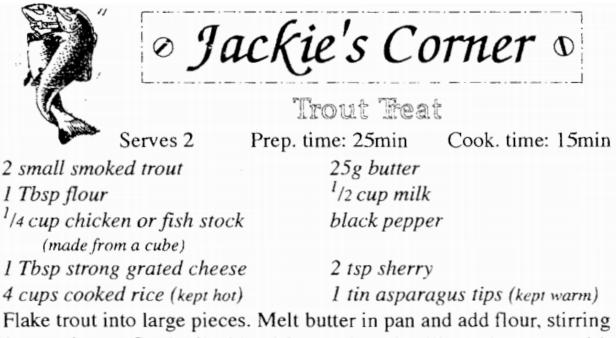
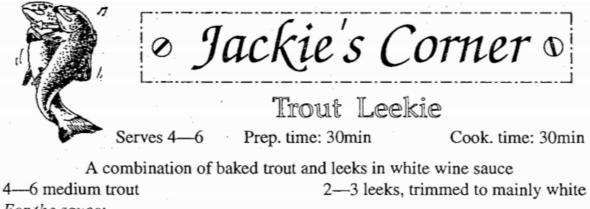
CONTRIBUTIONS TO THE BOBBIN

JACKIES CORNER



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.



For the sauce: 50g/2oz flour 120ml/4fl oz dry white wine Seasoning: 100g/4oz dry breadcrumbs

50g/2oz butter 150ml/¹/4 pint double cream

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 o Kingfish Treat - by Richard Schumann Prep. time: 15min Cook. time: 20min Serves: Varies Buy one 3kg Kingie from Richard $1/_2$ cup flour 1 large onion Herbs and spices to taste 2-3 tomatoes 1 tray sliced mushrooms ± 125ml Olive oil (half cup)

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*

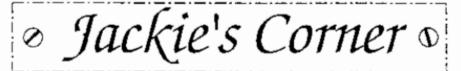


Ingredients: 4 "Tryme" Trout 2 Shallots 125g Butter Salt and Pepper to taste

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

reduced to two tablespoons. Remove from heat. Add butter and melt slowly. Pou over trout and serve with thin slices applfried 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





Trout with Wine

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

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

Half Litre Red wine 1 Sprig Parsley 1 Pinch sugar

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, I well beaten egg, salt and pepper.

Mix all together and use when required.



Fish Biryani Prep. time: 30min Cod

Cook. time: 60min

Ingredients:

1 kg fish4 pieces cinamon2 large onions4 whole green chillies1 cup oil1/2 tsp tumeriic1 Tsp biryani mix (whole spice)1 cup sour milk2 sprigs curry leaf8 sprigs corriander leaves4 sprigs thyme1/4 tsp egg yellow colouring3 Tsp mix masala1 tsp ground ginger4 large tomatoes

Serves: 6

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, remove³/4 of onion into 2 cups black lentil 4 cardomon 2 cups rice 6 small potatoes 8 sprigs mint 125g margarine salt to taste 1 tsp ground garlic

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 Balck Pepper

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

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 Raekin 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

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 Seasoned flour I Clove Garlic 125 ml cream

with garlie 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 o

Smoked Trout Paté

Serves: Varies Prep. time: 15min

Cook. time: None

Ingredients:

Smoked Trout fillets Mayounaise 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 rolis. 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
 6 or 7 C

 1 tsp tumeric
 6 Red c

 1 tsp salt
 1 Tsp c

 1 Tsp jeero
 1 Tsp t

 Juice of one lemon
 Method:

6 or 7 Cloves of garlic 6 Red chillies (or green if preferred) 1 Tsp oil 1 Tsp tomato juice

Pound chillies, garlie, 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.



Serves: 6

Prep. time: 30min

Cook. time: 60min

Ingredients:

l 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
I cup sour milk	2 sprigs curry leaf	8 sprigs mint
8 sprigs corriander leav	ves 4 sprigs thyme	125g margarine
1/4 tsp egg yellow colouring		salt to taste
3 Tsp mix masala	1 tsp ground ginger	I tsp ground garlie

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, remove3/4 of onion into c

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.