

Smoked Mackerel fish Cakes

Makes 8 fish cakes

Smoked mackerel is a brilliant and healthy fish to use for quick inexpensive meals. For convenience I use the ready filleted mackerel. Mackerel is an oily fish, rich in omega 3 essential fatty acids, it is also a good source of protein and minerals. You can eat these fish cakes hot or cold and they can be made in advance and frozen (uncooked).

Ingredients:

350g smoked mackerel
350g potatoes (I prefer a floury potato like Maris Piper)
3 Tbsp chopped parsley
3 spring onions (finely chopped)
Salt and freshly ground black pepper
2 eggs (beaten)
3 Tbsp sesame seeds
3 Tbsp wholemeal flour, breadcrumbs or oatmeal

Method:

Boil the potatoes in water until just soft, drain and leave to cool.
Remove the skin from the mackerel and flake the fish using a fork or sharp knife.
Mash together the mackerel, chopped parsley, spring onion and potatoes.
Season with salt and pepper and divide into eight cakes.
Mix together the flour/breadcrumbs/oatmeal and sesame seeds and pour onto a plate.
Dip each patty into the egg and then coat with the flour and seeds.
To cook you can either brush with oil and grill gently for 5 minutes each side
Or
Bake on a greased baking tin at 180°C for 20 minutes
Or
Shallow fry in a little sunflower oil on a medium heat in a non-stick pan for about 5-6 minutes each side.

Recipe by
Robin van Creveld, Community Chef
www.foodandhealth.org.uk

Stir-fried Brussels sprouts with orange, lime and sesame

Serves 4

Ingredients:

500g (1 lb) Brussels sprouts
1 Tbsp light olive oil or sunflower oil
1 tsp sesame oil
2 Tbsp soy sauce
Juice of ½ lime
Juice of ½ orange
1 clove garlic, crushed
½ Tbsp chopped ginger
2 Tbsp toasted sesame seeds

Method:

Trim and slice Brussels sprouts lengthwise into 4 or 5 pieces
Heat the oils in a heavy based non-stick frying pan or wok
Add sprouts and stir-fry for 2-4 minutes (they should still be green and crisp)
Add the ginger and garlic and cook for another minute
Lastly add the lime juice, orange juice and soy sauce
Garnish with the sesame seeds and serve.

Recipe by
Robin van Creveld, Community Chef
www.foodandhealth.org.uk

Roast trout stuffed with spinach and almonds

Serves 4

Trout is a delicate fresh water fish with a rich and oily flesh. I try to use wild brown trout or organically farmed rainbow trout as the commercially farmed fish tends to be very fatty, with a slimy texture. I usually do this recipe with sorrel which is easy to grow, but hard to buy. Spinach flavoured with lemon rind is a good substitute. This dish works well in the oven, under the grill or on a BBQ.

Ingredients:

2 large trout, 500g when gutted or 4 smaller fish
2 cloves garlic
2 Tbsp olive oil
50g toasted almond flakes
100g spinach
Zest of 1 unwaxed lemon
Salt and pepper

Method:

Preheat your oven to 200°C

Rinse the fish under cold water and pat dry with paper towel. It is important to dry the inside of the fish as this helps to improve the texture of the cooked fish. Rub the fish with olive oil and season with salt and freshly ground black pepper. Slice the garlic finely and mix together with half of the almonds, the chopped spinach and lemon zest.

Stuff the fish with this mixture and place onto an oiled baking tray
Bake in the oven for 15-20 minutes, or until the flesh starts to flake.

(Alternatively, grill or BBQ until the fish is just cooked)

Serve the fish with the rest of the almonds on top and slices of lemon arranged around it.

Tabbouleh - Cous Cous and Herb Salad

Serves 4-6

This is a popular salad from the Middle East, which is traditionally eaten as an appetizer. The fresh herbs and lemon juice are rich in vitamins, minerals as well as natural enzymes, which aid digestion.

Ingredients:

150g (5oz) cous cous
225ml (8 fl oz) boiling water
1 vegetable stock cube (or 2 Tbsp vegetable stock powder)
4 Tbsp olive oil
3 ripe tomatoes (chopped)
½ cucumber (cut into small cubes)
75g (3 oz) flat or curly leaf parsley
75g (3 oz) fresh mint
75g (3 oz) raisins or sultanas
Juice of 1 lemon
50g toasted sesame seeds (optional)
Salt and pepper to taste

Method:

Place the cous cous and raisins in a bowl.

Mix the boiling water with the stock cube/powder and pour over cous cous and raisins.

Cover with a tight fitting lid and put aside for five minutes.

Remove the lid, fluff the cous cous up with a fork and allow to cool slightly.

Wash and dry the fresh herbs.

Chop all of the herbs as finely as you can and mix together with the cous cous.

Add the chopped tomatoes and cucumber and mix well.

Pour over the lemon juice and olive oil, season to taste with salt and pepper, and garnish with toasted sesame seeds.

Recipe by
Robin van Creveld, Community Chef
www.foodandhealth.org.uk

Tomato Relish

Ingredients:

250g (8oz) ripe tomatoes (finely chopped and drained)
1 onion (very finely chopped)
1 clove garlic (finely chopped)
1 hot red chilli (finely chopped and optional)
2 Tbsp tomato paste
2 Tbsp olive oil
1 Tbsp red wine vinegar
1 tsp sugar
Salt and pepper to taste

Method:

Prepare the tomatoes, onions and chilli and place in a large bowl.
Season this with salt and pepper and allow this to sit for a few minutes.
Mix together the tomato paste, garlic, sugar, oil and vinegar.
Add this to the vegetables and mix well.

Recipe by
Robin van Creveld, Community Chef
www.foodandhealth.org.uk

Uncle Gordon's Super Mash

Serves 6

Ingredients:

500g (1 lb) white potatoes
250g (½ lb) carrots
250g swede
250g celeriac
50g (2oz) grated strong cheddar cheese
6 Tbsp milk
2 Tbsp olive oil
1 Tbsp whole grain mustard
Salt and pepper

Method:

Peel, prepare and chop all the vegetables into conker sized chunks.
Bring a large pot of water to the boil and add the potatoes.
Cook for five minutes then add rest of the vegetables.
Cook until tender, 10 minutes or so.
Drain the water, add the rest of the ingredients and mash.
Season to taste.

Recipe by
Robin van Creveld, Community Chef
www.foodandhealth.org.uk