serving.

To serve

Place fennel bulbs into a hot pan with olive oil and gently brown for 2 minutes. Place the John Dory on a large oval plate, pour the sauce around the fish. Arrange the sformato around the fish, top the sauce with the vegetables, and garnish with fresh lemon and parsley.

PAN FRIED FILLETS OF SEA BASS WITH ROASTED RED PEPPER COULIS

SERVES 2

Gareth Jones

The Refectory, St David's

Ingredients

- 2 red onions, sliced
- 1 red pepper, diced
- 1 courgette
- 6 Pembrokeshire new potatoes
- Freshly chopped basil
- Olive oil

Method

- Heat oven to 200°C. Roughly chop the red onions, red and yellow peppers, courgettes and new potatoes and place into a thick bottomed roasting tray cover with olive oil and place in the oven (approximately 30 mins) until almost cooked then add the chopped basil.

In a separate pan remove the seeds from the other peppers, roughly chop white onion and garlic, coat with olive oil and red pepper, and start to brown remove from the oven and peel as much skin off as possible. Place peeled peppers, onion and garlic into a blender, blend until smooth (if you can pass you can pass through a sieve for a smoother coulis but not necessary. In a non-stick frying pan place some olive oil and heat, then coat your fish fillets (which you have slightly scored) in the seasoned flour and place flesh side down for aprox 4-3 mins then turn and cook for a further 3-4 mins until cooked to your taste, then add small amount of butter and a squeeze of fresh lemon. Finally place the roasted vegetables on a plate, arrange the fish fillets on top, drizzle the coulis around the plate and garnish with fresh lemon and parsley.

SEWILN (WELSH SEA TROUT) WITH TOMATO, CORIANDER AND BASIL, SALSA ROSSA AND CUMBER SPARKLING WINE CREAM SAUCE

SERVES 6

Tara Pimenta

Ingredients

- 2 fillets (approx 500g each) of Sewiln
- 10mls olive oil
- Salt and white pepper

For the salsa

- 200g baby plum tomatoes, seeded and diced
- 15mls Thai fish sauce
- 2 large shallots, peeled and diced
- 1 tsp caster sugar
- Handful fresh basil, torn, and small chopped
- Some fresh, pepper and grated

For the sauce

- 150g fish stock
- 10 whole white peppercorns
- 250ml double cream
- 250ml Cumi Darri sparkling wine

Method

For the salsa, combine all the ingredients together in a small bowl, making sure everything is cooked to a similar size. For the sauce, reduce the fish stock with the peppercorns to 150mls, then add the wine and the basil leaves and reduce back to 250mls. Add the cream, simmer and reduce until the sauce is thickened. Strain to remove the basil leaves and add the fish, heat to a large non-stick pan until very hot. Add the oil, then the fish portions.

Sauce: Cook until the skin is brown and crisp, then finish skin side, up in the oven for 5-10mins, or until fish is cooked through (flash with flame when pressed slightly) Serve the fish with the sauce, the salsa, and garnish with extra basil leaves. Pembrokeshire new potatoes make a good accompaniment.

GRILLED LOCAL MACKEREL FILLETS WITH VINEGAR OIL SALAD AND SAKURA CRESS

SERVES 4

Mark Chestrubethe

The Park at Slebech

Ingredients

- 4 large very fresh mackerel, weighing about 300-350g, filleted and skinned
- 4 red ripe tomatoes, hulled and thinly sliced
- 4 handfuls of Sakura or other young sprouting herbs
- 1 large de-seeded and thinly sliced plum tomato
- 1 large de-seeded and thinly sliced pink grapefruit

Method

- Pre-heat a grill or barbecue. Lightly brush the Mackeral Fillets with oil and season. Grill the fish for about 3-4 minutes brushing with more oil every so often, turn every time the skin begins to blister. Meanwhile slice the tomatoes thinly as you can and arrange them in the middle of your plate, pour over your vinegar oil and season. Place your cooked Mackeral on top of the tomatoes and garnish with the sakura cress. Enjoy!

SEAFOOD Cawl

SERVES 4 TO 6

Angela Gray

Food in Focus

Ingredients

- 1.5 kg fish stock
- 2 thickly trimmed and sliced tuna
- 3 carrots, peeled and diced thin
- 2 thickly trimmed and sliced thin
- 1 bay leaf
- 1 small bunch parsley
- 250ml wine or greens to finish

Method

Place the stock and prepared vegetables, bay leaf, parsley and saffron in a large pan, bring to the boil, then reduce the heat to simmer the vegetables until almost cooked. Meanwhile remove the skin and any bones from the fillets and cut into large chunks. Add the pan and poach gently for 3 minutes, then add the prawns, crab, leek and spinach. Cook for 5 minutes without stirring. Serve in warmed bowls with crusty bread.

OCEAN'S LUXURY FISH PIE

Head Chef Alec Sleas

Ocean Restaurant in Tenby

Ingredients

- 600ml milk
- 300ml double cream
- 150g smoked haddock fillets
- 800g mixed fish fillets (such as cod, haddock, monkfish, coley, salmon)
- 4 shallots
- 1.25kg Mackerel
- Parsley, potatoes, peppers, pie
- 1 egg yolk

Method

Place 450ml of the milk and all the cream in a large sauce pan, add the fish, shallots and bay leaf. Bring just to the boil and simmer for 8 mins or until the fish is slightly undercooked.

Drain the fish out onto a plate and strain the cooking liquor into a jug. When the fish is cool enough to handle, break into flakes and strip into pieces with the back of a sharp fish knife. Use the based of a sharp knife to clean out the bones of all fish and put into a bowl. Place the shells and fish stock into a kettle, bring to the boil, cover and cook for 1 minute. Take the pot off the heat and gradually stir in the reserved cooking liquor. Return to the heat and bring slowly to the boil, stirring all the time to ensure the pie gently comes together. Meanwhile, slice the skirt and tail of the fish into strips, the haddock and cod to smaller size with the back of a sharp knife. Place the strips into a separate bowl. Place the rest of the fish into a large bowl and break down into pieces. Make a roux from the butter and flour, then slowly stir in the fish stock, gradually incorporating the fish, as you go. Season with salt and pepper. Pour the sauce into a large pie dish and spread out to level. Sprinkle the crab meat, followed by the smother of fish, the apples, followed by the haddock, and finally the cod. Place the pie in the oven and bake for 25-35 mins until piping hot and golden brown.

This publication is also available in Welsh

For more recipes please visit www.pembrokeshirefishweek.co.uk

Produced by Pembrokeshire Coop

Pembrokeshire County Council