

RECIPE



RECIPE TITLE

**French fish soup
with redfish, shrimps & mussels**

FOR

2 people

FROM THE FEATURE

Seafood- culinary delights
fresh from the sea

CONTRIBUTOR

Magdalena Muttenthaler
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SISTERMAG

N°29

INGREDIENTS

500g redfish/polar cod (or other firm fish)

200g other seafood (mussels, shrimps; scallops or cuttlefish will also do nicely)

1 onion

200g potatoes

2 carrots

1 leek

1 bay leaf

½ l water

½ l dry white wine

1 cans of diced tomatoes

4 egg yolks

2 cloves of garlic

1 lemon

Generous helpings of olive oil, some parsley, sea salt, and freshly

STEPS

1. Peel the carrots and potatoes and cut them into fine strips/slices using a peeler or slicer.
2. Cut the fish into bite-sized pieces and sprinkle them with the juice of half a lemon.
3. Finely dice the onion, cut the leek in half lengthways and then into slices, and sweat both together with the fine vegetable slices in 4 tablespoons of olive oil.
4. Deglaze with water and canned tomatoes. Season with liberal amounts of salt and pepper, add the bay leaf, and let it all simmer for 30 minutes; then add the white wine.
5. While the soup is simmering, separate the eggs. Transfer the yolks into a tall container, press the garlic into the same container, and froth both with a blender. Then slowly add 125ml olive oil and keep blending until a thick creamy mass has formed.



CONT.

6. Take the soup off the heat and slowly stir in the egg mass.
7. Add the fish and seafood and let it set for 7 minutes.
8. Serve topped with lemon slices (cut from the other half of the lemon), chopped parsley, and toasted bread.

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RECIPE TITLE

Tagliatelle with scallops & blue mussels in spicy tomato sauce

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INGREDIENTS

- 1 red onion
- 2 cloves of garlic
- 1 chili
- 3 tbsp tomato paste
- 1 can of diced tomatoes
- 125ml white wine
- 500g mussels
- 2 handfuls of cherry tomatoes (in different colours)
- 250g tagliatelle
- 1 handful of parsley
- Some olive oil, sea salt, and freshly ground pepper

STEPS

1. Bring a large pot of water to a boil for the pasta.
2. In the meantime, cut the onion, garlic, and chili into small pieces and sweat them in some olive oil.
3. Add the tomato paste and let it fry for a bit, then deglaze with the canned tomatoes and the white wine.
4. Add the mussels and let them simmer at medium temperature for about 10 to 15 minutes until they have opened wide and much of the liquid has evaporated. Season with sea salt and freshly ground pepper to taste.
5. Once the pasta water has come to a boil, add a liberal amount of salt and then the tagliatelle. Cook for the time indicated.



CONT.

6. Fold the cherry tomatoes into the mussel sauce just before serving.
7. Place the paste in a large bowl and pour the mussel sauce on top. Serve with lemon slices, fresh parsley and any leftover chili.

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RECIPE TITLE

Barbeque Black Tiger prawns with coriander-walnut pesto & Ricotta

FOR

2 people

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INGREDIENTS

6-8 Black Tiger prawns

1 handful of walnuts

2 handfuls of coriander

1 clove of garlic

2 tbsp parmesan (grated)

2 limes

Liberal amounts of olive oil

1 chili

120g Ricotta

Some sea salt and freshly
ground pepper

STEPS

1. For the pesto: chop the walnuts and roast them in a pan without oil for a short while. Transfer to a tall container, add coriander, garlic, grated parmesan, and the zest of one lime.
2. Top with 3 to 4 tablespoons of olive oil and puree using a handheld blender. Keep adding olive oil and lime juice (from the one which provided the zest) until the pesto has reached the desired texture.
3. Season with sea salt and freshly ground pepper to taste.
4. For the prawns: Heat the grill (or a barbeque pan). Open the prawns (if they have not been prepared, cut open lengthways down to the tail) and brush them from both sides with some olive oil. Lay the prawns flat on the grill.



CONT.

5. Roast from the inside and then the outside for about 4 minutes each until they start to turn orange.
6. Take the prawns off the grill and place them on a plate. Season with some sea salt and freshly ground pepper to taste.
7. Spoon some coriander-walnut pesto and then some ricotta onto the prawns.
8. Chop the remaining coriander and cut the chili into fine slices. Sprinkle onto the prawns. Serve with lime wedges.

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INGREDIENTS

ground pepper

STEPS