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Good Things

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**FABULOUS
CHEFS' RECIPES
TO TRY AT HOME**

POPSTAR v FARMER

*JB Gill on his new found
passion for venison*

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recipes for best-ever skin*

Plus!

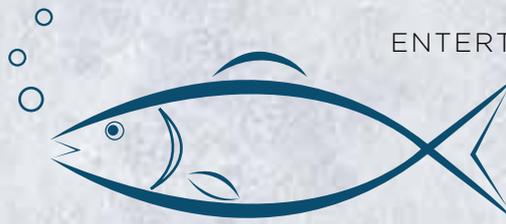
- * Amazing cakes with a Latin twist
- * How to plan a wildlife garden
- * Nathan Outlaw in Dubai
- * Foodie finds in Osaka & Cornwall



**LET'S GO
FISHING**

*Delicious fish
for every day
of the week*





THOU SHALL HAVE A fishy



It's Seafood Week from 7-14 October, so what better excuse to get fish on the menu? Enjoy the bounty of ocean and river with a week's-worth of recipes from Mikkel Karstad's new cookbook

MONDAY

Deep-fried ray wing fillet with beets, dill & redcurrants

Serves 4

INGREDIENTS

- 400g ray wing fillet
- salt and pepper
- a little plain flour, for coating
- 4 fresh beetroot with tops, topped, tailed and sliced on a mandoline, prettiest leaves reserved
- 100g redcurrants
- 2 tbsp cider vinegar
- 1 tsp honey
- 100ml olive oil
- rapeseed oil (or corn oil), for deep-frying
- 1 bunch dill, finely chopped

METHOD

1. Make sure there are no bones in the ray wings and their membrane is fresh. Cut into thin strips and sprinkle with a little salt and pepper before tossing in flour.
2. Place the beetroot slices in a bowl of ice-cold water to keep them crisp.
3. Place the redcurrants in a bowl with the vinegar, honey, olive oil, salt and pepper, and mix well, mashing the currants a little. Set aside to marinate.
4. Meanwhile, heat the oil for deep-frying in a large, deep saucepan until it reaches 180°C. Toss the ray strips in flour, shaking off the excess, and deep-fry for 1-2 minutes, until golden and cooked through. Carefully remove from the oil with a slotted spoon and drain on kitchen paper.
5. To serve, sprinkle the ray with salt and serve immediately with the beetroot slices and leaves, garnished with chopped dill and drizzled with the vinaigrette.





TUESDAY

Grilled squid with apricots, chilli, lemon, shallots & parsley

Serves 4

INGREDIENTS

- 500g fresh squid, cleaned
- 2 tbsp olive oil
- 4 fresh apricots, halved, destoned, and thinly sliced
- ½ a red chilli (or to taste), finely chopped
- 2 shallots, finely chopped
- bunch of flat-leaf parsley, finely chopped
- 50ml olive oil
- 1 lemon, zest and juice
- salt and pepper

METHOD

1. Chop the squid body and tentacles, place in a shallow dish, coat in 1 tablespoon of the oil, and set aside.
2. Place the apricots, chilli, shallots and parsley in a bowl. Add the remaining oil, lemon zest and juice, season and toss to thoroughly combine.
3. Heat a grill pan over high heat, add the squid and cook for 30 seconds on either side. Remove from the pan, sprinkle with salt and freshly ground pepper, and transfer to a serving dish.
4. Dress the squid with the apricot mixture and serve immediately.

WEDNESDAY

Fried pickled mackerel with tomato, nectarine & pine shoots

This recipe needs to marinate overnight, so plan accordingly.

Serves 4-6

INGREDIENTS

- 1 tbsp olive oil
- 8 large mackerel fillets
- 2 tbsp salt
- pepper
- 1 red onion, finely sliced
- 2 nectarines, sliced
- 20 small tomatoes
- 300ml water
- 300ml cider vinegar (or white wine vinegar, or any other light, fruity vinegar)
- 15 fresh pine shoots (if available)
- 10 whole black peppercorns
- 100g caster sugar

METHOD

1. Heat the olive oil in a large frying pan set over high heat and fry the mackerel fillets, skin side-down, for

2 minutes, or until the skin is crisp and golden, leaving the meaty side a little raw. Add the salt and pepper to taste, then transfer the fillets to a large dish, flesh side-down.

2. Place the onion, nectarines and tomatoes in a large saucepan with the water, vinegar, pine shoots, peppercorns and sugar, and bring to the boil. Remove from the heat and pour over the mackerel fillets. Allow the fillets to marinate in the warm liquor. Once cooled, cover and transfer to the refrigerator overnight.

3. Remove from the refrigerator and serve with pickled vegetables on rye bread, garnished with finely chopped fennel, or warm in a 160°C oven for 8-10 minutes and eat with boiled new potatoes or baked root vegetables.





THURSDAY

Baked cauliflower with crab meat, junket dressing, green oil & flowers

Serves 4-6

INGREDIENTS

For the dressing

- 200ml junket (or full-fat plain Greek yoghurt or Icelandic skyr)
- 1 lemon, zest and juice
- 1 tbsp horley
- salt and pepper

For the green oil

- 1 bunch flat-leaf parsley
- 200ml olive oil
- 1 clove garlic
- salt and pepper

For the dish

- 1 whole cauliflower, trimmed, leaving the prettiest inner leaves intact
- 2 tbsp olive oil

- 2 tbsp cider vinegar
- 500g cooked crab claws, meat removed
- 2 handfuls edible flowers (e.g. geranium, wood sorrel, thyme)
- salt and pepper

METHOD

1. Preheat the oven to 180°C
2. For the dressing, pour the junket, yoghurt or skyr into a bowl and add the lemon zest and juice, honey, and seasoning to taste. Mix into a smooth dressing and set aside.
3. For the green oil, place the parsley in a blender with the olive oil and garlic,

and blend until the green oil is uniformly smooth. Season to taste and set aside.

4. For the dish, place the cauliflower in an ovenproof dish, drizzle with the olive oil and vinegar, and season well. Bake for 20-25 minutes, until golden and tender.

Remove from the oven and transfer to a board, then chop into large chunks. Arrange in a large serving dish and set aside.

5. To serve, spread the crab meat, junket dressing, green oil and flowers across the cauliflower chunks and serve warm.

For more Seafood Week inspiration, visit fishisthedish.co.uk

FRIDAY

Langoustine bisque with courgettes, fennel & mint

Serves 4

INGREDIENTS

For the bisque

- 1 tbsp olive oil
- 1kg langoustine shells and heads (reserve the tails to serve)
- 2 onions, chopped
- 2 cloves garlic, chopped
- 4-5 tomatoes, chopped
- ½ a bulb of fennel, chopped
- 10 thyme sprigs
- 10 whole black peppercorns
- 200ml white wine
- 2 litres water
- 100ml single cream
- cider vinegar
- sugar
- sea salt

To serve

- 4 langoustine tails, shelled and de-headed (use the shells and heads in the soup)
- 2 tbsp olive oil
- 1 courgette, finely chopped
- 1 lemon, zest and juice
- ½ a bunch mint, finely chopped
- salt and pepper

METHOD

1. For the bisque, heat the olive oil in a large, deep frying pan set over high heat, add the langoustine shells and heads, and cook, stirring, for 3-4 minutes.
2. Add the onion, garlic, tomatoes, fennel, thyme and peppercorns, sauté for 1 minute, then add the wine. Cook until the liquid is reduced to half the original volume, then add enough water to cover the shells.
3. Bring the stock to the boil and skim the froth to get rid of impurities. Turn the heat down and simmer for

20 minutes. Remove the pan from the heat and set aside to infuse for a further 20 minutes.

4. Pass the stock through a fine mesh sieve, using a spoon to mash the shells and herbs, then discard the solids.

5. Pour the strained stock into a large saucepan pot and cook over medium heat until reduced to half the original volume. Add the cream and bring the stock to the boil for 4-5 minutes. Add vinegar, sugar and salt to taste, and set aside, keeping hot.

6. To serve, place the langoustine tails on a plate, season, and set aside.

7. Heat the olive oil in a frying pan set over high heat and fry the langoustine tails for 30 seconds on either side. Remove from the pan, set aside, and fry the courgettes for 30 seconds. Remove the pan from the heat, add the lemon zest and juice and a little chopped mint. Season and set aside.

8. To serve, divide the courgette mixture between 4 deep bowls, and top with the langoustine tails. Pour over the bisque, garnish with the remaining mint and serve immediately.



Recipes from *Gøne Fishing* by Mikkel Karstad with photography by Anders Schønnemann, published by Clearview Books London, £30

