



**FEB 2010**  
**Week 3**  
**FISH Newsletter**

**In the boxes this week**

**Plaice, Grey Mullet, Lemon Sole, Huss, Cod (not in small)**  
**All fresh & filleted**

I have been asked if I can put some recipes together etc for the fish we deliver each month and as you know I do not need much excuse to write a newsletter so welcome to the first FISH newsletter. I was hoping for red gurnard – but we just mised out, maybe next month?

It has all been a bit tricky this month, as the tides have meant that the boats did not return until Weds lunchtime and therefore we did not know the catch and cost of the fish until early Wed afternoon. This has meant that we have had to rush a bit putting it all together and I shall be in Hythe at 8am on Thursday/Friday picking up the fish for delivery that morning. That does mean though that your fish that you have for tea on Thursday or Friday was still swimming the previous day – I know no other fish box supplier can say that!

Talking to Andy at Griggs it was difficult not to slip into a Geordie accent when saying 'When the boats come in' and mention fishys and dishys to him. He didn't say anything, despite what I suspect he was thinking, and we managed to sort it all out quite efficiently.

The types of fish this month, and the absence of cheaper fish such as mackerel and herring, mean that there are not quite so many fish. This is the price we pay for fresh fish from the boats, as obviously we cannot use what they cannot catch. The other factor is that the fish vary in size, and therefore price, so we have to mix and match to meet your budget. From next month we will charge the actual price of the fish rather than stick to the box size budget; this means that the box price you are

charged may vary by a £ or two for the budget. I hope this is ok? They did have some Dover sole, but they worked out at about £10 each, so sorry we are not rich enough for that....

Ok recipes....

Huss – or dogfish – is common but not popular. It is cheap and therefore I think worthy of trying. As with any firm white fish it is best sautéed or baked and I have put recipe below for this

### **Huss with Tomatoes in Wine Serves 4**

#### **Ingredients:**

4 Huss Steaks	Salt and Black Pepper
Flour to coat	3 tbsp Vegetable Oil
2 Shallots, chopped	1 Garlic Clove, crushed
4 large Tomatoes, chopped	2 tbsp Cognac (Optional)
1 full tbsp Tomato Purée	300ml/10fl.oz. Dry White Wine
1/4 teasp Cayenne Pepper	

#### **Instructions**

1. Wash and dry the huss steaks. Add salt and pepper to the flour and use to coat the fish.
2. Heat the oil in a large frying pan then add the shallot and garlic and sauté over a medium heat until softened.
3. Raise the heat then add the fish and fry for 2 minutes on each side.
4. If using, heat the cognac in a ladle or small pan until warm then carefully set it alight and pour over the fish. Add the chopped tomatoes, tomato purée, wine and cayenne pepper and mix well. Cover and simmer for 25 minutes over a very low heat, adding a little water if necessary.
5. To serve - transfer the fish to a serving platter, pour the sauce over the top of the fish

I think with any of these recipes the fish can be substituted in, just adjust the cooking time to sort the fish. Thin fillets will require less time than thicker cuts such as Huss.