

CONTRIBUTIONS TO THE BOBBIN

JACKIES CORNER



Jackie's Corner

Trout Teat

Serves 2

Prep. time: 25min

Cook. time: 15min

2 small smoked trout

25g butter

1 Tbsp flour

1/2 cup milk

*1/4 cup chicken or fish stock
(made from a cube)*

black pepper

1 Tbsp strong grated cheese

2 tsp sherry

4 cups cooked rice (kept hot)

1 tin asparagus tips (kept warm)

Flake trout into large pieces. Melt butter in pan and add flour, stirring for a minute. Gradually blend in stock and milk, and season with pepper. Boil for 5 min, stirring to prevent sticking. Blend in cheese and sherry, add fish and warm through.

Serving: Pile hot rice in centre of each plate, make a well in rice and fill with mixture. Surround with asparagus.



Jackie's Corner

Trout Leekie

Serves 4—6

Prep. time: 30min

Cook. time: 30min

A combination of baked trout and leeks in white wine sauce

4—6 medium trout

2—3 leeks, trimmed to mainly white

For the sauce:

50g/2oz flour

50g/2oz butter

120ml/4fl oz dry white wine

150ml/1/4 pint double cream

Seasoning:

100g/4oz dry breadcrumbs

50g/2oz strong grated cheese

Pre-heat oven to 190°C / 375°F / Gas Mark 5

Cut and clean trout, removing heads. Boil leeks in salted water until just soft and cut each in half lengthwise. In a large casserole dish, arrange leeks and trout alternately side by side. Cover with a lid and bake for 25 min.

For the sauce, fry the flour in the butter for 1 min, slowly blend in the juices from the casserole dish, then add the white wine, cream and seasoning, stirring continuously until thickened. Pour back into casserole dish, sprinkle top with mixed breadcrumbs and grated cheese. Brown under grill.

Alternatively, add the juices around the fish to a tinned white wine sauce.

Serving: Duchesse potatoes and buttered minted carrots.



◉ Jackie's Corner ◉

Kingfish Treat - by Richard Schumann

Serves: Varies Prep. time: 15min Cook. time: 20min

Buy one 3kg Kingie from Richard
Herbs and spices to taste
2—3 tomatoes
± 125ml Olive oil (half cup)

$\frac{1}{2}$ cup flour
1 large onion
1 tray sliced mushrooms

Dress and skin Kingfish. Remove fillets. Cut into bite sized chunks. Put oil into saucepan and place on stove — medium heat. Turn oven on — to grill setting. Put flour, herbs and spices into a plastic bag. Close open end by gripping it firmly and then shake bag gently to mix ingredients thoroughly. Put chunks of fish into plastic bag and shake to coat the flesh with the dry mixture. Lightly fry chunks, just enough to seal flesh (the inside must still be rare). Remove from saucepan. Pour off excess oil from saucepan into a container. Now put chopped onion, chopped tomatoes and sliced mushrooms into

saucepan. Sorté till onions and tomatoes are soft. Place fish into a shallow baking dish and cover with onion-tomatoe mixture. Pour oil over the top and put tray into oven. Grill till cooked.

Amounts: If you caught the Kingfish yourself, use one slice of onion, half a tomatoe and just a few mushrooms.

** If Richard only has 4 and 5 kg Kingies, then try this recipe using Hake fillets. You may also use the fillets of any other large fish you catch. I tried it using Hake, and it was delicious — Ed**

JACKIE'S CORNER

Ingredients:

4 "Tryme" Trout
2 Shallots
125g Butter
Salt and Pepper to taste

Half Litre Red Wine
1 Sprig Parsely
A pinch of sugar
Thyme and Parsley

Season trout with salt. Butter flame proof dish and scatter chopped shallots on bottom of dish. Place trout on top. Sprinkle with thyme, parsley and red wine. Marinate in fridge for two hours. Place dish over low heat and at first sign of boiling, reduce heat, season and cover with tin foil. Simmer for 12 minutes then remove from heat. Arrange on serving dish, cover and keep warm. Return cooking dish to high heat, add the sugar, remove thyme and parsley, boil until

reduced to two tablespoons. Remove from heat. Add butter and melt slowly. Pour over trout and serve with thin slices apple fried in butter and boiled new potatoes.

Stuffing:

2 cups fresh bread crumbs
1 small finely chopped onion
1/2 teaspoon mixed herbs
1 well beaten egg
salt and pepper
Mix all together and use when required



◊ Jackie's Corner ◊

Trout with Wine

Ingredients:

4 Trout
2 Shallots
125g Butter
Salt & Pepper to taste

Half Litre Red wine
1 Sprig Parsley
1 Pinch sugar

Method

Season Trout with salt. Butter flame proof dish and scatter chopped shallots on bottom of dish. Place trout on top. Sprinkle with thyme, parsley and red wine. Marinate in fridge for two hours. Place dish over low heat and at first sign of boiling, reduce heat, season and cover with tin foil. Simmer for twelve minutes and remove from heat.

Arrange on serving dish, cover and keep warm. Return cooking dish to high heat, add the sugar, remove thyme

and parsley. Boil until reduced to two tablespoons. Remove from heat. Add butter and melt slowly. Pour over trout and serve with thin slices of apple fried in butter and boiled new potatoes.

Stuffing

2 cups fresh bread crumbs, 1 small finely chopped onion, half a teaspoon mixed herbs, 1 well beaten egg, salt and pepper.

Mix all together and use when required.



Jackie's Corner

Fish Biryani

Serves: 6

Prep. time: 30min

Cook. time: 60min

Ingredients:

1 kg fish	4 pieces cinamon	2 cups black lentil
2 large onions	4 whole green chillies	4 cardomon
1 cup oil	1/2 tsp tumeric	2 cups rice
1 Tsp biryani mix (whole spice)		6 small potatoes
1 cup sour milk	2 sprigs curry leaf	8 sprigs mint
8 sprigs corriander leaves	4 sprigs thyme	125g margarine
1/4 tsp egg yellow colouring		salt to taste
3 Tsp mix masala	1 tsp ground ginger	1 tsp ground garlic
4 large tomatoes		

Method:

Boil rice with tumeric, salt, 1 cinamon and 1 cardomon. Drain and set aside. Boil lentil with 1 cardomon, salt and 1 cinamon. Drain and set aside.

Preparing Fish: 1 Tsp masala and salt to taste. Smeer over fish. Heat oil in a thick based pot. Fry fish in hot oil. Do not over fry. Remove fish from oil and set aside.

Cut potatoes into halves and colour with egg yellow colouring. Fry in same oil in which fish was fried. Remove when fried and set aside. Fry sliced/chopped onion with the cardomon, cinamon and whole spice in same oil. When onion is a golden brown colour, remove 3/4 of onion into

a plate. Add the remaining masala, ginger, garlic, curry leaf, thyme and chopped tomatoes into the pot. Add salt to taste. Cook until water has evaporated. Add your green chilli and sour milk. Stir well. Put the fried fish and the fried potatoes into the sauce/chutney. Sprinkle the boiled lentil, chopped corriander and mint leaves and half of the fried onion.. Spread boiled rice over top and sprinkle the remaining onion. Cut margarine into small cubes and put on top of rice. Simmer for 30 minutes on low heat, or put into oven at 180°C also for 30 minutes.

Serve with salad of choice.



◉ Jackie's Corner ◉

Smoked Trout Mouse

Ingredients:

375g Smoked Trout
125g Cottage Cheese
150ml Soured Cream
Juice from Half a Lemon
Salt and Black Pepper

This is an attractive starter which can be prepared a day in advance and kept in the refrigerator.

Method

Remove skin and flake trout into liquidizer. Add cottage cheese and sour cream. Blend and season with lemon,

salt and pepper.

Spoon into individual Røkin dishes. Chill and sprinkle with finely chopped parsley.

Serving

Serve with triangles of hot brown toast.



Jackie's Corner

Trout with Mushrooms

Ingredients:

4 Trout
230g Mushrooms
115g Butter
Salt & Pepper to taste

Seasoned flour
1 Clove Garlic
125 ml cream

Method

Coat each trout with seasoned flour. Melt butter and fry trout in moderate heat for five minutes on each side until crisp. Slice mushrooms thinly and fry

with garlic in trout juices for three minutes. Add cream and stir until sauce is thick. Season to taste. Pour over trout. Serve with buttered potatoes and green salad.



Jackie's Corner

Smoked Trout Paté

Serves: Varies Prep. time: 15min Cook. time: None

Ingredients:

Smoked Trout fillets
Mayonnaise
Fresh cream
Salt
Black pepper

Seasoned flour
Lemon Juice
Garlic
Tobasco (optional)

Method

This is a very simple dish to make. The reason that there are no quantities is that you should add ingredients to your taste. I assure you, you cannot go too wrong by adding your own quantities.

Debone and flake trout. Place all ingredients in a blender or food processor and blend to your preferred consistency. Serve with biscuits or Melba toast.

Instead of putting everything into a

blender, you may also mix everything in a large mixing bowl. Add a bit of finely grated carrots and finely chopped fresh coriander leaves to give the mixture colour. This can also be served with fresh buttered rolls. This dish can be prepared outdoors, or prepared earlier and taken on a picnic. Be sure to store it in a cool place, preferably a cooler box.

ENJOY! ENJOY! ENJOY!



Jackie's Corner

Simple Fried Fish

Ingredients:

2 lb. fish (cleaned, washed, sliced and drained dry)

1 Tsp dry coriander seeds

1 tsp turmeric

1 tsp salt

1 Tsp jeero

Juice of one lemon

6 or 7 Cloves of garlic

6 Red chillies (or green if preferred)

1 Tsp oil

1 Tsp tomato juice

Method:

Pound chillies, garlic, jeero and coriander. Add dry spices and mix into a paste with oil, tomato and lemon juice. Smear fish slices and let them marinate for at least one hour. or keep in fridge and fry when required.

Fry in hot oil (medium depth) on both sides till it is a nice golden brown

colour. Any paste that has shaken off in the process of frying must be rescued by straining the oil when frying is done. The fried paste is sprinkled over the platter when fish is served. Decorate with strips of green chillies or arrange on a bed of lettuce and slices of lemon.



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Fish Biryani

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Serve with salad of choice.