

FISH FEASTS

SOLE AND SALMON ROULADE (Serves 6)

100g/3½oz salmon
200g/7oz plain low fat fromage frais
15ml/1 tblspn chopped fresh or
½tblspn dried chives
15ml/1 tblspn chopped fresh or
½ tblspn dried dill
Pinch of salt and pepper

1 egg white
6 large fillets lemon sole/
plaice, skin removed
45ml/3 tblspns dry white wine
or stock
5ml/1 tspn tomato puree

Chop the salmon in a food processor (or by hand). Add the egg white, 30ml/2 tblspns of fromage frais and chives. Spread the salmon mixture on the skin side of each sole fillet and roll up from the head end. Place in an ovenproof dish and add the wine and dill. Cover and cook at 180°C/350°F/Gas mark 4 for 20 - 25 minutes.

Keep the fish warm until ready to serve. Pour the wine into a pan and boil rapidly until reduced by half. Remove from the heat and stir in the fromage frais and tomato puree, heating through gently without boiling. Season to taste and serve with the sole.

TUNA OR SALMON PIZZA (Serves 4)

150g/5½oz flour
100ml/3½ fl oz tepid water
50g/1¾oz button mushrooms, sliced
100g/3½oz can tuna or salmon in
brine, drained and flaked
7.5ml/1½ tspns dried oregano

10ml/2 tspns dried yeast
200g/7oz can tomatoes
drained and chopped
75g/2¾oz Edam/low fat
cheese thinly sliced
Black pepper, olive or
sunflower oil

Place the flour, salt and yeast into a bowl. Add the tepid water and mix. Knead until smooth. Roll out into a 9" round. Brush a large frying pan with a little oil. Cook the dough over a moderate heat for 5 minutes on each side. Remove from the heat. Spread the tomatoes over the base, scatter the mushrooms and tuna or salmon over the top. Add the cheese and sprinkle on the oregano. Season with black pepper. Place the pan under a hot grill for 5 minutes until the cheese has melted.

OATY FISH CRUMBLE (Serves 4)

Topping:
100g/3½oz white or wholemeal breadcrumbs
50g/2¾oz low fat spread
75g/2¾oz porridge oats
Black pepper to taste

Sauce:
450g/1lb white fish e.g. cod, haddock
500ml/18floz skimmed milk
25g/1oz flour
25g/1oz low fat spread
200g/7oz can sweetcorn kernels, drained
4 quartered tomatoes

Preheat the oven to 200°C/400°F/Gas mark 6. Mix together the breadcrumbs and porridge oats. Rub in the low fat spread until the mixture resembles a crumble topping. Season with black pepper.

Put the fish and milk into a pan and bring to the boil. Reduce the heat and simmer for 10 - 15 minutes until the fish is fully cooked. Transfer the fish to a plate and reserve the poaching milk. Carefully flake the fish, removing any skin or bones.

Put the poaching milk, flour and low fat spread into a saucepan. Bring to the boil slowly, stirring continuously until thickened. Reduce the heat and simmer for 2 minutes. Add the fish, sweetcorn and tomato quarters to the sauce. Season with black pepper. Pour the fish mixture into a 1.7 litre/3pt ovenproof dish. Cover with the crumble topping and bake for about 30 minutes or until the topping is browned and crisp. Serve with bread and vegetables or salad.

HADDOCK CRUMBLE (Serves 4)

*450g/1lb haddock
15ml/1 tblspn olive oil
10ml/2 tspns curry powder
15ml/1 tblspn sultanas
50g/1 ¾oz frozen sweetcorn*

*300ml/½pt skimmed milk
1 onion, peeled and chopped
25g (1oz) flour
15ml/1 tblspn mango chutney
Pepper*

Topping:

*25g/1oz porridge oats
25g/loz low fat spread (check it is
suitable for baking*

*25g/1oz flour
15ml/1 tblspn fresh parsley*

Place the fish and milk in a pan and poach for 10 - 15 minutes. Drain off the liquid and reserve it. Flake the fish and remove any bones and skin.

Heat the oil in a pan and saute the onion. Stir in the curry powder and flour and cook, stirring for 1 minute. Stir in the milk and bring to the boil stirring until it is thick and smooth. Add the sultanas, chutney and sweetcorn. Season and pour over the fish. Rub the flour and fat together and mix in the oats and parsley. Spoon over the fish. Cook for 40 minutes at 180°C/350°F/Gas mark 4 for 40 minutes.

FISH FILLETS WITH SHERRY (Serves 4)

*4 x 175-225g/6-8oz flat white fish
fillets, skinned
2 courgettes, chopped
60ml/4 tblspns dry sherry
Chopped parsley to garnish*

*1 clove garlic, crushed
1 small onion, finely chopped
125g/4½oz mushrooms,
chopped
Salt and pepper*

Dry fry the garlic, onion, courgettes and mushrooms in a non-stick pan. Add the sherry and fish fillets, cover the pan and cook for 6 - 8 minutes. Transfer the fish to a serving dish and keep warm. Cook the vegetables for a further 4 - 5 minutes or until liquid is reduced to a few tablespoons.

Season and spoon the vegetables over the fish. Sprinkle with parsley and serve with mashed potatoes and green beans.

CITRUS MACKEREL (Serves 2)

*2 x 175g/6oz mackerel fillets
½ small red apple, cored and chopped
1 298g/10oz can mandarin orange segments in juice, drained
50g/1 ¾oz porridge oats
15g/½oz low fat spread, suitable for cooking
30ml/2 tblspns lemon juice
5ml/1 tspn fresh tarragon or ½ tspn dried
Pepper to season*

Preheat the oven to 200°C/400°F/Gas mark 6. Place the apple, oranges, tarragon, lemon juice and margarine in a saucepan and heat gently until the apple has softened. Stir in the oats and seasoning. Place the mackerel on the board, skin side down. Divide the filling into two. Spread over the mackerel and roll up the fish from the head end. Secure with a cocktail stick and place in a shallow dish. Cover and cook for 10 -15 minutes. Serve with a salad and jacket potato or warmed wholemeal bread.

GINGER AND ORANGE KEBABS (Serves 2 - 4)

*2 x 350g/12oz mackerel or herring, filleted
1 green pepper, cut into chunks
Salt and pepper
1 large orange, cut into wedges*

*Marinade:
45ml/3 tblspns orange juice
5ml/1 tspn grated root ginger
5ml/1 tspn white wine vinegar
2.5ml/½ tspn lemon juice*

OR: *60ml/4 tblspns Lea and Perrins Ginger and Orange sauce*

Slice fish fillets into 5cm/2" pieces, thread onto 4 skewers, alternately with the pepper and orange. Season. To make the marinade (if using) mix all the ingredients together.

SMOKY FISH PIE (Serves 4)

350-450g/12oz-1lb cod/haddock/colely or kipper fillets

350ml/12 fl oz semi skimmed milk

450g/1lb potatoes

15g/½oz butter

1 red pepper chopped

25g/1oz flour

225g/8oz broccoli florets lightly cooked

Pepper

400g/14oz can butterbeans, drained and rinsed

15ml/1 tblspn chopped fresh or 7.5ml/½ tblspn dried chives

Poach the fish in 300ml/½pt milk for 10 - 15 minutes until cooked. Flake the fish, removing the skin and bones. Reserve the milk. Peel the potatoes and boil until tender. Meanwhile soften the red pepper either by sweating in a little water in a saucepan for 3-4 minutes or using a microwave. Place in a saucepan. Add the flour and fish cooking liquor. Heat, whisking continuously to make a thick smooth sauce. Stir in the broccoli and seasoning. Put the flaked fish into a pie dish and pour sauce over.

Drain the potatoes and add the butterbeans. Mash until smooth. Beat in the remaining milk and chives. Season to taste. Spoon on top of the fish. Decorate the surface using a fork and bake at 190°C/375°F/Gas mark 5 for 25 minutes.

MACKEREL FILLETS WITH MUSHROOMS (Serves 4)

4 mackerel fillets

175g/6oz mushrooms, quartered

30ml/2 tblspns lemon juice

Salt and freshly ground pepper

Place the mackerel fillets, skin side down, in an ovenproof dish. Sprinkle over the mushrooms, lemon juice and seasoning. Cover and bake in a preheated oven at 190°C/375°F/Gas mark 5 for 25 - 30 minutes. Serve with mashed potatoes, grilled tomatoes and peas.

TUNA AND POTATO SALAD (Serves 4)

225g/8oz fresh spinach or one whole lettuce and some cress

30ml/2 tblspns chopped chives, fresh or dried

450g/1lb cooked new potatoes, drained and halved

Ground black pepper

45ml/3 tblspns low fat natural fromage frais

200g/7oz can tuna in brine, drained and flaked

2 medium tomatoes, washed and quartered

400g/14oz can cut stringless green beans, drained

2 eggs, hard boiled and quartered

Wash the spinach or lettuce and cress well, trim the stalks and dry. Place in a serving bowl. Gently mix together the cooked potatoes, tuna, beans, chives, pepper, dry mustard and fromage frais. Pile onto the leaves. Arrange the tomato and egg quarters around the edge of the salad to serve.

If you prefer not to use eggs then try topping the salad with 50g/1¾oz grated half fat cheddar cheese, or 100g/3½oz closed cup mushrooms or try adding 200g/7oz can of kidney beans instead of the tuna. 350g/12oz cooked pasta could be used as an alternative to the potatoes.

FISH CAKES

225g/8oz white fish cooked in skimmed milk

225g/8oz cold cooked potato

5ml/1 tspn parsley, chopped

Lemon juice

Flour

Mixed herbs

Poach the fish in skimmed milk seasoned with mixed herbs. Flake the fish, mash the potato and mix together. Season to taste.

Divide into 8 portions. Shape into flat cakes with a little flour. Grill until golden brown, turning once.

Alternatively, you can use tinned tuna or salmon, drained and flaked, in place of the poached fish.

SMOKED MACKEREL PASTA SALAD (Serves 4)

450g/1lb smoked mackerel fillets, skinned and cubed
125g/4½oz pasta shapes, cooked
200g/7oz can sweetcorn (drained)
2 sticks celery, chopped
15ml/1 tblspn chopped chives to garnish
45ml/3 tblspns fromage frais or natural yoghurt

Mix the fish, pasta, celery, pepper and sweetcorn together. Carefully stir in the fromage frais or yoghurt. Garnish with chives. Serve with a green salad and chunks of Granary bread or rolls.

TROUT IN WHITE WINE AND YOGHURT SAUCE

(Serves 4)

<i>150ml/¼pt skimmed milk</i>	<i>5ml/1 tspn black peppercorns</i>
<i>2 bay leaves</i>	<i>4 small cleaned trout</i>
<i>100g/3½oz button mushrooms, sliced</i>	<i>15g/½oz cornflour</i>
<i>125g/4½oz natural yoghurt</i>	<i>150ml/¼pt dry white wine</i>
<i>1 size 3 egg yolk</i>	

Put the milk into a wide shallow saucepan or roasting tin with the peppercorns and bay leaves. Bring to the boil and add the cleaned trout. Poach gently on a medium heat. When fish are cooked, remove them from the pan and keep warm.

Strain the cooking liquid. Add the mushrooms and bring back to the boil. Blend the cornflour with a little milk and stir into the boiling liquid. Add the yoghurt and wine. Cook, still stirring, until mixture thickens. Season to taste.

Mix a little of the sauce with the egg yolk until well blended, stir back into the sauce over a gentle heat until thickened. Do not let the mixture boil. Serve the trout with the sauce poured over.

FISH STEAKS WITH SAVOURY SAUCE (Serves 2)

<i>2 x 175g/6oz white fish steaks</i>	<i>5ml/1 tspn cornflour</i>
<i>½ small leek, finely sliced</i>	<i>30ml/2 tblspns natural yoghurt</i>
<i>30ml/2 tblspns skimmed milk</i>	<i>20ml/2 dstspns sweetcorn</i>
<i>25g/1oz cheese, grated</i>	<i>Salt and pepper</i>

Arrange steaks in a microwave-proof dish and top with leeks. Cover and cook on high for 4 - 5 minutes, leave to stand for 2 minutes.

OR: Place the leeks on top of the fish steaks and wrap each in a double layer of greaseproof paper, steam for 15 minutes.

Blend the cornflour with the yoghurt, add the milk, sweetcorn, seasoning and any cooking juices from the fish. Cook in a microwave-proof dish on high for 1 minute, stirring after 30 seconds.

OR: Cook in a saucepan stirring over a gentle heat for 2 - 3 minutes.

Stir the cheese into the thickened sauce and pour over the fish steaks. Serve with vegetables and boiled potatoes.

MACKEREL BAKED POTATOES (Serves 2)

225g/8oz smoked mackerel fillets, skinned
15ml/1 tblspn horseradish sauce, (optional)
2 x 225g/8oz potatoes, baked in the oven
25g/1oz low to medium fat cheese, grated
Salt and freshly ground pepper
A little skimmed milk

Flake the mackerel into a bowl and mix in the horseradish sauce, if using, seasoning and a little milk. Cut open the potatoes and fill with the fish mixture. Cook under a preheated medium grill until the mackerel is hot. Sprinkle over the cheese and return to the grill until the cheese has melted. Serve hot with a mixed salad.

CHUNKY FISH CASSEROLE (Serves 4)

100g/3½oz pasta shells
2 cloves garlic, finely crushed
115g/4oz button mushrooms, halved
225g/8oz trout fillets
45ml/3 tblspns well seasoned plain flour
125g/4 fl oz dry white wine
Large bouquet garni
Chopped fresh herbs to garnish

10ml/2 tspns olive oil
85g/3oz button onions, halved
450g/1lb firm white fish such as cod or monkfish
225g/8oz broad beans, tinned
300ml/10 fl oz fish stock
Grated rind and juice of 1 lemon

Preheat the oven to 180°C/350°F/Gas mark 4. Cook the pasta in plenty of boiling water for three quarters of the time recommended on the packet. Drain and rinse under cold running water. Set aside. In a large frying pan heat half the oil, add the garlic, onions and mushrooms and cook for 3 - 4 minutes. Using a slotted spoon, transfer to a large deep baking dish. Meanwhile skin the fish and cut into 2.5cm/1" chunks, then toss in seasoned flour.

Add the remaining oil to the pan, heat and then add the fish, in batches if necessary. Fry for 2 - 3 minutes turning the pieces carefully. Transfer to a dish, add the pasta and beans. Stir together the wine, stock, bouquet garni and lemon rind and juice, place in a pan and bring to the boil. Simmer for a few minutes then pour over the fish. Cover and cook in the oven for about 35 minutes. Garnish with plenty of chopped herbs.

TUNA TUMBLE (Serves 1)

100g/3½oz can tuna in brine, drained
30-45ml/2-3 tblspns natural yoghurt
15ml/1 tblspn sweetcorn
Black pepper

1 tspn lemon juice
1 spring onion, finely chopped
¼ apple, chopped

Mix all the ingredients together. Serve in a small wholemeal pitta bread lined with crispy salad vegetables, or in a baked jacket potato or tossed with wholemeal pasta shells.

TROUT WITH TOMATO SAUCE (Serves 3 - 4)

75g/2¾oz sun dried tomatoes
1 large clove garlic, crushed
Leaves from 2 small springs rosemary
100g/3½oz fromage frais
Salt and pepper
Sugar snap peas and sun dried tomatoes, to serve

10ml/2 tspns capers
8 basil leaves
Leaves from 2 springs oregano
300ml/10 fl oz fish stock
6 - 8 trout fillets
Lemon wedges and oregano sprigs to garnish

In a blender or food processor, mix together sun dried tomatoes, capers, garlic, herbs and stock until smooth. Season with pepper. Pour into a saucepan.

Preheat the grill and grill the trout for 3 - 4 minutes on each side. Meanwhile, heat sauce gently, stirring occasionally. Transfer fish to warm plates, season with salt and spoon the sauce over the fish. Serve with sugar snap peas and sun dried tomatoes, garnished with lemon wedges and sprigs of oregano.

STUFFED MACKEREL (Serves 4)

4 mackerel
Corn oil/olive oil
1 onion, finely chopped
100g/3½oz mushrooms, chopped

100g/3½oz breadcrumbs
Chopped parsley
Grated rind of 1 lemon
Thyme

Gut and clean mackerel - remove head and tail. Loosen bone and remove. (Ask the fishmonger to do this for you if preferred)

Dry fry onion and mushrooms without oil in a heavy non-stick pan (cook until soft in a microwave, if preferred) Add parsley, breadcrumbs, thyme and lemon rind. Stuff mackerel and secure with cocktail sticks. Lightly brush each fish with oil and bake at 180°C/350°F/Gas mark 4 for 30 minutes.

SALMON PARCELS WITH WATERCRESS SAUCE

(Serves 4)

<i>Olive oil</i>	<i>2 onions, sliced</i>
<i>175g/6oz virtually fat free fromage frais</i>	<i>Sprigs of fresh dill</i>
<i>4 salmon steaks</i>	<i>1 lemon</i>
<i>75g/2¾oz packet fresh watercress, finely chopped</i>	<i>Salt and pepper</i>

Lightly brush 4 sheets of foil with olive oil. Divide the onion between each piece of foil and place a sprig of dill on the onion. Place the salmon steaks on top of the onions and dill and squeeze over the lemon juice. Add seasoning to taste. Wrap the foil around the fish to form a parcel and place on a baking tray in a preheated oven 180°C/350°F/Gas mark 4 for 20 minutes.

Meanwhile pour the fromage frais into a bowl and stir in the chopped watercress with seasoning to taste. Remove the salmon from the foil and serve with the sauce and new potatoes.

COD AND CIDER CASSEROLE (Serves 4)

<i>4 x 225g/8oz cod fillets</i>	<i>Salt and pepper</i>
<i>2 sticks celery</i>	<i>2 eating apples</i>
<i>300ml/½pt medium cider</i>	<i>Chopped parsley</i>
<i>60ml/4 tblspns skimmed milk powder</i>	<i>30ml/2 tblspns cornflour</i>

Chop the celery, core and chop the apples. Arrange the cod fillets in a single layer in an ovenproof dish and season. Top with the celery and apples. Pour over the cider, cover the dish and cook in the oven for 25 minutes at 180°C/350°F/Gas mark 4.

Drain off the liquid and reserve. Keep the dish warm. Blend the skimmed milk powder and cornflour with a little of the cooking liquid. Add the remaining liquid and place in a small pan. Bring to the boil, stirring constantly and simmer for 2 minutes. Adjust the seasoning if necessary and pour over the fish. Sprinkle with chopped parsley.

HALIBUT WITH COURGETTES (Serves 4)

<i>350g/12oz small courgettes, thinly sliced</i>	<i>Pepper</i>
<i>4 x 175g/6oz halibut fillets</i>	<i>Lemon wedges to garnish</i>
<i>Finely grated rind and juice of 1 lemon</i>	<i>4 squares greaseproof paper</i>
	<i>4 sprigs chervil</i>

Bring a saucepan of water to the boil, add the courgettes and boil for 1 minute. Drain and refresh under cold running water. Pat dry. Make a bed of courgettes in the centre of each piece of paper. Place a piece of fish on each bed of courgettes, sprinkle with lemon rind and juice, season and top with a chervil sprig.

Fold the paper over the fish sealing the edges tightly. Place the fish parcels on a baking sheet and bake for about 15 minutes at 180°C/350°F/Gas mark 4. Either serve the fish and courgettes in the parcels or transfer with cooking juices to warm plates and garnish with lemon wedges and sprigs of chervil.

PLAICE WITH ORANGE AND WALNUT STUFFING

(Serves 4)

<i>50g/1¾oz wholemeal breadcrumbs</i>	<i>25g/1oz walnuts</i>
<i>1 orange</i>	<i>4 plaice fillets, skin removed</i>
<i>Black pepper</i>	<i>15g-25g/½-1oz soft green peppercorns (optional)</i>
<i>Orange slices to garnish</i>	

Mix the breadcrumbs, walnuts and grated orange rind together (plus peppercorns if using). Add two dessertspoons of the orange juice to the stuffing and mix well. Divide the stuffing between the fillets and roll them up around the stuffing. Roll in cling-film ensuring they are totally sealed. Steam for 6 minutes taking care not to overcook. Sprinkle with black pepper to taste and garnish with orange slices.

TUNA AND PASTA BAKE (1) (Serves 4)

225g/8oz pasta, preferably wholemeal
2 medium courgettes, sliced
5ml/1 tspn dried mixed herbs
1 200g/7oz can tuna in brine

1 large onion, finely chopped
1 large red pepper, finely diced

Sauce:

30ml/2 tblspns cornflour
75g/2¾oz low fat cheese
Parsley

425 fl oz/¾pt skimmed milk
Pepper

Cook the pasta according to the packet instructions until tender. Drain and set to one side. Either place the onions, courgettes and pepper in a suitable container with 15ml/1 tablespoon water and microwave for 2 minutes until soft. Drain. Or place the onion, courgettes and pepper in a saucepan with 30ml/2 tablespoons water and sweat until soft (4 - 5 minutes). Stir to prevent burning. Drain.

Combine the vegetables, herbs, tuna and pasta. Place in a large ovenproof dish. Mix the cornflour with a little milk to form a smooth paste. Heat the remaining milk in a saucepan and then pour onto the cornflour mixture stirring thoroughly. Return the cornflour mixture to the saucepan and stir continuously over a low heat for 1 - 2 minutes until thickened. Stir in the cheese and season to taste. Pour over the pasta and bake at 200°C/400°F/Gas mark 6 for 25 minutes. Serve sprinkled with fresh parsley.

WHOLEWHEAT TUNA PASTA BAKE (2) (Serves 2)

125g/4½oz cut wholewheat macaroni
225g/8oz tin tomatoes
30ml/2 tblspns plain yoghurt
100g/3½oz wholemeal breadcrumbs

200g/7oz tin tuna in brine
125g/4½oz cottage cheese
1 small onion, minced

Preheat the oven to 180°C/350°F/Gas mark 4. Cook and drain the macaroni. Add the tuna (drained and flaked) the tomatoes (mashed) the cottage cheese, yoghurt and onion. Mix well and pour into a greased casserole dish. Cover with breadcrumbs and bake for about 30 minutes.

CURRIED TUNA PASTA SALAD (Serves 2)

50g/1¾oz wholemeal pasta shapes
30ml/2 tblspns low fat natural yoghurt
5ml/1 tspn mild curry powder
1 stick celery, finely sliced
Salt and freshly ground black pepper

25g/1oz frozen peas
30ml/2 tblspns reduced calorie salad cream
½ small red pepper, deseeded
100g/5½oz can tuna, drained and flaked

Cook the pasta in boiling, salted water for 8 - 10 minutes or until 'al dente'. Add the peas, bring to the boil, cook for 2 - 3 minutes then drain. Mix together the yoghurt, salad cream and curry powder in a medium sized bowl for the dressing. Season to taste. Stir in the pasta and peas with the remaining ingredients. Toss together until evenly mixed. Chill before serving.

FISH CASSEROLE (Serves 4)

450g/1lb filleted plaice
125g/4½oz tinned tomatoes
125g/4½oz mushrooms, sliced
50g/1¾oz breadcrumbs
275-300ml/8-10 fl oz skimmed milk
25g/1oz cornflour
5ml/1tspn grated lemon rind
45ml/3 tblspns white wine
Seasoning

Fillet the plaice. Mix together the tomato, half the mushrooms, breadcrumbs, lemon rind and seasoning. Spread onto the fillets and roll up tightly.

Pack close together in a casserole, cover with the rest of the mushrooms. Make a white sauce with the cornflour and milk, stir in the wine and pour over the fish. (See recipe for Pasta Bake if necessary for instructions).

Season, cover and cook at 190°C/370°F/Gas mark 5 for 20 minutes.

FISH AND MUSHROOM CRUMBLE (Serves 4)

225g/8oz white fish fillets

225g/8oz cottage cheese

225g/8oz frozen peas

Mushroom sauce:

30ml/2 tblspns cornflour

300ml/½pt skimmed milk

15g/½oz polyunsaturated margarine

100g/3½oz mushrooms, wiped and sliced

2 tspns lemon juice

Crumble topping:

100g/3½oz flour

50g/1¾oz polyunsaturated margarine

Grated rind of ½ lemon

Skin the fish and place in an ovenproof dish. Cover with the cottage cheese and peas. Poach the mushrooms in the milk for 2 - 3 minutes, then drain.

To make the sauce mix the cornflour with a little of the milk to form a smooth paste. Heat the remaining milk in a saucepan and then pour onto the cornflour mixture, stirring thoroughly. Return the cornflour mixture to the saucepan and stir continuously over a low heat for 1 - 2 minutes until thickened.

Add the mushrooms. Rub the fat and flour together to make the crumble, add the lemon rind. Spoon the sauce over the fish mixture, then sprinkle the crumble in a layer over the top. Place in the oven 180°C/350°F/Gas mark 4 for 30 - 35 minutes until golden.

SOLE WITH LETTUCE FILLING (Serves 4)

4 sole fillets

Squeeze of lemon juice

Pepper

15ml/1 tblspn dry white wine

85g/3oz finely chopped Iceberg lettuce

15ml/1 tblspn chopped leeks

85g/3oz cottage cheese

1 egg white

Lemon wedges and chervil/parsley

sprigs to garnish

Sprinkle the sole with pepper and lemon juice. Place the wine in a small saucepan and heat. Add the leeks and cook for 2 minutes shaking the pan occasionally. Add the lettuce, cover pan and cook until the lettuce has wilted. Uncover the pan and increase heat until any excess water has been driven off.

Tip the lettuce mixture into a blender or food processor. Add the cottage cheese and mix until smooth. Season to taste with pepper. Whisk the egg white until stiff but not dry and then lightly fold into the lettuce mixture.

Place one quarter of the lettuce mixture on one half of each fillet and fold the other half lightly over the filling. Place the fillets in a steaming basket or colander. Place over a saucepan of boiling water and steam for 10 - 12 minutes until the filling is just set.

Leave 1 - 2 minutes then, using a fish slice, carefully transfer to warmed plates. Serve with new potatoes and green beans.

SMOKED MACKEREL PATE (Serves 8)

2 medium smoked mackerel

Juice of ½ lemon

125g/4½oz low fat yoghurt/fromage frais

125g/4½oz cottage cheese

Nutmeg

Seasoning

Lemon wedges, watercress, cayenne pepper to garnish

Remove the skin and bones from the mackerel. Flake the fish and put it in a bowl. Add the yoghurt, cottage cheese and lemon juice and beat with a spoon until smooth.

OR: Place the ingredients in a blender and blend until smooth. Season, add the nutmeg and a little lemon juice if required. Chill for several hours, sprinkle with cayenne pepper and garnish.

Serving suggestions:

Spread on crispbread, warm pitta bread or melba toast.

MACKEREL WITH MUSTARD (Serves 4)

30ml/2 tblspns Dijon mustard

60ml/4 tblspns finely chopped fresh coriander

2 cloves garlic, finely crushed

10-15ml/2-3 tspns lemon juice

Salt and pepper

4 mackerel, cleaned and gutted

Rolled oats

Lemon wedges and coriander sprigs to garnish

Preheat the grill. In a bowl, mix together the mustard, coriander, garlic and lemon juice and season as desired. Using the point of a sharp knife, cut 3 slashes on each side of the mackerel. Spoon the mustard mixture into the slashes and sprinkle with a few rolled oats. Wrap each fish in a large piece of foil and fold the edges of foil together to seal tightly.

HADDOCK IN JACKET POTATOES (Serves 4)

4 baking potatoes, scrubbed and pricked with a fork

450g/1lb smoked haddock

200ml/7 fl oz low fat milk

75-90ml/5-6 tblspns low fat plain yoghurt

10-15ml/2-3 tspns lemon juice

30ml/2 tblspns chopped fresh chives

15ml/1 tblspn chopped fresh parsley

Salad to serve

Preheat the oven to 200°C/400°F/Gas mark 6. Bake the potatoes for 1½ hours until tender.

Meanwhile, put the fish in a baking dish, pour over the milk, cover with greaseproof paper and cook on the bottom shelf in the oven for about 8 minutes until flesh flakes. Drain the fish, reserving the milk.

Flake the flesh finely, discarding the skin and bones and season with lemon juice and pepper. In a small bowl, mix the yoghurt, chives, parsley and pepper.

Cut a slice from the top of each potato. Scoop out most of the insides of the potatoes into a bowl, taking care not to pierce the skins. Mash the potato insides with the reserved milk, add pepper to taste, then mix in the flaked fish.

Spoon the fish mixture back into the potato skins and spoon half the yoghurt over the top. Return to the oven for about 10 minutes. Pour over the remaining yoghurt. Serve with salad.