

XCentric

Ideas

“Let your hook be always cast. In the pool where you least expect it, there will be fish.”

All photos my own
All recipes my own

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by
ALMA PRETORIUS
alma@xcentricideas.co.za
www.xcentricideas.co.za

Fish Pâté / Spread

1 x 400 g / (3 x 5.5 oz.) tinned sardines / pilchards in tomato sauce

Natural yoghurt

Chilli sauce (optional), to taste

Lemon juice, to taste

Salt, pepper

Rinse the tomato sauce off the sardines / pilchards (*or you can leave it*) and with a fork, crush the fish finely.

Mix with enough yoghurt to form a spread-like consistency.

Add the chilli sauce, lemon juice, salt and pepper – taste.

Perfect on toast, crackers or even as a dip for fresh vegetable fingers.





Fish Soup

1 x 400 g / (3 x 5.5 oz.) tinned sardines / pilchards in tomato sauce / chilli sauce

1 cup boiling water

¼ cup milk

Pepper, salt to taste

Paprika (optional)

Worcestershire sauce, optional

Crush the fish a little bit. Mix with all the ingredients.

In a bowl with the lid on, microwave for 2 minutes on High. Or heat up on the stove. Serve with croutons and fresh parsley.

Fishy Scotch Eggs in Oven

1 x 400 g / (3 x 5.5 oz.) tinned sardines / pilchards in tomato sauce

6 hard boiled eggs, peeled

Spices

7 tablespoons fine dried breadcrumbs

1 egg, beaten

Flour

Prepare the sardines/pilchards by crushing it with a fork, adding spices to your taste. Divide this mixture into 6.

This is a little tricky and messy – have 3 small plates ready – 1 with flour, 1 with the beaten egg and 1 with the breadcrumbs. Sprinkle some flour on your hands – place one portion fishy mixture on your palm, flatten it. Roll a peeled egg into the flour, put egg in centre of fish mixture. Gently shape the fish mixture evenly around the egg, pressing it together.

Roll the fish-wrapped egg in flour, shake off any excess flour, dip fish-wrapped egg in beaten egg, then the breadcrumbs.

Preheat oven to 190 oC. Place on greased baking sheet and bake until lightly browned, about 25 minutes.





Sardines on the coals

1 x 400 g / (3 x 5.5 oz.) tinned sardines / pilchards in tomato sauce

Salt, pepper to taste

Spices to taste

Oil / Marinade

Carefully drain the fish – gently wash off the tomato sauce. Sprinkle the fish pieces with spices and oil / marinade.

Barbecue them on hot coals for a few minutes.

Fish kedgeree

What is a Kedgeree? It's an European dish consisting of rice, fish and hard-boiled eggs. Served for breakfast, lunch or dinner.

1 x 400 g / (3 x 5.5 oz.) tinned sardines / pilchards in tomato sauce

Hard-boiled eggs, peeled

2 cups cooked rice

Curry spices

Salt, pepper to taste

Onion, sliced or chopped

Butter / oil

1 egg, beaten

Breadcrumbs



Carefully drain the fish – gently wash off the tomato sauce. Dip the fish pieces into the beaten egg and roll into the breadcrumbs. Keep aside.

In a pan, heat the butter and/or oil. Fry the onion till golden brown. Add the curry spices, salt, pepper and fry for a minute. Add the cooked rice, stir well and let it simmer for a few minutes. While the rice is simmering, fry the breaded fish pieces in shallow oil.

When rice is infused with curry spices, dish up on a serving dish, topped with the fried fish pieces and halved hard-boiled eggs.

Baked fish balls

1 x 400 g / (3 x 5.5 oz.) tinned sardines / pilchards in tomato sauce

1 x-large egg (if egg is large, its also good)

1 heaped teaspoon raw oats

Salt, pepper to taste

Spices to taste

Sliced pickled jalapenos (optional)

1 tsp chutney

Drain the tinned fish (keep the tomato sauce for something else). Wash the fish pieces clean from the tomato sauce. In a mixing bowl, crush the fish with a fork, add all the other ingredients.

Preheat oven to 180 oC. With your hands, form balls and place in an oven dish. Bake uncovered for about 15 minutes.



Fish pasta quiche recipe

1 x 400 g / (3 x 5.5 oz.) tinned sardines / pilchards in tomato sauce
1 onion, chopped, fried
2 cup raw Pasta, cooked, drained
3 large eggs
1 cup milk
1 tsp plain flour
Grated cheese
Spices, salt, pepper to taste
½ onion, sliced and fried (optional)



Preheat oven to 200 oC. Spoon the cooked pasta in a pie pan. Beat eggs and milk together with the flour, season. Pour the egg mixture over the cooked pasta, stir. (You can also stir in some grated cheese.)

Carefully place the drained pilchards on top of the pasta, sprinkle the fried onions on top and bake for 30 – 35 minutes, or till the centre is set.

Serve with fresh rocket, vegetables or green salad.

Sardine / Pilchard Tatin

1 x 400 g / (3 x 5.5 oz.) tinned sardines / pilchards in tomato sauce

1 egg, beaten

Breadcrumbs seasoned with herbs, salt & pepper

½ onion

2 tbsp butter

2 tbsp oil

Defrosted puff pastry sheet

Carefully rinse the sauce from the sardines / pilchards. Roll in egg, then in crumbs. Keep aside.



In a cast iron pot/pan (*that you can use in the oven – if you don't have one, check note at the bottom*), fry the onion in the oil and butter, till golden brown. Take pot/pan off stove and let it rest for about 5 minutes. Preheat oven to 180 oC.

For the Tatin part:

Carefully place the bread-crumbed pilchard pieces on top of the onions in the cast iron pot/pan. Cut out the pastry sheet so that it just fit over the opening of the pot/pan/dish. Carefully place the pastry on top of the dish in the pot/pan/dish, tucking in the sides of the pastry between the food and the pot/pan/dish's side. So it will cover the food nicely.

Bake in oven for about 20 minutes, or till the pastry is nicely golden and brown.

**If you don't have a cast iron pot that you can use in the oven, fry your onion in a normal pot/pan. Transfer the onion and butter/oil mixture to an oven dish and continue with the Tatin part of the recipe.*