

FABULOUS FUEL FOR GOURMETS ON THE GO.

Living in the city is about living life on the move ... about freedom, flexibility and fun ... about packing every day with experiences.

Which doesn't leave a lot of time for cooking.

However, simple street smarts dictate that you need food that will help you stay looking good and feeling good – which should make fish your number one choice.

It's a healthy protein – lower in saturated fat and calories and higher in important Omega-3 fatty acids than a comparable portion of meat or poultry. Plus it's delicious!

Imagine succulent hake, baked in creamy sauce and topped with mash potatoes ... or a juicy blackened fillet served with the freshest salad ... or a mouth-watering Cape fish stew, zinging with lemon and garlic ...

It's gourmet on the go, fuel at its most stylish – and it starts right here. This collection of 24/7 recipes will have you cooking in no time and when you're ready for more, link onto our website at [www.seaharvest.co.za](http://www.seaharvest.co.za) for more great recipes to add to your repertoire. **Enjoy!**

**PS. For hot tips on where to go or what to do in your city, check out [www.WhatTheHakeShouldIDoTonight.com](http://www.WhatTheHakeShouldIDoTonight.com)**



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## SUNDAY BRUNCH

### Spicy Fish Cakes

Fish is a healthy alternative to bacon and eggs – and a lot more interesting. This recipe is light enough for brunch but full of interesting tastes and textures.

#### What you need ...

- 1 box Sea Harvest Chunky Hake Fillets (poached)
- 1 large potato – boiled and mashed
- Zest of a small lemon
- 1 teaspoon fresh chopped chilli
- ¼ cup finely chopped fresh coriander
- ¼ cup finely chopped fresh parsley
- 3 crushed garlic cloves
- 6 finely chopped spring onions
- 6 finely chopped chives
- 2 eggs – slightly beaten
- Salt and pepper
- ½ cup bread crumbs
- Peanut oil for frying (sunflower oil will work too)

#### To serve:

Ciabatta, lemon wedges and onion marmalade (or any other sweet relish).

#### What you do ...

Flake the poached fish in a bowl and then add the potato, zest, coriander, parsley, garlic, spring onions, chives, chilli and eggs and mix together well. Add salt and black pepper.

Shape the mixture into 5cm wide cakes and roll them in the breadcrumbs to coat the surface evenly.

Place the fish cakes on a plate and refrigerate for 20 – 30 minutes to cool them down.

This will help to retain their shape during frying.

Heat the peanut oil. Add the fish cakes and fry until golden brown. You may have to do this in a few batches.

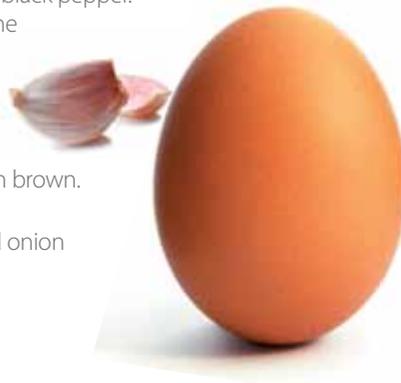
Drain on a paper towel and serve with lemon wedges and onion marmalade on toasted Ciabatta.

Serves 4 – 6

**PS. No time to cook? Buy fresh ciabatta, dress with sweet relish, chopped boiled egg and spring onion. Top with crispy Sea Harvest Fish Cakes.**



**Tip!** Arranging a brunch buffet? To make a table full of food look more intriguing, place the food at varying heights. A shallow platter of rye bread for instance, next to a tiered serving stand of pastries. Or a big pot of mussels, placed behind a basket of rolls. Try to have enough dishes to fill the table so that you create a feeling of abundance. You can fill in any empty spaces on the display with small dishes of nuts, olives or pickles.



13:00

## LUNCH ON THE GO

### Fish 'n Chips in a baguette basket

Carbo loading? Need comfort food? Or just want something filling to keep you on the go? This novel fish and chips recipe is delicious and mess-free – perfect for a quick lunch.



#### What you need ...

- 1 Crispy baguette
- 1 500g Box Sea Harvest Crisp and Chunky Hake Portions – Lemon and Pepper if you're a traditionalist ... Moroccan, if you like something a little spicier
- Ready made tartar sauce or good mayonnaise
- Some ready-cut chips
- Salt and pepper for seasoning
- Lemon wedges for garnish

#### What you do ...

- Cut your baguette in two.
- Create baskets out of the baguette halves by compressing the soft bread gently towards the crust.
- Bake two Crisp and Chunky Hake Portions. One for each basket.
- Fry/bake a handful of chips for each fillet.
- When ready, spread the tartar sauce or mayo onto the sides of the basket.
- Pop the Crisp and Chunky portions into the middle of the basket.
- Arrange the chips around the fish.
- Season with salt and pepper.
- Add a wedge of lemon.
- Wrap in a paper napkin – and off you go!

Serves 1 – 2





19:00

## COSY-UP SUPPER

When all you want is a night in and comfort food, we have two new Sea Harvest dishes that really fit the bill!

### Sea Harvest Sailor's Secret

The most succulent fish in a creamy sauce, topped with mash potatoes ... and in two irresistible flavours... Choose from Sailor's Secret Cheesy Bake – fish in a creamy cheese sauce ... or Sailor's Secret Savoury Bake, with just a hint of onion, garlic and parsley!

Pop it into the oven for 30 – 35 minutes; then add a fresh side salad or simple stir-fried vegetables if anything at all.

Serves 1



### Sea Harvest Captain's Choice

Fit for the Captain's table ... in a choice of two delicious sauces – tangy cheese ... or Thai curry sauce, full of the fresh tastes and aromas of lemongrass, lime, coconut and ginger.

Bursting with flavour, and ready in minutes. Add a simple salad or salsa and enjoy!

Serves 1 – 2

3am munchies? These two dishes also make for a great late night snack. Filling, yet light enough to digest easily.





## Sweet and Hot Fish Rub

This fish rub is easy to make, will store in an airtight container for up to six months and can be used with any cooking method:

- 8 teaspoons paprika
- 2 teaspoons cumin
- 1 teaspoon brown sugar
- 2 teaspoons dried chilli
- 2 teaspoons sea salt
- 2 teaspoons freshly ground black pepper
- 1 teaspoon cayenne pepper
- 1 tablespoon mixed dried herbs – thyme, oregano and rosemary

### Cook's note:

Sea Harvest plain/primary hake range is individually wrapped for your convenience and it's easy to ring the changes simply by varying the cooking methods or by using a different fish rub. For a more Mediterranean flavour, leave out the cumin, chilli and cayenne pepper and replace with tarragon, dill and basil.



# 20:30

## TV NIGHT

### Portuguese Style Grill Bakes

Sea Harvest Grill Bakes are char-grilled for extra flavour and expertly glazed. Served "Portuguese Style" they are robust enough for a hearty dinner and easy to eat on a tray.

#### What you need ...

- 1 box Sea Harvest Lemon Pepper Grill Bakes cooked to instructions on the pack
- 3 tablespoons olive oil
- 2 bay leaves
- 3 whole cracked and finely bashed allspice berries
- 4 cloves garlic, finely chopped
- 1 thinly sliced green pepper
- 1 thinly sliced onion
- 1 tin tomatoes, chopped
- 1 cup dry white wine
- ½ cup small black pitted olives, rinsed
- Sea salt and freshly ground black pepper
- Freshly chopped parsley for garnishing the fish

#### What you do ...

Heat the olive oil in a frying pan and add the bay leaves, cook them for about 2 minutes or until they start to turn brown, the oil should be beautifully fragrant by then.

Remove the bay leaves and add the allspice and garlic. Cook for about half a minute (stirring) before adding the tomatoes, green pepper and onion. Cook for about 5 minutes.

Now add the white wine and olives, season with salt and pepper, and cook until the wine is slightly reduced. Remove from the heat.

Assemble your Lemon Pepper Grill Bakes into bowls and spoon the sauce over the fish, garnish with the parsley and serve with Portuguese rolls to mop up the sauce.

Serves 2 – 4

# 20:30

21:00

## OUT TO IMPRESS

### Roasted Hake Medallions with lemon and rosemary butter sauce and tagliatelle

Whether it's to impress your parents, the boss or the posh neighbour down the road, sometimes you need to pull out all the stops. This easy recipe looks decadent and complicated but is ready in a flash.

#### What you need ...

- Juice of 1 lemon
- 1 450g Box of Sea Harvest Hake Medallions
- Salt and freshly ground black pepper
- Good quality smoked paprika
- Olive oil

#### Sauce:

- ½ cup cream
- 5 tablespoons butter
- 1 tablespoon fresh chopped rosemary
- 2 tablespoons lemon juice
- 1 clove of crushed garlic

#### To serve:

- 1 packet of fresh tagliatelle. (Boiled with a little oil and salt.)
- 1 portion bright greens – peas or green beans would be perfect.

#### What you do ...

Get all ingredients measured and prepared so that you can work quickly. Squeeze lemon juice over the hake and season with salt, pepper and paprika. Let this rest for 20 minutes. Meanwhile, preheat the oven to 180°C. Heat the olive oil in a frying pan. Sear fish on both sides, but don't cook through. Remove from heat. Place on a baking sheet and roast for 5 – 6 minutes. Meantime make sauce by heating the cream with half the butter and the rosemary. Simmer for 4 – 5 minutes, or until slightly reduced. Add the lemon juice, garlic and stir for 1 minute; then, remove from the heat. Whisk in the remaining butter, a few pieces at a time. Check seasoning. Plate fish and tagliatelle, then pour sauce over both.

Serves 4



*final prepared dish will contain tagliatelle*

## Fuss Free Dessert

Choose a simple sorbet – like lemon, granadilla or raspberry. Scoop it out with a melon-baller and arrange in a champagne glass. Add a splash of sparkling wine and a sprig of mint.



23:00

## LATE NIGHT SUPPER

### Cape Fish Stew

You're going out and know that when you get back you'll be starving! Make this simple Cape Fish Stew before you go and not only will it be perfect when you get home, it will only take ten minutes to heat and serve.

#### What you need ...

- 1 500g box Sea Harvest Cape Whiting Steaks
- 3 tablespoons olive oil
- 1 finely chopped onion
- 1 very finely chopped red pepper
- 2 cloves finely chopped garlic
- Zest of a small lemon
- 1 tin tomatoes
- 1 tablespoon tomato paste
- 1 tablespoon sweet Spanish paprika
- ¼ cup plain flour
- Sea salt and freshly ground black pepper
- 1 cup white wine (optional)
- 2 fresh bay leaves



#### What you do ...

- Heat the oil in a saucepan and sauté the onion, red pepper, lemon zest and garlic until translucent.
- Add the tomatoes and cook briefly.
- Add the tomato paste and paprika.
- Cook for another minute. Leave to stand.
- Now put flour and salt and pepper into a bowl. Lightly dust the fish steaks with this mixture, fry fish for a minute or two on each side until they are browned.
- Add the fish to the tomato mixture and add the white wine (optional).
- Add bay leaves and simmer for ten minutes. Set aside to cool and pop in the fridge before you leave.
- When ready to eat, reheat slowly and cook for a further five minutes. Divide into bowls and serve with toasty garlic bread.

Serves 4 – 6



23:00



## BRILLIANT BRAAI

### Italian fish parcels

#### What you need ...

- 1 800g box of Sea Harvest Hake Fillets
- 2 lemons – 1 finely sliced and 1 juiced
- 1 clove chopped garlic
- Salt and pepper
- 1 finely sliced onion
- 1 cup dry white wine
- 2 cups finely sliced mushrooms
- 125g butter
- 2 tablespoons oregano

#### To serve:

- 12 stalks asparagus
- 2 tablespoons balsamic dressing
- 2 tablespoons grated Parmesan
- 4 small bunches of cherry tomatoes on the vine

#### What you do ...

Tear off 4 sheets of heavy-duty aluminium foil, about 30cm square.

Lie out foil shiny-side-up.

Dot each foil sheet with butter, then cover with sliced onion.

Fold up edges of foil. Place one piece of fish in the center of each foil sheet.

Sprinkle fish with salt and pepper, lemon juice, wine, garlic and remaining butter.

Place sliced mushrooms, lemon slices and oregano on each fillet and fold foil over to seal.

Cook on braai for 15 minutes.

#### To serve:

Put all the ingredients for the asparagus in a Ziploc bag – shake, then remove and place on braai until just tender.

Brush tomatoes with olive oil, season with salt, pepper and a squeeze of lemon. Place on the grill and watch carefully until the tomatoes are just about to burst. Turn and repeat.



## The Sea Harvest fish and wine guiding principles.

The traditional “rule” about white wine and fish is nowadays considered to be overly prescriptive, and wine is now paired with meals in a very different way. This quick guide helps you to find the best wine to partner your favourite Sea Harvest dishes.

Start by thinking about the “weight” of your food and wine – i.e. the density, texture, richness and complexity – then consider a similar wine. A dense slab of salmon, simmered in a cream sauce, for example, would be considered a heavy dish and you would look for a wine with the same rich, smooth, multi-layered properties. Try a full bodied Cabernet or a rich, buttery Chardonnay.

Equally so, a delicate fish dish – sushi perhaps or a simple grilled sole – won’t be able to handle a wine which is too intense. So you might look at a crisp Rosé, a dry Sauvignon Blanc or even a glass of Champagne.

Another way to pair sensitively is to think about the flavours you are cooking with. Lemons, limes, spices, herbs, chocolate, butter etc. all find their match in wine. A lemony-buttery sauce for fish could match a lightly-wooded Chardonnay for instance.

Many people simply match the colour of the dish – a light, white dish ... a light, white wine...

Then, just for fun, opposites can also work. Try a very dry white to counterbalance a creamy sauce and enjoy all the richness of the dish.

Whichever partner you choose, remember:

*Drinking good wine, with good food, in good company, is one of life's greatest pleasures. Enjoy!*



## How do I?

### How do I FRY fish?

**Shallow (Pan) Fry** Use hot oil for best results. This will ensure a crispy outside with a moist inside. Do not fry too slowly, as the fish will be limp and pale and might fall apart. Cover base of pan with oil. Butter adds flavour, but because it can burn, add a little oil. The frying time can vary from 6 – 8 minutes depending on thickness of the portion. To establish when the oil is ready for frying, dip a cube of bread in the oil. It should turn light brown in 90 seconds.

**Deep Fry** Dip fish in seasoned flour, dip floured fish in beaten egg, and then crumb or batter the fish to protect the flesh and seal in the flavours and juices. Fry quickly in hot (180°C), deep oil for about 4 – 6 minutes.

### How do I BAKE fish?

Dollops of flavoured butter or a little olive oil on fish portions are ideal for baking. Wrap fish portions in foil to keep moisture in – as fish forms its own juices. Open just before end of baking to allow for browning. Fish can also be placed in a suitable oven dish and covered. Baking takes around 20 minutes depending on the portion size.

### How do I GRILL fish?

Domestic grills vary but always line the grill pan with foil and brush fish with oil to prevent sticking. For an outside braai, a wire fish grid is ideal. Slash skin of fish and brush well with oil. When marinating fish for grilling, leave to marinate for half an hour to give extra flavour. If marinated for too long the flesh may break up. Grilling time should be about 8 – 10 minutes. All cooking times given are a guideline only as size and thickness of fish portions and cooking appliances vary.

### How do I POACH fish?

Pour some water (milk or fish stock can also be used) into a saucepan and bring to the boil. Reduce heat to simmer. Place the fish, skin-side down into liquid and simmer very gently, to avoid breaking up the flesh, until the fish turns opaque and flakes easily.

### How do I BRAAI fish?

Place fish in a large piece of foil, shiny side facing inwards. Season fish very well and close foil. Place on braai grid over medium heat coals and turn over at regular intervals. Braai until fish turns opaque and flakes easily. Fennel, dill or thyme adds an aromatic flavour to braaied fish.



SUNDAY BRUNCH  
*Spicy fish cakes*



LUNCH ON THE GO  
*Fish 'n Chips in a baguette basket*



COSY SUPPER FOR ONE  
*Sailor's Secret or Captain's Choice*



TV NIGHT  
*Lemon Pepper Grill Bakes*



OUT TO IMPRESS  
*Roasted Hake Medallions*



LATE NIGHT SUPPER  
*Cape Fish Stew*



BRILLIANT BRAAI  
*Italian Fish Parcels*





# Live your life to the full

Life lived at top speed can make it difficult to eat as healthily as you'd like ... sometimes it's all about grabbing things on the go or making something quick and easy. But, the "grab 'n go" foods can be low in nutrition and high in fat.



Fish, on the other hand, is low fat, full of vitamins and minerals and omega-3 fatty acids. In fact, the fatty acids contain an essential ingredient that aids in brain development and functioning. It's also a food that's easy to prepare and is delicious in a salad or with a serving of veggies as a quick meal.

Sea Harvest fish is frozen using the latest technology to keep all the goodness and flavour in – as good as fresh fish, sometimes even better! To compliment our top quality fish we use only the very best quality ingredients (organic where possible), all adding up to a superb taste experience.



Try our Captain's Choice, Sailor's Secret, delicious Hake, Cape Whiting Steaks, Grill Bakes and Simply Steam products and see how easily they fit into your busy lifestyle.

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*We just do fish.*