

# XCentric Ideas

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*Fish is meant to tempt as well as  
nourish, and everything that lives in  
water is seductive.” - Jean-Paul Aron*

Recipes from the Internet  
All photos my own  
Photo: Simons Town




*This is really a lovely dip to serve and so quick to make.*

## Tuna Dip

1 x 250g Philadelphia Cream Cheese (or any other)  
1 tbsp Sour Cream or Crème Fraîche  
4 tbsp Lemon juice  
Cucumber slices, carrot sticks

1 tin flaked Tuna, drained  
Pepper to taste  
Leaves from a very large bunch of mint, chopped  
Coarsely ground pepper

Cream the cheese in a bowl. Add the sour cream and stir until smooth. Mix in the tuna, mashing with a fork to blend. Grind in some pepper, add the lemon juice and stir through the mint. Put in a serving bowl and serve with cucumber slices and carrot sticks.



*It's unbelievable  
how 1 tin of tuna  
can be  
transformed into  
a dish for 4-6  
people.*

# Tuna & Mushroom Pasta

½ packet Noodles/penne/spaghetti/macaroni  
1 tin Tuna, drained, flaked  
500 ml water\*  
Salt, pepper  
8 Peppadews, chopped (optional)


2 cups Cheddar cheese, grated  
500 ml milk  
1 (60 g) packet mushroom soup powder  
1 Green pepper, cubed (optional)

Cook the pasta till done, drain and pour into an oven dish.

Heat the milk, water & mushroom soup powder in a pot on the stove, over high heat till thick. Add the tuna & 1 cup of cheddar cheese and stir for another minute. Remove from the stove. Add the salt, pepper, green pepper/Peppadews, stir and mix with the cooked pasta.

Sprinkle 1 cup of cheese over the top and heat in oven till cheese is melted. Serve with green salad & bread. Or steamed vegetables.

\*You can substitute the 500 ml water with milk.



*Serve this quiche with a lovely salad and bread. Or mash & salad. Or with rice. Or as a snack for a party. Or as a starter.*


## Snoek, Asparagus & Peppadews Quiche

200g smoked Snoek (deboned & flaked)  
220g Asparagus tips (steamed lightly), cut into half  
3 eggs  
½ cup Cheddar cheese, grated  
Chilli flakes (optional)

5-6 Peppadews, sliced  
4 small brown mushrooms, sliced  
½ cup milk (125 ml)  
Coarsely ground pepper

Preheat the oven to 180 oC. Beat the eggs and milk together.

Combine the egg mixture with the rest of the ingredients, mix lightly but thoroughly and spoon into a greased pie dish. Bake for 20 - 25 min or till egg mixture is done.



*This is an amazing dish! Quite rich, but wonderful for a dinner party.*

## Hake Fillets in Sour Cream Sauce

800g frozen hake fillets  
250 ml sour cream  
Parsley  
Coarsely ground pepper

1 packet thick white onion soup powder  
125 ml milk  
Cheddar cheese, grated

Preheat the oven to 180oC and grease an oven dish. Mix the sour cream & soup powder. Rinse the sour cream holder with milk, add to the soup mixture and stir. Arrange hake fillets in the dish. Sprinkle with pepper and spoon the cream mixture on top. Sprinkle cheese and parsley on top. Bake for about 40 min. Serve with a lovely green salad & bread rolls or vegetables.

\*\*\* If you only have 400g hake, use only ½ packet onion soup powder, but keep the 250 ml sour cream & 125 ml milk.

\*\*\* Lower fat version: Substitute sour cream with 1 can chilled evaporated milk whipped with 1 tsp lemon juice.



*Perfect dish for unexpected guests. Your kids may hate you for using their lunch. It can feed 4-6 people.*

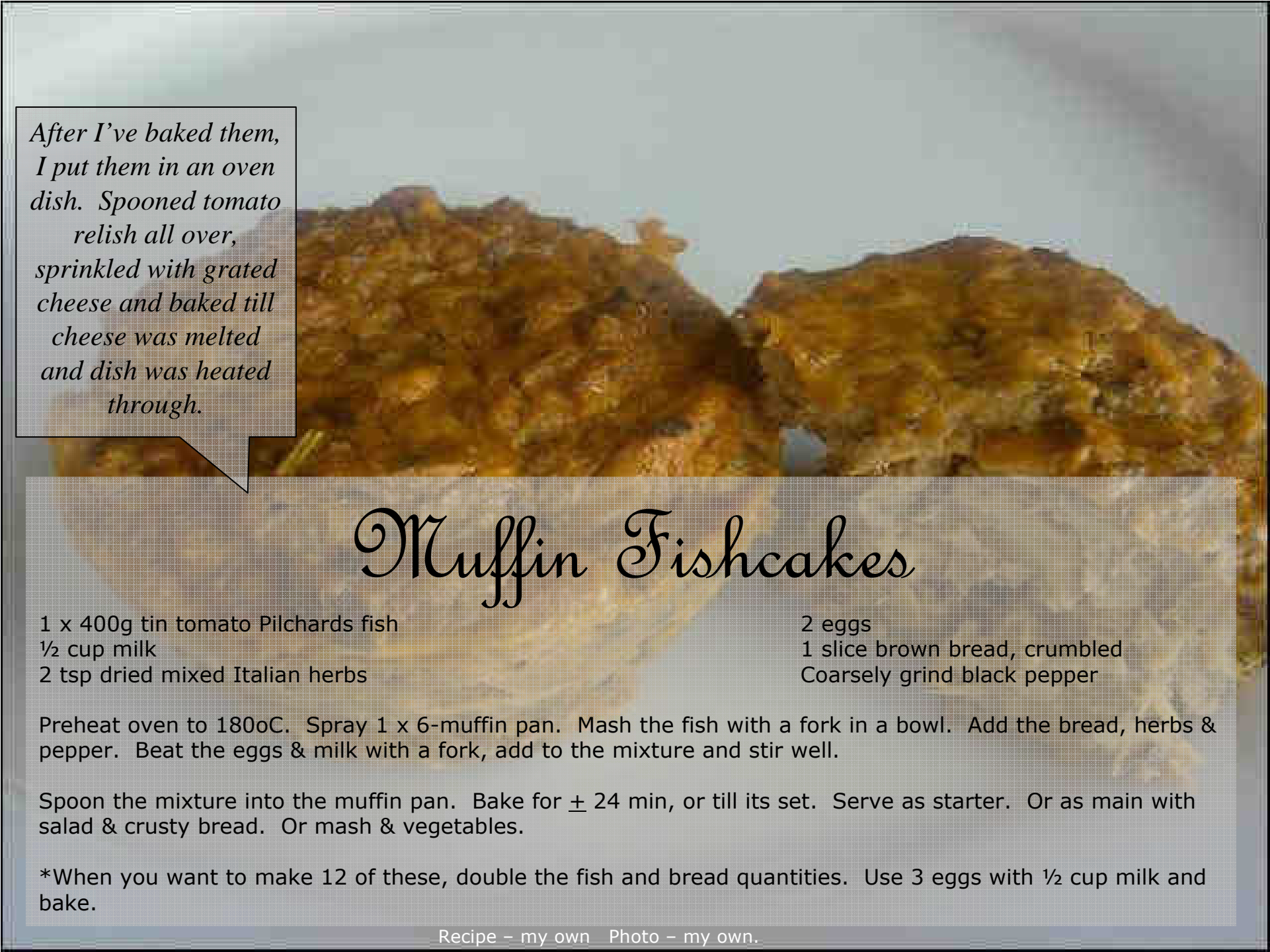
## *Fish Finger Surprise*

16 Fish fingers  
1 tsp dried mixed herbs  
2 tbsp cake flour  
Salt, pepper

410 g can Tomato & onion mix  
2 tbsp margarine  
1 cup milk  
½ cup Cheddar cheese, grated

Place fish fingers on a plate and microwave on High for 7 minutes till done. Arrange the fingers in an ovenproof dish. Cover with the tomato & onion mix, 2.5 ml mixed herbs.

Prepare cheese sauce: melt margarine, add flour, stir one minute. Add milk, season with salt & pepper, stir until thick. Stir in half the cheese, pour the sauce over fish fingers. Sprinkle with remaining cheese, put lid on and heat in oven. Serve with peas & crusty bread. Or with a lovely fresh salad.



*After I've baked them,  
I put them in an oven  
dish. Spooned tomato  
relish all over,  
sprinkled with grated  
cheese and baked till  
cheese was melted  
and dish was heated  
through.*

## Muffin Fishcakes

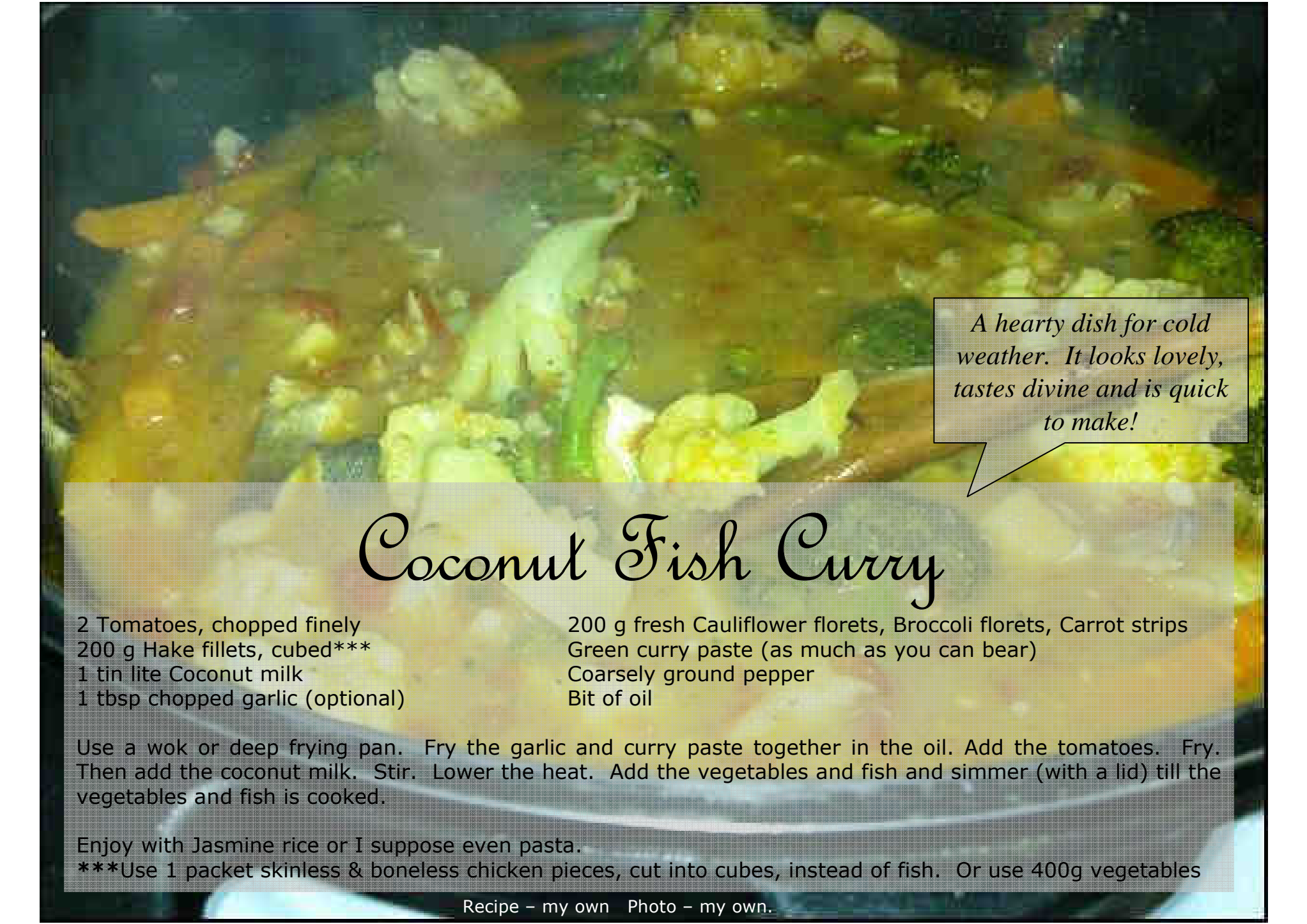
1 x 400g tin tomato Pilchards fish  
½ cup milk  
2 tsp dried mixed Italian herbs

2 eggs  
1 slice brown bread, crumbled  
Coarsely grind black pepper

Preheat oven to 180oC. Spray 1 x 6-muffin pan. Mash the fish with a fork in a bowl. Add the bread, herbs & pepper. Beat the eggs & milk with a fork, add to the mixture and stir well.

Spoon the mixture into the muffin pan. Bake for ± 24 min, or till its set. Serve as starter. Or as main with salad & crusty bread. Or mash & vegetables.

\*When you want to make 12 of these, double the fish and bread quantities. Use 3 eggs with ½ cup milk and bake.



*A hearty dish for cold weather. It looks lovely, tastes divine and is quick to make!*

## Coconut Fish Curry

2 Tomatoes, chopped finely  
200 g Hake fillets, cubed\*\*\*  
1 tin lite Coconut milk  
1 tbsp chopped garlic (optional)

200 g fresh Cauliflower florets, Broccoli florets, Carrot strips  
Green curry paste (as much as you can bear)  
Coarsely ground pepper  
Bit of oil

Use a wok or deep frying pan. Fry the garlic and curry paste together in the oil. Add the tomatoes. Fry. Then add the coconut milk. Stir. Lower the heat. Add the vegetables and fish and simmer (with a lid) till the vegetables and fish is cooked.

Enjoy with Jasmine rice or I suppose even pasta.

\*\*\*Use 1 packet skinless & boneless chicken pieces, cut into cubes, instead of fish. Or use 400g vegetables



Chance is always powerful. Let your hook be  
always cast; in the pool where you least expect it,  
there will be a fish.

- Ovid

