

## **Simple cooking with fish : Britain's largest fishmonger / Tesco.**

### **Contributors**

Tesco (Firm)

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**Smokey Fish Kedgeree**

**SERVES 4**

**INGREDIENTS:**  
200g (7oz) packet Batchelors Delicately Flavored Garlic and Butter Rice  
450g (1lb) Smoked Haddock or Cod, skinned  
25g (1oz) Butter  
2 x 15 ml (1/2oz) fresh finely chopped Parsley  
200g (7oz) can Sweetcorn Kernels, drained  
Salt and Ground Black Pepper

**METHOD:**  
1. Cook the rice following the directions on pack.  
2. Poach the fish in a little water for 8-10 minutes, drain and flake.  
3. Melt the butter in a large non-stick frying pan, add the parsley, rice, fish and sweetcorn. Heat gently, stirring occasionally. Season well before serving.

**NUTRITION INFORMATION PER SERVING:**  
Energy 417kJ, Fat 1g, Protein 33g  
Carbohydrate 73g, Fibre 3g

**Cheese & Broccoli Topped Fillets**

**SERVES 4**

**COOKING TIME: 25-30 MINUTES**  
**COOKING TEMP: 180°C/350°F/GAS MARK 4**

**INGREDIENTS:**  
4 Cod fillets, skinned  
25g (1oz) Butter  
25g (1oz) Flour  
300ml (1 1/2pt) Milk  
Salt and Ground Black Pepper  
125g (4oz) Mature Cheddar Cheese  
2 x 5 ml (1tsp) ready made Mustard  
175g (6oz) Broccoli Florets, blanched

**METHOD:**  
1. Place the cod fillets in a shallow oven proof dish.  
2. Whisk the butter, flour and milk together in a small saucepan. Heat gently, whisking constantly until the mixture thickens. Season and stir in half the cheese, mustard and broccoli florets.  
3. Pour the sauce over the cod and sprinkle with the remaining cheese. Cook uncovered in the centre of a pre-heated oven.

**NUTRITION INFORMATION PER SERVING:**  
Energy 306kJ, Fat 16g, Protein 31g,  
Carbohydrate 1g, Fibre 2g



**TESCO**

*simple*

COOKING WITH

*fish*

BRITAIN'S LARGEST FISHMONGER

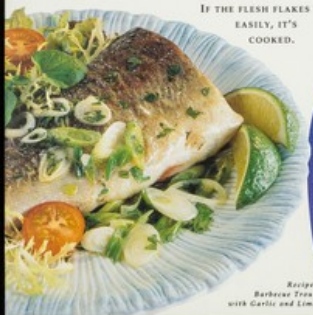
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INSIDE

ALL LINES SUBJECT TO AVAILABILITY.  
SOME LINES IN LARGER STORES ONLY.

# simple COOKING WITH fish

Fresh fish is good for you, and it tastes delicious - a rare combination. Making the most of it couldn't be easier these days at Tesco, Britain's largest fishmonger.

JUST A FEW MINUTES TO COOK...  
Fish flesh is light and delicate, so it doesn't take long to cook by any method. And its flavour is so subtle that the less you do to it, the better it tastes.



IF THE FLESH FLAKES EASILY, IT'S COOKED.

Recipe: Barbecued Trout with Garlic and Lime

**SIMPLE TO STEAM**  
Fillets and thin cuts of fish are ideal for steaming, which retains their delicate flavour. Place the fish on a greased plate, cover fish with foil and simmer.

**SIMPLE TO POACH**  
Place the fish in a shallow frying pan (or fish kettle for larger, whole fish such as salmon). Add a little water, milk, stock or wine, bring to the boil, cover and simmer.

**SIMPLE TO MICROWAVE**  
This quick method is ideal for fish because it retains its flavour and moisture. As a guide only, spread the fish out evenly on a non-metallic plate and cover with greaseproof paper. Cook the fish in piping hot before serving.

**SIMPLE TO BAKE**  
Baking is suited to small, whole fish, fillets, steaks and cutlets. Place the fish in a buttered, grease-proof dish, cover and bake in the centre of a pre-heated oven 180°C/350°F/Gas Mark 4. (Whole salmon should be wrapped loosely in foil.)

**SIMPLE TO GRILL**  
This is also suited to small, whole fish, fillets, cutlets and steaks. Brush with a little oil or butter, to prevent the fish drying out, and cook under a medium heat. Turn once during cooking, with care as the fish may be delicate.

**SIMPLE TO FRY**  
Fry the fish in a little oil in a shallow frying pan over a medium heat.

**SIMPLE TO BARBECUE**  
A whole fish can be stuffed and cooked in a special fish clamp, or firm fish (like mackerel) can be cut into chunks and cooked on skewers. Soaking fish in a marinade and brushing this over while cooking also adds to the flavour.

## VARIETY, TOP QUALITY AND FRESHNESS,

You'll find a wide selection of fish from around the world on our counter each day - Tiger Prawns from Madagascar, Squid from France, Cod Fillet from Cornwall and Salmon from Scotland. It's all so fresh that you can buy enough for several, quite different meals and it's ideal for home freezing too.

Strict hygiene, cleanliness and date control means all our fish comes to you in perfect condition but, to keep it fresh and retain its flavour, we recommend you keep it cool and refrigerate as soon as possible after purchase.



## MAKE 'HEALTHY' EVEN 'HEALTHIER'

High in protein and containing essential minerals and vitamins, there's no doubt that fish forms part of a healthy diet. But to avoid adding more calories or fat try to:

- poach, steam or microwave dishes
- substitute sunflower, grape seed oil or olive oil for butter
- substitute low-fat yogurt or fromage frais for eggs and cream in sauces
- use low-calorie mayonnaise or a slice of lemon as a garnish, rather than a knob of butter
- use wine vinegar or vegetable/fish stock, instead of wine.

## ...and a helping hand

Our Fish Managers and counter staff can help you choose fish, and prepare it for you by cutting, filleting, skinning or descaling it, so when you get it home it's ready for the pan.

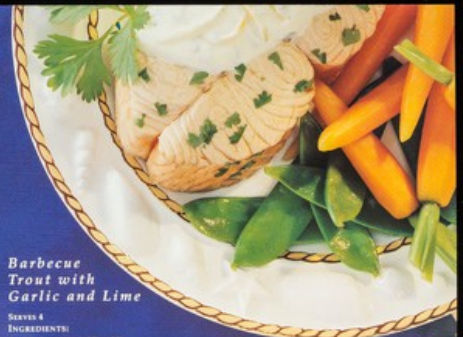
## A few simple ingredients

That's all you need to bring out the best in fish - a little wine or lemon juice, some chopped fresh herbs, a knob of butter and some freshly ground salt and black pepper.

## ...and less washing up!

**TIP No 1.**  
- Baking in a foil parcel, or microwaving in greaseproof paper, keeps the flavour and moisture of the fish in and you probably won't have to wash the dish.

**TIP No 2.**  
- Professional cooks never have problems with fish sticking to the pan while frying because they don't use washing-up liquid or scourers, or put the pan in the dishwasher. Simply wash it out with boiling water and dry it with kitchen towel or linen.



## Barbecued Trout with Garlic and Lime

**SERVES 4**  
**INGREDIENTS:**  
4 x 15 ml (1 fl oz) Olive Oil  
4 Spring Onions, finely chopped  
2 cloves Garlic, crushed  
Juice of half a Lime  
2 x 15 ml (2 fl oz) freshly chopped Coriander  
4 whole Trout, heads and tails removed

**METHOD:**  
1. Mix the oil, spring onions, garlic, lime juice and coriander together.  
2. Spread the inside and outside of the trout with a little of the oil mixture.  
3. Wrap each trout loosely in foil.  
Place on a barbecue for 15 minutes. Open one parcel and see if the fish flakes easily; if not, barbecue for a further 5 minutes and check again.

**To Oven Cook:** Place the parcels in a baking tray and cook in a pre-heated oven 180°C/350°F/Gas Mark 4 for 35 minutes.

**NUTRITION INFORMATION PER SERVING:**  
Energy 396kJ, Fat 21g, Protein 27g, Carbohydrate 1g, Fibre 0g

## Salmon Steaks with Crème Fraîche

**SERVES 4**  
**COOKING TIME: 35 MINUTES**  
**COOKING TEMP: 180°C/350°F/GAS MARK 4**  
**INGREDIENTS:**  
4 Salmon Steaks  
150ml (½ pt) Dry White Wine  
4 x 15ml (1 fl oz) freshly chopped Coriander  
200 ml (7 fl oz) Crème Fraîche  
Ground Black Pepper  
freshly grated rind of 1 Orange and juice of half an Orange  
Finch Ground Nettle

**METHOD:**  
1. Place the salmon steaks, wine and 4 x 15ml (1 fl oz) of the coriander, in an oven-proof dish. Cover and cook in the centre of a pre-heated oven.  
2. Mix the remaining ingredients together. Leave the salmon to cool and serve with the crème fraîche sauce.

**NUTRITION INFORMATION PER SERVING:**  
Energy 696kJ, Fat 26g, Protein 27g, Carbohydrate 1g, Fibre 0g