

Ultimate Passage Meal

Yes, anyone can make this...

SEARED FISH, NEW POTATOES & FRESH COLESLAW

INGREDIENTS

ONE FRESHLY CAUGHT FISH (whatever type you've landed)

NEW POTATOES

CABBAGE

ONION

CARROTS

APPLE

GARLIC

JAR MAYONNAISE

ASPARAGUS (if you've still got some)

COURGETTE (thinly sliced - mimics cucumber)

Apart from the fish, all the other ingredients are most certainly warm storage.

PREPARATION

COLESLAW

Remove a few cabbage leaves, **do not** cut into your cabbage. Roll tightly into a cigar shape and slice very thinly. Shake them out and place in a large bowl. Using a cheese grater (large grating holes) - grate apple, carrot and onion onto the cabbage, add salt, pepper and garlic to taste. Spoon over sufficient mayonnaise and mix together. As the apple is immediately covered in mayonnaise it will not oxidise and go brown - put to one side (don't make your coleslaw too early on as it will weep and start to oxidize and go limp).

Steam or boil your new potatoes, best method here is a pressure cooker, fresh asparagus can be placed on top of the potatoes and will gently steam.

(If you are working with only one ring, cook the potatoes until slightly al dente, leave the lid on and put to one side, the remaining heat will finish the cooking for you.)

CRISPY SKINNED FISH

1. Dry Out

Starting with parched skin is the key to a pro result—**try to cook wet fish and it's going to steam, stick, rip, and generally be a huge, frustrating mess.**

2. Start Smoking

Get a large stainless-steel skillet ripping hot over high heat (2 minutes should do it), then pour in 1 Tbsp. oil and add a big pinch of salt. Once the oil is smoking, take the skillet off the heat and use a handful of paper towels to wipe oil and salt around and out of the pan (be extra careful—you might want to use tongs to hold the towels).

3. Give 'Em Some Skin

Put your now-seasoned skillet back over high heat. Add another 1 Tbsp. oil to the pan and hit both sides of each fillet with a decent amount of salt. Once the oil is shimmering, carefully lay a fillet skin side down in the pan.

4. Be Firm

Use a fish spatula to apply firm, even pressure to the fillet until it relaxes and lies flat. Repeat with remaining fillet, then keep at it! Periodically press down each fillet and cook until flesh is nearly opaque and cooked through, with just a small raw area on top.

5. Flip and Rest

Slide your fish spatula under each fillet and—using your other hand as a guide—turn it away from you (watch that oil). Remove the pan from heat. At this point you're just letting the raw side kiss the skillet to finish cooking, about 1 minute.

If you've got steaks and not fillets, then be a bit more gentle, but you've got the idea.

Serve the fish with the freshly made coleslaw and thinly sliced courgette. Throw a bit of butter over the new potatoes and add a slice of lemon or lime, what could be better.

FISH WITH CREAM SAUCE

For a slight variation, cook the fish, potatoes and one type of vegetable (carrot is great with this). When the fish is cooked, transfer to plates and quickly deglaze your pan with a little white wine. (buy small cartons (33ml), of wine - great for cooking with). Now throw in a small carton of UHT cream, and a small amount of dried parsley (if you happen to have a parsley plant then use fresh). Turn off the heat and stir. Serve immediately. This is a guaranteed winner.

FISH WITH BUTTER AND LEMON DRIZZLE

Cook the fish and vegetables as above. Take the fish out of pan and turn off the heat, pour in a small amount of olive oil, and put in a small amount of butter. Squeeze half a lemon or lime (or use bottled or pre-made lemon juice) into the pan and stir, drizzle over the dish and serve. This is great on a hot sunny day.