



RIVER CAFE
POCKET BOOKS
FISH &
SHELLFISH

ROSE GRAY AND RUTH ROGERS



Contents

Cover

List of Recipes

Title Page

Introduction

Chapter one

Raw fish

Chapter two

Grilled fish

Chapter three

Roasted & baked fish

Chapter four

Fried fish

Chapter five

Fish in soup

Chapter six

Cured fish

Chapter seven

Fish in salad

Chapter eight

Sauces for fish

Acknowledgements

Copyright

List of Recipes

Aioli

Almond aioli

Anchovy and caper mayonnaise

Anchovy and rosemary sauce

Bagnet

Baked mussels with zucchini and yellow peppers

Baked sardines

Basil mayonnaise

Black olive sauce

Bottarga and mâche salad

Bottarga with sea kale

Bottarga, potato salad

Chickpea and shrimp soup

Clam and fennel soup

Crab salad

Crab with polenta

Etruscan salsa

Fish broth

Fish soup with langoustines, mussels and lobster

Fresh anchovies with chilli

Fresh anchovies with rosemary

Fresh red chilli sauce

Fried scallops with anchovies and dried chilli

Fried scallops with borlotti

Fried scallops with capers

Fried squid with cannellini

Green herb and pine nut sauce

Grilled chilli sauce

Grilled flattened sardines

Grilled halibut

Grilled langoustine

Grilled monkfish

Grilled red mullet crostini

Grilled salt cod with lemon

Grilled scallops

Grilled sea bass brushed with rosemary and olive oil

Grilled sea bass stuffed with herbs and lemon

Grilled squid, chilli and rocket

Grilled then roasted whole sea bass

Grilled tuna carpaccio

Grilled turbot

Grilled whole baby squid

Grilled whole side of salmon

Hot anchovy sauce

Hot olive sauce

Langoustine carpaccio

Langoustine with borlotti

Marjoram Salmoriglio

Mayonnaise

Monkfish baked in a bag

Monkfish spiedini with pancetta

Monkfish spiedini with scallops

Mussel soup

Olive, anchovy and basil sauce

Oregano Salmoriglio

Poached langoustine with aioli

Poached turbot

Porcini and clam soup

Quick fish soup

Quick tomato sauce

Raw tuna bruschetta

Red mullet baked in a bag with trevise

Roasted Dover sole

Roasted Dover sole with capers

Roasted langoustines

Roasted lobster with chilli

Roasted monkfish with anchovy and rosemary

Roasted red mullet marinated with bay

Roasted red mullet with olives, capers and tomatoes

Roasted red mullet with white wine

Roasted sardines

Roasted scallops in their shells

Roasted sea bass with potatoes, white wine and thyme

Roasted squid stuffed with chilli and parsley

Roasted turbot tranche

Roasted whole squid

Roasted whole tuna loin

Salsa d'erba

Salsa rossa

Salsa rossa piccante
Salsa verde
Salt cod salad
Salt cod with artichokes
Salt cod with chickpeas, tomato and chard
Salted anchovies with butter
Salted anchovies with rosemary
Sea bass baked in a bag with vermouth and fennel
Sea bass baked with potatoes and tomatoes
Sea bass carpaccio
Sea bass with porcini and thyme baked in a bag
Seared marinated tuna
Seared salmon
Smoked eel with celery, capers and chilli
Smoked eel with samphire and horseradish
Smoked haddock carpaccio
Spicy Sicilian stew

Tarragon sauce

Whole crab with ginger
Whole salmon baked in salt
Whole sea bass baked in salt
Whole turbot baked in salt

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Introduction

Every region of Italy has its own way of cooking fish and the recipes in this book reflect these regional differences. For simplicity, we have divided the chapters by the methods of cooking - grilling, roasting, frying and poaching - appropriate to each fish.

In Liguria, where the fish is mostly small, fresh anchovies and sardines are fried in different ways. On the Tuscan coast and down to Rome, fish such as sea bass and red mullet are nearly always grilled whole. And raw fish has become increasingly popular - in Puglia we ate raw tuna cut thickly with bruschetta, and in the Veneto lovely sweet langoustine carpaccio served with a ripe, fruity olive oil. Every region has its own way of preparing salt cod. Travelling throughout Italy we have learned that the way you serve fish depends on where you are.

A good fishmonger will have a wide variety of fish and be willing to prepare it in the way you require for your recipe. Most importantly the fish must be fresh. Look for bright eyes, scarlet gills, firm flesh and shiny scales. The stiffer the fish, the better. You may enjoy preparing and filleting the fish yourself - with this in mind we have given instructions on how to do so at the end of the book.

All recipes serve four unless otherwise stated. All herbs are fresh unless otherwise stated. All eggs are large, free-range, organic unless otherwise stated. Wash all fresh herbs, fruits and vegetables in cold water before use.

CHAPTER ONE

RAW FISH

Sea bass carpaccio

Raw tuna bruschetta

Langoustine carpaccio

Fresh anchovies with chilli

Fresh anchovies with rosemary



1 Sea bass carpaccio

.5kg Sea bass, filleted

Cherry tomatoes, halved

Juice of 2 lemons, plus 1 lemon cut into quarters

Dried red chillies, crumbled

tbs Marjoram leaves

extra virgin olive oil

Place the bass fillets skin-side down on a board. Using a long-bladed knife, cut into slices as finely as you can along the whole length of the fillet. Place the slices side by side on cold plates.

Squeeze the juice and some pulp out of the tomatoes over the bass. The tomato acids will 'cook' the fish. Drizzle with the lemon juice, season and add a few flakes of chilli. Drizzle with olive oil and scatter over the marjoram leaves. Serve with the lemon quarters.

2 Raw tuna bruschetta

100g Tuna loin, trimmed of skin and sinew

Dried red chillies, crumbled

Lemon, cut into quarters

extra virgin olive oil

bruschetta

Slices of sourdough bread

Garlic clove, peeled

extra virgin olive oil

Cut the tuna across the grain into slices 5mm thick.

For the bruschetta, grill the bread on both sides. Rub one side lightly with the garlic clove, season and drizzle with olive oil.

Serve the tuna raw beside the bruschetta, sprinkled with the chillies, black pepper and sea salt. Serve with the lemon quarters.



Raw tuna bruschetta

3 Langoustine carpaccio

6 Live langoustines

Juice of 1 lemon, plus 2 lemons, cut in half

Put the langoustines on a board and, with a sharp knife, cut lengthways from the head down. You want to 'butterfly' them, not cut all the way through. Season. Squeeze over the lemon juice and serve immediately with the lemon halves.



Langoustine carpaccio

4 Fresh anchovies with chilli

100g Fresh anchovies, filleted

Dried red chilli, crumbled

1 tbs Finely chopped flat-leaf parsley

Juice of 4 lemons

extra virgin olive oil

In a serving dish, arrange a layer of anchovies side by side, not overlapping, and sprinkle with a little sea salt, black pepper, chilli and parsley. Pour over a generous amount of lemon juice - this is what 'cooks' the anchovies - and some olive oil. Repeat the layers, ensuring the top layer is covered with oil and lemon.

Cover with cling film and leave to marinate for at least 1 hour before serving with bruschetta ([see Recipe 2](#)).