



Salmon Wrap With Sweet Chilli-Soya Sauce

FISH

It is often very difficult choosing fish as a main course when entertaining; it requires precise cooking time to ensure a juicy piece of fish. For dinner parties when you don't know exactly when people will arrive, it's ideal. Before dinner, you can marinate the fish and grill a few minutes before everyone is ready to eat.

The hardest part of cooking fish is knowing when it's done. When fish is cooked, the flesh will flake easily with a fork and will appear opaque all the way through. If any part of the flesh is still glossy and partially translucent then it's not cooked.

Always start out with a steak or fillet that is evenly cut. If one part is much thicker than another, it will be hard getting the thick part cooked before the thin part dries out. If you have a fillet that is uneven, consider cutting it in two. Put the thick half on first and when it's about halfway done, put the thin half on. This way you will get the fish cooked to perfection without burning any of it.

Be careful with fillets: they tend to fall apart a little easier, so leave the skin on and always cook the flesh side first. Steaks and whole fish, however, hold together better but take longer to cook.

In this book, the recipes are designed to make entertaining a breeze. Fish cakes are always a great standby because they can be prepared ahead. However, a whole stuffed fish makes such a statement at a party.

Basil And Lime Salmon

Salmon Fish Cakes
With Peppadew Sauce

Salmon Wrap With
Sweet Chilli-Soya Sauce

Lemon And Hazelnut
Crumbed Fish

Seared Tuna With Salsa
And Dijon Sauce

Stuffed Baked Asian Fish