



UNPUBLISHED

FAMILY SEAFOOD SECRETS

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Tips for buying fish

When cooking fish and seafood it is most important to get the freshest catch and cook it as soon as possible. I always try and buy fish to cook on the same day and try not to freeze it. You should try to do this as well. I ensures you always have super fresh and delicious fish!

What to look out for when buying fish?

1. The fins should be in tact and not dried out at the tips.
2. The eyes have to be round like a marble, clear and not dried in.
3. The skin and scales should be wet and without bruises.
4. The gills have to be bright red, once they look brown, avoid the fish.
5. When buying fillets of fish your best sense is smell. Ask to smell the fillet and make sure it doesn't smell fishy, be picky and if you doubt don't buy it.

Where to buy fish and seafood?

It is usually best to buy your fish from a local fishmonger. This will give you the opportunity to choose the freshest fish and get inspired by the offering.

If you don't have a local fishmonger I have 3 recommendations below where you can order Fish and Seafood online. They will deliver it to straight your doorstep in cooled boxes and often offer a catch of the day.

Minimum orders apply so plan ahead and freeze any fish you don't cook as soon as possible to maintain optimal freshness.

If you don't have a local fishmonger I'd recommend the fish counter at larger Waitrose stores or buying online from a reputable fishmonger. There are really some great option out there.

Here are 3 of my trusted online fishmongers that deliver nation wide.

Celtic Fish and Game / St Ives Cornwall / Great Prices!
<https://www.celticfishandgame.com/>

The Wright Brothers / London / Large selection
<https://thewrightbrothers.co.uk/>

The Fish People / Glasgow / Great seafood
<https://www.thefishpeopleshop.co.uk/>

Disclaimer: These are not affiliate links and I do not take any form of payment. These links are purely to help you find the freshest fish and seafood!



Grilled Halibut with thyme and pickled lemon

Ingredients

4 halibut fillets (or another white fish fillet)

1 pickled lemon

1 bunch of thyme

Extra virgin Olive oil

Salt & black pepper

Method

1. Heat up a grill pan till it's piping hot.
2. Preheat the oven to 180°C.
3. Pat the halibut fillets dry with some kitchen roll and season them with pepper, salt and a drizzle of olive oil.
4. Grill the fillets on 1 side for about 30 seconds or until they have clear dark grill marks.
5. Place them on an oven tray and add the thyme and slices of pickled lemon.
6. Drizzle with more olive oil and cook them in the oven at 180°C for 7-10 minutes or till just cooked.

To serve

Serve the grilled halibut with your favourite rice, grain or salad for a delicious and healthy meal!



Harissa Salmon tray bake with pumpkin, potato and samphire

Ingredients

3 salmon fillets
375 gram young potatoes
1/2 butternut squash (or other pumpkin)
90 gram samphire
100 gram red (rose) harissa

Olive oil
Pepper & Salt

Method

1. Preheat the oven to 200°C
2. Line a baking tray with parchment paper.
3. Cut the potatoes and butternut in slices and add to the tray.
4. Drizzle with olive oil and season with salt.
5. Bake for 30 minutes or till the potatoes and butternut are cooked and nicely browned.
6. Season the salmon fillets with salt and coat with harissa. Add them to the tray and bake for 12 minutes or till just cooked.
7. Add the samphire and bake 1 more minute.
8. Serve with extra harissa on the side

To serve

Serve the salmon with extra harissa on the side.



Slow roasted sea bass with tomato, coriander and lime

Ingredients

2 whole sea bass (approx 500 gram each, scaled & gutted)

3 limes

2 tomatoes

1 bunch coriander

Extra virgin Olive oil

Pepper & Salt

Method

1. Preheat the oven to 160°C.
2. Slice 2 limes into slices.
3. Slice 1 lime in half and then into slices.
4. Slice the tomatoes and place them on an oven tray with baking paper.
5. Place the slices from 2 limes in between to form a “bed” for the sea basses.
6. Carve each bass 3 times on 1 side and place a half moon slices of lime inside.
7. Place the sea bass on the oven tray and drizzle generously with olive oil and sea salt.
8. Cook for 20 minutes in the oven without cover or till just cooked.
9. Chop the coriander coarsely and sprinkle on top just before serving.

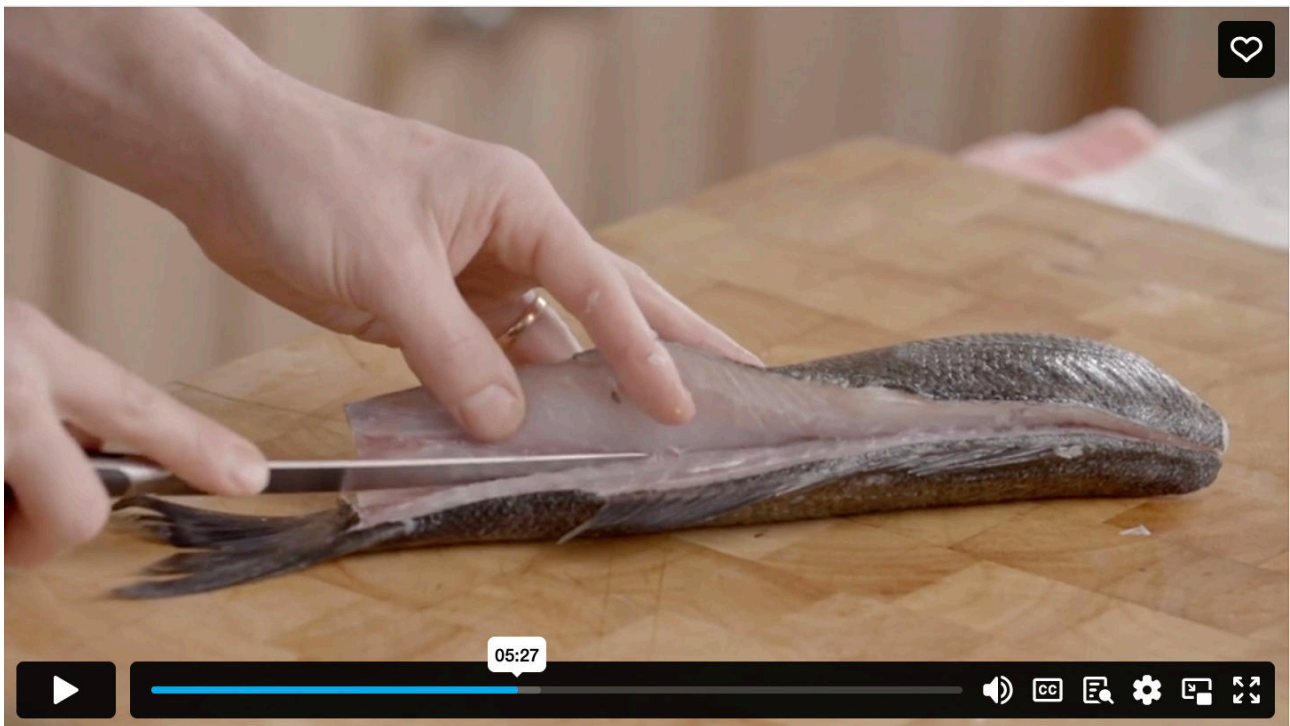
To serve

Pour the roasting juices into a small sauce bowl and add some chopped coriander. Clean the fillets of the bone and spoon the roasting sauce over the fish. Finish with some flakey sea salt and fresh ground black pepper.

FREE TUTORIALS

How to fillet a sea bass?

[Click here to watch the FREE tutorial](#)



How to make super crispy skin salmon?

[Click here to watch the FREE tutorial](#)

