



FISH MAIN COURSE



Earthenware **MARMITE** covered pot, cooked in **MUSSEL STOCK** with delicate fish such as sole, mullet and turbot with vegetables and finished with cream.*

Fillet of turbot cooked **MEUNIERE** with a dome-shaped risotto of crab and **COCKLES** accompanied by a **BERCY** sauce.*

TURBAN: ring mould of Dover sole fillets lining the outside filled with **CRAB MOUSSE** cooked in a bain marie in the oven, served warm with a lime and cinnamon sauce.*

Grilled marinated red mullet fillets laid on wide sliced sauteed potatoes with chopped fried bacon, served with droplets of lime-flavoured Hollandaise and a cordon of **CORIANDER** scented cream sauce.

Skinned and grilled red snapper fillet mounted on a white butter **BEAN SALSA**, covered with a beurre noisette and finished with squeezed lime juice.

Baked **MONKFISH** wrapped in Parma ham with buttered wilted greens and served with a lobster dressing.

GRILLED red mullet filets and salt cod **BRANDADE**.*

Roasted cod tail with poached folded leek, covered with a Swiss cheese **FONDUE** using Gruyere, the fish topped with a slice of **CHIVE BUTTER**.*

Roasted John Dory and langoustines with sliced, fennel, sweet red peppers sautéed in butter and served with **SAFFRON** vinaigrette.



Sautéed tuna fish fillet with a grain mustard sauce and buttered spinach, heavily flavoured with **NUTMEG** placed on the side of the fish.

Fresh brill marinated in lime then poached and served with Quenelles of **BEETROOT** and covered with a light clam cream sauce.

Poached salmon **TRANCHE** cooked in a **COURT BOUILLION** and served with a hot chive sabayon and buttered green asparagus tips.*

Double salmon with tarragon mayonnaise - **FLAKED BAKED** salmon bound with sour cream and rolled in a smoked salmon pillow - then placed on a tossed leaf salad.

Pan-fried red mullet fillet with triangles of vegetable **LASAGNE** baked in the oven and covered with a fresh tarragon and tomato sauce.

Poached **PINK BREAM** fillets with soft round beetroot Blinis, fried fennel slices and rosemary beurre blanc sauce.

Roasted **SEA BASS** cooked in the oven then served on a bed of finely cut stir-fried vegetables and served with balsamic and soy dressing.

Grilled **DORADE** with **LEMON OIL** incorporated in crushed white potatoes and a warm chopped nicoise in a vinaigrette.*

Roasted cod with Italian minestrone, cut vegetables cooked in a tomato provencale sauce, **PARMESAN SHAVINGS** and cream.*

Soft poached **TRANCHE** of Scottish salmon, cooked with **CRUSHED PEPPER CORNS** and vinegar then served with fromage Blanc and shrimp beurre noir.*

Stuffed Savoy cabbage with a cordon of **MUSTARD JUS** and topped with boneless **BUTTERFLY** fresh sautéed sardines with their heads removed.*

Fillets of grilled sea bass placed on a bed of creamed celeriac **PUREE** and surrounded by sautéed **GIROLLES** flavoured with tarragon.*

Shallow fried fishcakes of squid, prawns and mussels mixed with a little mashed sweet potato with vinegar and served with chilli **SOUSED CHINESE LEAVES**.*

Sautéed fillet of marinated barracuda with warm plum tomatoes, a glazed polenta **GNOCCHI CAKE** and a dressing of olive oil and lime with coriander to taste.

Monkfish tail poached in white wine, placed on a bed of buttered tagliatelle and covered with saffron sauce made from the **POACHING LIQUOR**.

Red mullet fillets baked in the oven slowly and served with a warm bacon and sautéed potato salad with a side **POT OF ORANGE** hollandaise and coriander reduction sauce.

Roasted sea bass fillets and sautéed **QUEEN SCALLOPS** cut in halves then placed on a potato **ROSTI** with tarragon and red wine sauce.*

Poached wing of **FRESH SKATE** placed beside a mount of celeriac puree, covered with black butter and finished with caper buds in the sauce with lime segments.

Seared red mullet fillets on a thin curried noodle cake with a **TRIO** of dressings offered at the table.

Skinned baked **SEA BREAM** served with roasted whole fennel, topped with grated cheese and a lime and cucumber relish to accompany the dish

MIDDLE EASTERN baked white fish 'catch of the day' served **TABOULEH**-style.*

Lemon risotto with grilled **MIDDLE-CUT** skate laid on the rice with a thyme and white wine sauce cordoned around the dish.

Marinated **SEA-BASS** grilled and topped with mild melted cheese and served with coriander-flavoured tartare sauce.

Red snapper baked with braised petit onion and a topping of diced blanched tomatoes mirroring over its firm flesh with drizzles of **FISH VELOUTE**.

Breaded fresh Scotch salmon stuffed **CORDON BLUE**, sautéed and served with hollandaise sauce containing sliced sautéed **CHANTERELLE**.*

Parsley and emmental crusted halibut baked in the oven and served on a broad bean and carrot base with a cream of **CARROT JUS**.



Turbot fillet pan-fried on a mount of sliced steamed **JERSEY ROYALS** with a light horseradish and morel cream sauce and sprinkled with chopped parsley.

Monk fish tails wrapped in fatty Italian pancetta, pan-fried with a lid, served with wedges of deep-fried potato wedges and topped with a **DOLLOP** of concassée.

Shank of cod cooked in the oven in a thick olive salt crust then presented and cracked at the table and served with a thin oven-baked **BOULANGERE** potato.

Browned sea bass in butter with candied pears and rhubarb with a trickle of parsley cream sauce and potato **RIBBONS** squeezed through a sieve.

Grilled fillet of halibut with a light spice and herbed crust surrounded by **SUGAR SNAP** peas and roasted oyster plant in fine herbs.

Wine marinated sea bass, floured then **PAN-FRIED** and topped with slices of crab butter and garnished with par-boiled then deep-fried fennel strips.

Steamed mussels out of their shells dropped into a light curry sauce, flavoured with coriander and served with **EGG FRIED PILAFF** cooked rice

Roasted cod steak served on a potato and sautéed onion Lyonnaise base and accompanied by a small portion of **CHILLI JAM**.

Singed whole scallops wrapped in

smoked streaky bacon with mushroom duxelles, baked en-croute in puff pastry and served with a **SHARP LIME** sauce.

Smoked **YELLOW HADDOCK** and sweet potato **CHOWDER** with a side plate of fresh deep fried **POMMES PAILLES**. *

A bed of blanched and fried tomatoes, home grown organic vegetables and a filet of **LINGUE** coated liberally with **CRACKED PEPPER** then floured and pan-fried in butter.*

Shallow fried swordfish burger cakes with homemade tomato ketchup and deep-fried **ANCHOVY FRITTERS** laid on shredded iceberg lettuce.

Sloppy mussel out of the shell risotto with **RAVIGOTE** butter, a **CHIFFONNADE** of chicory, toasted nuts and a sprinkling of chopped garlic.*

HAKE CASSEROLE cooked and served in an earthenware dish in a rich wine tomato sauce with mussels, clams and cockles.

Roasted red mullet filets with a **FENNEL COMPOTE**, masked with a coriander cream sauce and decorated with carrot ribbons.

Salmon poached Darne, decorated in an aspic glaze then displayed on mirrors and surrounded by **SEAFOOD TAILS** partly-shelled with fresh dill mayonnaise.

Pan-fried cod tails with shallot and **PEA CREAM** sauce garnished with a ragout of mussels out of the shell.

Grilled marinated tiger prawns on a skewer, served on a puff pastry **TRELLIS** with a coriander flavoured **SABAYON**.*

Roasted red mullet wrapped in pancetta. served with **CELERIAC PUREE** and a sauce of carrots, mushrooms and cream.

ORANGE DUSTED sea-bass fillet baked in the oven and served with **TARTARE SAUCE** garnished with breaded spiced mussels, deep-fried, and a side salad of celery, fresh herbs and nuts in a high-seasoned dressing.*

HALF SAUTÉED queen scallops with a horseradish risotto and topped with warm peppered smoked mackerel in a

light cream sauce.

Baked fillet of halibut with fried mashed potatoes and chives, served with a sauce boat of smoked **BACON CREAM** sauce.

Salmon and crab fish cakes cohered with a little sweet potato, shallow fried and served with sorrel butter sauce and a **LENTIL SALAD**.

Japanese-style cooked hake fillets **TEMPURA** with sugar snap peas and chopped **FRESH MINT**.*

Char-grilled calamari with basmati rice cooked in the oven with mixed diced peppers and served with a **BANANA CHILLI** sauce.

Fillet of pike-perch in olive bread crust, browned and served with fennel sautéed in butter and potato mids in the skin with a herb **BUTTER GLAZE**.

Slowly-roasted sea bass fillet placed on a fennel base, flamed with **PERNOD**, served with a garnish of lime segments and watercress bunches.

Salmon delice and prawn cooked en-croute in puff pastry and served with a creamy **CHABLIS SAUCE** and petit fried potato Rosti.

Beaters food bowl: flaked poached smoked **HADDOCK COHERED** with a rich cheese sauce served in a thick bowl.

Cockles and **SQUID** cooked in its own liquor with spring vegetable cut small, wine, a touch of vinegar and thick white soft bread.

JOHN DORY fillet oven roasted with an anchovy sauce and served with sliced sautéed globe artichokes with freshly chopped mixed herbs.

Rolled paupiette of Dover sole cooked **SUR CLOCHE** on a bed of **PUREE** of swede with a light horseradish cream sauce chopped truffles to garnish.*

Middle cut of **COD FILLET** sautéed with sun-blushed tomatoes, slices of chorizo and topped with garlic butter slices.

Smoked white vegetables surrounding warm white fish quenelles with a cream white wine and sprinkled with toasted **PUMPKIN SEEDS**.

Poached cod in saffron fume with curls of crushed potatoes, asparagus tips, broad beans and a **PARSLEY SAUCE** flavoured with horseradish.

Marinated turbot grilled with **BAY LEAVES** and served with a pot of Pernod-flavoured sauce Bernaise.

Mussels and **CLAMS BRAISED** in a saffron rice with softly-cooked vegetables and served with a cream sauce and flaked smoked haddock.

Poached cod in a pistachio and coriander sauce garnished with mounts of sautéed **PETIT ONIONS**.

Cleaned scallops baked in the oven in their shells with a topping of **LAVERBREAD**, mixed herbs and garlic breadcrumbs then glazed with **BUTTER STUFFING**.*

Charred thinly-sliced salmon supreme on a rich caper sauce with a fried selection of **EDIBLE SEAWEED**.

Jumbo scampi cooked meuniere and served on a celery **HEART PLINTH** with a slice of lobster a good cordon of Pernod-flavoured cream sauce and a accompanied by a dandelion salad.

Whole-grilled marinated **PLAICE** on a sweet corn pancake surrounded by sautéed forest mushrooms.

Fresh water fillets of Zander (from the perch family) deep-fried in bread crumbs and served with salsify sautéed and **CREAMED YAMS**.

Poached smoked haddock placed on a bed of buttered spinach with a thin layer of sliced beetroot and a **SCOOP OF** bacon with creamed mash potatoes to one side.

Seafood risotto Victoria (a rich lobster sauce with chopped truffles) of mixed seafood and garnish with a cream **SPINACH QUENELLE**.

Roasted red mullet with poached squid, lemon, capers, parsley in a butter sauce and served with a small **NEST OF SPAGHETTI**.

CUTTLE FISH cooked with its own ink and decorated with **PAN-FRIED SOLE** goujons and puff pastry **FLEURONS**. *

Lightly-grilled tuna fish steak served with crushed new potatoes, a poached egg, with slices of **CAPER BUTTER**

on the fish.

Whole trout stuffed with a **LIGHT MOUSSE** containing chopped capers and anchovies then baked in the oven and covered with a rich white wine and parsley cream sauce.

Rolled stuffed fillets of Dover sole **PAUPIETTES** poached with light **SHREDDED VEGETABLES** and finished with chives and single cream and a little veloute to thicken.*

Shellfish mixture poached gently in white wine and set in a **VERMOUTH JELLY** and served with a side dish of creamy risotto topped with shaved parmesan.

CAVEACHED sliced salmon supreme grilled gently, placed on a parsnip and **NETTLE PUREE** and surrounded by cream and butter dill sauce.*

Rolled Dover sole fillets in smoked salmon, poached in wine and cream then thickened with a **LIASON** and garnished with deep-fried **SQUID** in breadcrumbs.*

Mussels passed through flour, beaten eggs and white breadcrumbs then deep-fried and placed on a bed of **ROASTED ONIONS** and peppers flavoured with sage, lemon garnish.

Flaked poached white fish mixed with shredded potato and cooked as a Rosti and served with **SWEET CORN** a la cream and deep-fried fish clams.

Supreme of halibut poached and covered with a **ARTICHOKE CREAM** sauce and a side dish of crushed potatoes and garnished with a nicoise of black sliced olives, anchovy fillet, capers and chopped red onions.

HURE of scotch salmon (salmon brawn set in carrots, shallots, green peppercorns, white wine, fish stock, sherry, dill and leaf gelatine) and served with sour cream and **CUCUMBER SAUCE**.*

SALADE DE MATELOTE: fresh water fish such as trout, eel, pike and perch cooked in a court bouillon with lemon, bay leaf, onion, carrots and white wine and served the luke warm fish on a bed of lettuce, watercress and sliced mushrooms with a beurre blanc.

Sautéed squid in anchovy oil with roasted rounds of butternut squash flavoured with **CUMIN SEED** and

crushed coriander seed.

Grilled fish **TRIO PLATTER**

comprising a flat fish, a round fish and an oily fish all grilled lightly and served with shaped new potatoes and a sauce boat of Béarnaise mixed with tomato puree (sauce choron).

Roasted red mullet fillets with a side dish of diced **CREAMED FENNEL** with a red wine sauce to accompany the fish.

Poached Pollock supreme set on sautéed spinach and surrounded by a bouquet of **CREAMED MUSSELS** and fish clams.

Dover sole fillet rolled in whiting forcemeat, poached in fish stock, white wine, tarragon and lime and served with quail's eggs in a font artichoke and a cream sauce made from the **POACHING LIQUEUR**.

Steamed tranche of scotch salmon placed on a bed of tarragon and tomato cream sauce, topped with a lobster **CLAW GARNISH** and brushed with butter.

Paupiettes of lemon sole fillet rolled with crab mousse, poached then the fish parcelled in **BLANCHED SPINACH** leaves and served with a ginger-flavoured cream sauce.

Sea bass cooked by **BROILING** on a hot gridiron then set on a bed of roughly-cut sautéed vegetables topped with **SHRIMP BUTTER**.*

Escalope of fresh salmon cut on the slant, sautéed, served with a Noilly Prat and **DILL WEED**-flavoured



cream sauce and garnished with a mount of ceps.

Seared thin-cut collops of young brill fillet set on steamed spinach, garnished with quenelles of **POLENTA GLAZED** au gratin with a slice of anchovy butter placed on the fish just before serving.

Grey sole fillets wrapped around a smoked haddock farce then poached in white wine, the fish removed, the **LIQUOR REDUCED** and then thickened with an egg yolk and cream **LIAISON**.*

Stuffed roulades of Dover sole cooked **SUR CLOCHE** and finished with a **BEURRE BLANC** with chopped shallots, white wine and chopped spinach.*

THINLY-SLICED APPLES cooked in butter and placed on poached salmon supreme then covered with nut brown butter with a squeeze of lemon juice.

Tail fillets of monkfish wrapped in finest Parma ham, roasted in the oven with butter and orange scented thyme and finished with **SPICED CONFETTI** over the fish.

Steamed Scottish salmon delicie in Chinese lettuce leaves, served with a lemon sauce and sprinkled with freshly chopped **FLAT PARSLEY**.

Poached cod fillet in milk set on a white leek strips, surrounded by sliced steamed potatoes, **DEEP-FRIED SAGE**, a poached egg and a bouquet of anchovy tapenade.

Grilled scotch salmon fillet served with a Hollandaise sauce containing hazelnuts and surrounded by **BARREL-SHAPED** steamed potatoes brushed with butter

Scallop inserted in a cod fillet supreme, baked in the oven with shallots and white wine and served with a sauce Mousseline with bouquets of watercress and **LIME TWISTS**.

Warm poached quenelle mousse of **TAY SEA TROUT** covered with chive sabayon sauce and surrounded by deep-fried ginger stems.

Escalope of salmon lightly grilled, placed on a plate, topped with a petit julienne of crisp deep-fried vegetables with warm **RUSTIC VINAIGRETTE**

dribbled over the fish.

Oven-roasted hake served with a **CLAM FISH SAUCE**, flavoured with garlic, roughly chopped parsley and dried basil leaves.

Sea bass fillet topped with mushroom duxelle wrapped in a **CAUL WEB** then poached and served with a thin sauce made from the cooking liquor.*

Boneless whole river trout **WRAPPED** in thinly-cut black forest ham brushed with butter then baked in the oven and served with slices of 'CAFÉ DE PARIS' butter.*

MIDDLE CUT skate wings poached with sweet roasted peppers, pitted olives then topped with hazelnut butter slices, twists of lemon and lime segments.

Moorish spiced and just-cooked lightly swordfish grilled then served with sautéed egg plant topped with **RAISINS** soaked in wine and a mount of pistachio nuts.

Crispy grilled salmon supreme on a base of fine fried shredded cabbage with ginger, red chilli, shallots, honey, vinegar and **GOLDEN OUTBACK** sultanas.

Whole scallops wrapped in thin slices of sweet cured bacon then grilled gently, dressed on a plate with buttered **SALSIFIS** and served with a peppercorn sabayon.

Boned rolled and steamed wing of skate set on **DEEP-FRIED NORI** seaweed with a butter lemon sauce, diced lemon and sprinkled candied zest.

Rolled fillet of Dover sole stuffed with a large piece of Scottish salmon wrapped in **SAVOY CABBAGE** leaves then steamed and served with a cream flaked crab sauce.

Baked pine nut encrusted turbot fillet set on a **WHEAT GERM** base, surrounded by a cracked pepper corn sauce then sprinkled with black olive quarters

A **NEST OF CARROTS** on saffron cream sauce with a salmon delicé crusted in herb mounted on top and garnished with sprigs of fresh thyme.

Marinated fillet of grilled red mullet lightly grilled and served with a galette



of finely grated celeriac, **BOUND WITH EGG** then shallow-fried.

A heaped border of vegetable julienne filled with lobster and scallops, cut **TRANCHE**-style with the **FISH FUMET** thicken with crème fraîche.*

Fillet of salmon poached in wine and used to make a **VANILLA** and carrot sauce then garnished with a large tortellini containing creamed spinach.

A base of beans soaked in chicken stock with shallots, garlic, bay leaf, when soft, pureed with cream then topped with **POACHED** fresh fish.

Peppered salmon **DARNE** grilled gently then coated with cream fraîche and a **TRELLIS LAYER** of sliced blanched cucumber and sprinkled with toasted chopped dill.*

Rings of squid dipped in flour, egg and breadcrumbs then deep-fried and served with baked rice a rich tomato sauce and **DEEP FRIED PARSLEY**.

Fresh salmon seasoned with mixed spice, rubbed with lime then wrapped in puff pastry with **WINE SOAKED** sultanas, baked and served with light mushroom sauce.

Escalope of swordfish pan-fried gently and placed on a bed of sautéed fine French beans with a **VANILLA** flavoured vinaigrette.

Marinated yellow fin grilled then placed on a bed of pureed roasted **AUBERGINE** bound with yoghurt and served with a dressed salad on a side plate with lime juice.

Sliced fresh salmon cut at a slight angle then pan-fried and served with a light beurre blanc with a **VARIETY OF** sweet and red potatoes cut in wedges and deep-fried.

Fillet of mahi-mahi rubbed with lime, chopped chilli and nutmeg then grilled slowly and served with split fried **PLANTAIN** and a side plate of flowered spring onions salad.

A dough made of wholemeal and plain flour, yogurt, oil with water, wrapped around partly-sautéed **BRILL FILLET**, baked and served with chilled lavender-coloured onions

Cod fish shank roasted then placed on a ratatouille bed of vegetables with a creamy saffron, chopped parsley and light **BASIL SAUCE**.

Turbot supreme grilled and placed on a smoked cream of Jerusalem artichoke base with buttered broad beans and with **LEEK STRIPS** surrounding the dish.

Steamed sea bass fillet placed on saffron mashed potato with roasted button onions and a cream sauce containing strips of **HEIRLOOM** dried tomatoes.

Red mullet poached in orange juice, coriander seeds, white wine and fish stock and allowed to cool. Reduce the **COOKING LIQUOR** to make a vinaigrette with honey and serve the fish flaked with citrus segments bound with dressing.

Steamed fillets of sea bass on a bed of cut sautéed spring onions surrounded by a flaked crab sauce and garnished with **SPRIGS OF PARSLEY** on the sauce.

Sautéed fillets of John Dory laid on a puree of **SWEET AND SOUR ONIONS**, surrounded by sliced shallow-fried butter squash with drizzles of lemon butter sauce.

A round border of fried rice filled with soft-cooked **COCKLES** and peeled prawns in a rich coconut sauce and garnished with garlic-flavoured heart-shaped croutons.

Lemon sole fillets rolled and steamed and placed on plain-boiled rice and accompanied by a **KUMQUAT SAUCE** and garnished with kumquat halves.

Fillets of perch, lightly-grilled and served with pureed vegetables, wrapped in a thin wholemeal pancake and a slice of fennel and with **PARSLEY BUTTER** placed on the

peach just before serving.

Fried shank of North Sea cod in butter and served with **MUSHY PEAS** pudding and surrounded by a border of caramelised cherry tomatoes.

Rolled lemon sole poached in white wine then placed on a grilled beef tomato half, topped with a white wine sauce made from the cooking liquor and **GROOVED SAUTÉED MUSHROOMS.***

Filleted trout coated in flour, egg and oatmeal, lightly fried then finished in the oven, topped with slices of parsley butter and garnished with **ONION FRITTERS**.

Wings of skate braised in **CIDER** with tomatoes and a little cream, then served with some of the cooking liquor, garnished with chopped chives and capers with chunky white bread to dip in the liquor

Grilled fillets of hake finished with a layer of **WELSH RAREBIT** then glazed golden brown, served with warm sliced beef tomatoes and red onion slices topped with a dressing.

Pesto-flavoured risotto baked in the oven with chopped peppers, served with pan-fried turbot tail with **CRISPY ZUCCHINI** and salsify rolled in black butter.

Marinated skewer of mahi-mahi, monkfish, turbot and mackerel with cubes of onions and peppers then grilled and served with **POTS OF**, Pernod and cream, lime and coconut, mango chutney.

Cut of halibut through the bone, grilled and set on a **PUREED SQUASH** cooked with saffron and a portion of chive and cream tarragon risotto.

Oven-roasted salmon cooked with freshly-chopped herbs and cracked pepper to form a crust and garnished with **SPINACH TORTELLINI** a la cream.

Warm salad of thinly-sliced courgette wrapped around scallops and sautéed in butter and served with citrus vinaigrette and **CARAMELISED** orange zest.

Shallow-fried sea bass dipped in orange dust with a garnish of chopped fennel, tomato confit and **BLACK OLIVES** in a slightly thickened fish stock.

Pan-fried skate wing on a bed of olive oil mash incorporating smoked bacon lardoons with a topping of **BLACK BUTTER** containing capers and finely-chopped gherkins.

Seared swordfish laid on a traditionally-tossed Caesar salad of cos lettuce, chopped anchovies, parmesan shavings, garlic, **HARD BOILED EGGS** and dressing.

Fresh turbot fillet taken from the tail, cooked in the oven in a **CLAM** with un-clarified broth containing orange, fennel, onions and freshly-chopped basil.

Crushed potatoes fried as a **SHALLOW ROUND CAKE**, bordered with flaked grilled salmon and served with crème fraiche flavoured with horseradish.

POCHOUSE: a burgundy fish stew of eel, carp, perch and pike with garlic, mushrooms and streaky bacon thickened with **BEURRE MANIE** and cream to finish.*

Scottish Arbroath bloaters slowly grilled over a low heat, served with **GOOSEBERRY COMPOTE** aside, slices of Maitre d' hotel butter and toasted buttered currant buns.

A three-flavoured coated petit whiting fish cakes of poppy seeds, sesame seeds and chopped almonds then shallow-fried and served with a chilli onion and **CORIANDER SALSA**.

Monk fish fillet and clams cooked in a broth of herbs such as sorrel, chervil, lettuce and spinach and served with rusk, fried **BREAD SMEARED** with honey.

Sea bass fillet brushed with melted butter containing mixed herbs and chopped capers then grilled with overhead heat, served with **LAVER BREAD** sauce incorporating white wine, lime and shallots and mashed **SAMPHIRE**.*

Grilled red mullet on the bone with an open bowl of melted Swiss **FONDUE** containing diced sautéed fennel and pot roasted **TURNED** herbed potatoes.*

Tuna fish steak smothered with crushed peppercorn and fried in flour and butter with a mount of almond and fruit pilaf and **GRATED WASABI** vinaigrette.

Grilled herring fillets served under a blanket of sliced browned potatoes with a bowl of a tossed grated beetroot, diced onions and with **CHOPPED EGG** in a dressing.

Marinated swordfish slowly grilled with cracked pepper, placed on a layer of warm **GREEN PAW PAW** with cashew nuts sautéed in butter and herbs.

A tied Scotch salmon Tournedoe roasted in the oven in the string with bone and skin removed and placed on a vegetable **COUSCOUS** with a light mustard and parsley sauce.

A finely-grated potato and Spanish onion rosti topped with thin Salmon delices cooked meuniere placed on the roesti and served with a **BEETROOT CREAM** sauce.

Baked red snapper removed from the bone and laid on a lemon-flavoured flat paste **LINGUINE** shaped like a tongue then covered with a black olive cream sauce.

TARTARE of tuna fish containing fennel, chervil, tarragon and shallots made into a flat cake surrounded by sliced beetroot with a light vinaigrette and **CURLY ENDIVE** to garnish.*

Grilled scallops sliced in half lengthways, placed in the scallop shell with capers, lemon segments nut brown butter and parsley and served with fingers of granary **BREAD TO DIP**.

Marinated monk fish in white wine and basil then poached with a dill cream sauce made from the cooking liquor and served with diced sun-dried **TOMATO MASH**.

Fried fillets of **BREAM** coated in flour, then butter and finished with an asparagus crust with a light chive and lemon dressing containing lime segments.

Pan-fried sea bass on a flat crisp onion bhaji with sweet tomato chillies mixed with white wine and garlic and served with mustard **SEED JAM**.

Salmon supreme baked in grease-proof paper then foil wrapped with root ginger, a splash of white wine, salt, pepper, mace, slices of lemon and orange, served to customer by opening **AT THE TABLE**.

Scallops inserted into a salmon fillet then part-sautéed, baked with tarragon in crisp pastry until golden brown and served with a **LIGHT BUTTER** sauce.

Middle-cut tuna fish **TOURNEDOS** tied to keep the shape with a sesame seed edge, grilled rare and served with pickled root vegetables topped with a slice of chervil butter.

Grilled headless fillets of mackerel laid on a red onion and pepper **COMPOTE**, accompanied by horseradish sauce and deep-fried courgettes in beer batter.

Poached Darne of middle-cut pike in semi sweet white wine with **VIOLET COLOURED SHALLOTS**, served with a poached oyster a anchovy sauce and garnished with deep-fried crab croquette.*

Poached pike Quenelles placed on a sesame seed buttered spinach, covered with lobster sauce and surrounded by puff pastry **FLEURONS**.*

Strips of sea bass poached and cooled in their own marinade with sliced field mushrooms and fresh mussels and served with a warm **COGNAC CREAM** sauce with a bowl of tossed rocket salad.

Pan-fried fillets of John Dory served on a **PEA MASH**, surrounded by a Dijon mustard sauce then sprinkled with buttered peeled prawns just on serving.

Poached skinned pike fillets placed on a **SORREL PUREE** then coated with a parsley sauce and surrounded by mounds of capers fried in hazelnut butter.



Deep-fried mussels in batter, served with a mound of potatoes in their skins deep-fried in **DUCK FAT** with triangles of well-buttered bread with the crusts removed.

Warmed yellow smoked haddock set on a bed of buttered spinach, surrounded by **THINLY-SLICED** beetroot and a scoop of bacon and creamed potato mash.

Orange dusted sea bass fillets grilled in clarified butter and served with a tartare of **SPICED MUSSELS** and celery on an herbed garden salad.

Tail-end of cod, pan-fried then placed on a shallot and **PEA CREAM** sauce with a ragout of poached mussels.

Out-of-the-shell tiger prawns brushed with butter then grilled slowly and placed on a puff **PASTRY TRELIS** with a coriander-flavoured sabayon and fried parsley.

Roasted red mullet fillets wrapped in **PANCETTA** with **CELERIAC PUREE**, served with a mushroom sauce containing shredded carrots.*

A whole plaice marinated overnight then grilled and placed on a **THICK SWEET** corn pan cake surrounded by sautéed forest mushrooms.

A tail fillet of Scottish salmon charred-cooked with cracked peppercorns and placed on a caper sauce and encircled by a selection of **FRIED SEAWEED**.

Sea bass fillets deep-fried in an egg and **GUINNESS BATTER** and served with a column of **POMMES PONT-NEUF** potatoes cut ruler-size.*

Tuna fish steaks lightly-grilled with a scattering of **RUBBED SAGE** and cracked peppercorns, served with crushed potatoes and topped with a poached egg.

Plain boiled North Sea lobster removed from the shell, cut in slices, served with soured vine tomatoes and accompanied by a pot of **SHELL FISH CREAM**.

Sea trout **WRAPPED** in spinach leaves with sun-dried tomatoes and pesto dressing then baked in the oven and served with a light fish sauce.

BRANDADE of tuna fish cooked in milk by poaching, broken into chunks and mixed with white cooked

HARICOT BEANS and rich heavy seasoning, including chopped garlic.*

Chunks of mixed white fish marinated overnight in a spicy Thai mixture, then cooked on a skewer with colourful vegetable and served with **COCONUT-FLAVOURED** rice.

Pan fried king fish fillets in bread crumbs containing chopped almonds, topped with warm **SPICED FLAKED** local crab and served with a tarragon cream and lemon juice.

Battered-out Dover sole fillets steamed around a **5-IN BUTTERED MOULD** then refrigerated to set, removed from mould, the middle filled with sautéed white asparagus and salsify and served accompanied by parsley sauce.

Scallop inserted in a **SALMON DELICE**, singed then baked in the oven in crisp pastry until golden brown, then served with a light butter sauce.

Tiger prawns marinated in lemon grass, fresh root ginger, garlic, coriander stalks soy sauce and oil, then char-grilled, served with **MARINADE**, made into a sauce, served with rice and sprinkled with toasted coconut.

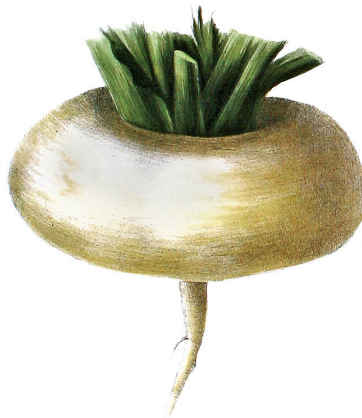
Baked halibut, first sautéed then finished in a rice paper pillow with finely-cut vegetables and herbs, served with a spinach cream sauce, the fish removed from **PAPER PILLOW** in front of the customer.

Steamed brill fillet served with a stew of mussels, flaked white crab and **EDIBLE GREEN** nettles and accompanied by a saffron cream.

A chilled poached stuffed salmon **BALLOTINE** served with a sauce **GRIBICHE** of mayonnaise mixed with grated egg yolks and the salmon garnished with gherkins, capers, chervil, tarragon and **JULIENNE** of hardboiled egg whites.*

Fresh salmon goujons coated with cracked crumbs then shallow-fried and served with a salad of **GRATED RADISH**, chiffonade of Chinese lettuce and blanched runner beans in light mayonnaise with lemon wedges.

Poached **DARNE** of North Sea cod in coriander and pistachio sauce with a garnish of caramelised **PETIT ONIONS** arranged in mounts.*



Sesame seed and **LIME CHEESE CURD** topped with an aspic glaze and poached salmon delice with a mixed leaf salad and drizzles of coriander dressing.

Fish **BOBOTIE** of flaked white fish with grated vegetables, **MILK-SOAKED** bread, curry powder, coriander and sweated chopped onions then covered with a rich egg custard flavoured with lemon zest and then baked.*

Fillets of Dover sole (frit) passed through flour, egg and breadcrumbs, then **DEEP-FRIED** and served with a fresh sauce tartare and fried parsley.

Herbed swordfish steak pan-fried in clarified butter and served with sweet mash potatoes a la cream with a sauce boat of mayonnaise with chopped garlic and **SHALLOTS**.

A halibut **DARNE** pan-fried until golden brown with salted butter and topped with ribbons of leek and **SHIITAKE MUSHROOMS**.*

Filets of plaice cooked **MURAT STYLE** by meuniere with a garnish of diced artichoke bottoms and potatoes tossed in butter and sprinkled heavily with chopped parsley.

Just-cooked **GRILLED SALMON** delice with a Japanese **TERIYAKI** glaze then placed on a warm potato and honey salad.*

Monkfish tail passed through flour containing saffron, sautéed then served on a smoked bacon risotto with **RED WINE** fish sauce.

Part-cooked monk fish finished in the oven with a smoked salmon wrap and placed on a salsify and **PITTED MIXED** olive salad.

Fillets of fresh water perch baked and layered with fine French beans and mange tout and moistened with a **CRUSHED TOMATO** concasse sauce.

Local **EEL FILLETS** with sliced field mushrooms and blanched ginger, all cooked together en crouste in a brioche pastry and served with a lemon sauce.

SALTIMBOCCA of monk fish fillets encased in fresh sage and Parma ham then sautéed, finished in the oven and served with **CREAMED SEMOLINA** and lime juice.*

Turbot supreme poached in wine with chopped shallots and served with strips of blanched tomatoes and sliced black **TRUFFLES LIVOURNAISE**.*

Steamed fillet of salmon inserted with a **MUSHROOM MOUSSE** and served with the herb **BORAGE** incorporated in a lemon beurre blanc.*

A nest of buttered egg noodles mounted in the middle with a baked cod tail then surrounded by a **SUN-DRIED** tomato and lemon butter sauce.

Roasted **TRONCON** of halibut covered and cooked slowly in the oven and served on a braised sliced fennel heart with a scoop of **TRUFFLE-FLAVOURED** mash and a little nut brown butter.*

A cut of monk fish a la **OSSO BUCO**, cooked Provençal in the oven, sprinkled with orange and lemon zest and served with a gateau of **ZUCCHINI**.*

SALMON DELICE sautéed then finished **EN PAPILOTTE** with ginger, a little sake, soy sauce, lime, pak choi and served with mash potatoes flavoured with Dijon and Worcester sauce.*

Poached turbot supreme glazed au gratin with a rich cheese sauce and topped with a **SCALLION** of lobster meat brushed with butter and a slice of black truffle **A LA WALEWSKA**.*

Monkfish and salmon pieces wrapped in courgette ribbons, cooked on wooden sticks in the oven then served on a **MILD CHILLI** sauce Provençal.

Perch fillets marinated in lemons and onions then breaded, shallow-fried and served with **BOLETUS** stewed with

TINY ONIONS a la crème.*

Turbot supreme wrapped in wild garlic leaves and steamed and served with a mussel sauce containing **PURPLE** broccoli florets and chiffonade of garlic leaves.

Fresh water fish Zander fillets cooked pan-fried and served with warm marinated mushrooms and **SEMOLINA GNOCCHI** sprinkled with **GREMOLATA**.*

Wild sea trout baked in the oven with chopped chervil and chives, garnished with asparagus tips char grill and **SQUEEZED** with lime juice then brushed with butter.

Poached pike **QUENELLES** placed on a sesame seed buttered spinach base and covered with a lobster sauce surrounded by **GLAZED CRESCENT** shaped fleurons.*

Almost cooked seared yellow fin tuna placed on a rocket and **RED CHARD SALAD** tossed **AIOLI** and served with an individual sweet onion tartlet.*

Middle cut of haddock pan-fried in butter with hand-rubbed dry herbs and served with a shallow potato and **SHRIMP CAKE**.

Blackened tomato slices laid on a pan fried sword fish steak sprinkled heavily with the South American **SEEDS QUINOA**.*

Grilled cod fillet served on a bed of **LENTILLES VERTES DU PUY** cooked in a **THICK STOCK** with onions, cloves and bay leaf and sprinkled with flat parsley.*

Swordfish grilled then flaked, warm and cohered with coconut milk, chopped coriander leaves, fresh chilli slivers, sun flower oil and toasted chopped nuts and garnished with **PAPAYA**.

Zander fish fillets roasted in the oven then placed on a bed of pureed celery a la crème and garnished with strips of anchovies **CRISS-CROSSED** over the fish.

Yellow fin fillets fried in chopped caper butter and served with poached loose-leaved pak choy and a side dish of spinach polenta **GNOCCHI** glazed au gratin.

A plate of mushroom risotto finished

au gratin then topped with slices of marinated **SEARED MONK** fish brushed with lemon grass and sprinkled with chopped chives.

Eel fillets simply grilled, served with a rocket, bobby bean, garlic and fizzy endive salad, the eel fillets topped with slices of **TOMATO PUREE** butter.

Poached turbot supreme in white wine served with sliced violet flavoured new potatoes, cepes a la crème and buttered **WILTED SPINACH LEAVES**.

Middle-cut pike steak cut through the bone, poached in fish stock, garnished with a poached oyster, **PETIT CRAB** croquette and served with anchovy sauce.

Poached pike fillets placed on a sorrel puree, covered lightly with a parsley sauce and surrounded by **FRIED CAPERS** sautéed in hazelnut butter.

Pan-fried John Dory in butter then positioned on a **PEA MASH** encircled by a Dijon mustard sauce with a sprinkling of peeled prawns.

Smoked red mullet fillets mounted on char-grilled vegetables, topped with slices of hazelnut butter and sprinkled with strips of **SAUTÉED GHERKINS**.

Fillet of halibut pan-fried meuniere, served with **PEELED SHRIMPS** and capers in a nut brown butter **CLEOPATRE** style and garnished with wedges of lemon.*

Poached local sea bass on a parsnip cream puree surrounded by **SLICED CEPES** and served with slices of truffle butter placed on the fish at the table.

Poached salmon chunks wrapped in blanched spinach then placed on a mousseline sauce and garnished with mounts of sautéed ladies' **FINGERS**.

Baked fillet of red mullet set beside a creamed tarragon mash and garnished with **BLACK TRUMPED** mushrooms with a slice of toasted almond butter.

Grilled salmon fillet set on a shallow-fried **SWEET POTATO CAKE** with plantain banana cooked meuniere with sprigs of redcurrant to garnish.

Fillet of sea bass cooked meuniere, topped with a **CREAMY SAGE** butter slices and served with potatoes cooked

Boulangere-style with saffron.

Roasted end of cod in butter laid on a bed of **NICELY-ARRANGED** sautéed potatoes with a herb white sauce and garnished with grilled smoky tomatoes to the side.

Sea bass supreme, pan-fried with chopped shallots and served with a **CIDER BEURRE BLANC** containing cracked peppercorns and finished with a spoonful of crème fraîche.

Pan-fried salmon delice with hand-cut chips with their skins on, rolled in a **COARSE SALT** mixed with paprika and served with a side dish of pureed peas.

Grilled **GIZZARD SHAD** fillets served with a beurre blanc of white butter, sautéed shallots, white wine, peppercorns, cream, **SHERRY AND LEMON** juice and boiled potatoes.*

Flaked poached salmon dropped in a cream of peppercorn sauce, surrounded by a **PIPED BORDER** of glazed Duchess potatoes, all served in a round earthenware dish.

Slightly sautéed salmon supreme wrapped in pancakes with mushroom, cooked sieved eggs, herbs and **VESIGA**, then covered in brioche pastry with **CLARIFIED BUTTER** and baked in the oven.* (Coulubiach de Saumon a la Russe)

Rolled and stuffed **DODINES** of Dover sole fillets poached in white wine with a fine **CRAB AND PATE** filling and served with a cream sauce made from reducing the cooking liquor.*

Supreme of tail end turbot cooked meuniere and garnished with mini cepes and **SMALL POTATO** cakes with onions in the style of **A LA BIARROTTE**.*

A stew of red mullet fillet cooked **TAGINE** style in its own juice with fennel, **ONIONS AND PULSES** in a covered earthenware pot with a conical lid.*

Pan fried John Dory fillets topped with Australian **MACADAMIA** nuts and garnished with lime **PAK CHOY**, sautéed au beurre and ginger-flavoured poached leek heads.*

Poached monk fish served with **JASMINE** baked pilaff rice with mounts of chopped warm olives,

capers and cocktail gherkins in a little nut brown butter.

Oven-cooked brill fillets finished with a crab crust surrounded by buttered asparagus bunches and **FANNED CHEESE** glazed potatoes cooked in milk.

Grilled-marinated swordfish steak with a side garnish of calamari, roasted garlic, chopped mint and coriander with a **WARM PORT** dressing.

A petit mould of bubble and squeak containing garlic, fried bacon, potatoes, **ONIONS AND CABBAGE** and served with sea bass fillet and cooked meuniere with nut brown butter.

Roasted cod fillet on a fresh **PEA PUREE** base with spicy tomato sauce and a sprinkling of fine strips fried spring onions in butter to garnish.

A bed of pureed garlic-flavoured creamed **CHICK PEA** with slices of chorizo and decorated with mounts of mussels and steamed fish clams out of their shells with drizzles of cream.

A light ragout of mussels and clams out of their shells in a cream sauce with prawns and placed in a warm **HAZELNUT BRIOCHE** bun at the table.

Fillet of brill well seared on the grill then placed on **SLICED BRAISED** fennel, topped with hard cheese shavings and meat glaze drizzles.

Oysters out the shell placed in a hot sauce of reduced **GUINNESS** with double cream and a teaspoon of horseradish sauce and served with a topping of pumpkins seed and soft bread chunks.

Grilled salmon delice served cold with deep-fried **FENNEL CRISPS** with a sauce **ANDALOUSE** containing red and green peppers, heavily-flavoured



with tomato puree and sherry.*

Whole plaice steamed, the bones removed and then surrounded with buttered **COCKLES AND WHELKS** with whirls of creamed potatoes glazed golden brown.

Canon-shaped monk fish steamed in cider and cream with a sauce made from the cooking liquor and laid on a bed of **PAK CHOI SAUTÉED** in salted butter.

Stir-fried monk fish marinated in herbs and wine overnight with sweet peas, mange tout and red onion and served with a drizzle of **SWEET CHILLI** sauce on top.

A dome of **SAGE-FLAVOURED** semolina gnocchi surrounded by poached and flaked smoked haddock in a cream sauce topped with roughly-chopped flat parsley.

Slices of turbot supreme fried in bread crumbs with **LAVENDER SEEDS** and served on a soft pizza dough with a little sauce provencale heavily-flavoured with garlic.

Pan-fried fillet of sea bass in butter served with a stuffed aubergine medallion then set on a **PARSLEY COULIS** with diced **NICOISE** of young vegetables.*

A seafood **INDULGENCE** of raw mussels, clams, prawns and scallops cooked together with cherry tomatoes, vermouth, parsley, fish stock, onions, crumbled dried chilli and thyme sprigs and finished with saffron threads.

Blanched then pan-fried squid served with a side dish of warm blanched tomatoes in balsamic and garlic dressing and deep-fried fennel crisps sprinkled with **SEA SALT**.

Marinated and fast-grilled sea bass placed on a chopped truffle mash with points of asparagus and a caper dressing flavoured with **SHERRY** and lemon juice.

Marinated then char grilled salmon delice on a horseradish mash surrounded by **BROAD BEANS** a la crème with poached cucumber in barrel shapes.

Quickly-fried red mullet fillets with soft croutons, lightly-fried and topped with a **ROUILLE** of garlic, yolks, red chillies, saffron, olive oil, lemon juice

and a spoonful of cooked **POLENTA**.*

A large cannelloni of flaked poached salmon cohered with young minced creamed spinach with a little **CONCASSE** then finished au gratin.

Blackened fresh fish finger strips of salmon made by placing them in a smoking hot non-stick pan, cooked until soft, placed on a bed of sautéed bacon and fennel and accompanied by a **TARRAGON SABAYON**.

Singe brill fillets braise in the oven wrapped in blanched spinach leaves with white wine and served with a **SEA URCHIN** and mussel sauce made from the cooking liquor .

Pan-fried chunky fillets of John Dory, cooked and coloured golden brown and placed on a **CREAMY NETTLE** sauce with sprinkle of flaked toasted almonds.

Pink river trout poached in fish stock and wine with a sauce made from the cooking liquor and a sorrel and cream of crab sauce together with a **SPRINKLING** of chives to garnish.

TRIPLE FISH FILLETS in different coatings: pan-fried cod in white bread crumbs, pan-fried sea bass in egg and oat meal and deep-fried monk fish in beer batter, arranged on a plate with accompanying sauces.

'**WEE SMA' HOURS**' fest of poached smoked haddock, flaked into a cream sauce, served with baked curried and **SAFFRON RICE** and garnished with wedges of boiled egg. *

Coastal flat **FLOUNDERS** cooked by pan frying and served with a side **HOTCHE POT** of winter vegetables cooked with a meat flavour.*

Pan-fried sea bass fillets with a flour and rubbed herb coating, laid on a crab cream sauce and garnished with a prawn and spring onion suet **DUMPLINGS**.

Baked salmon delice wrapped in puff pastry with a fennel and leek mix, served with a **MUSTARD MASH** and a broad bean and feve cream sauce.

Fillets of sea bass wrapped in greaseproof paper with sautéed shallots and a vanilla dressing then steamed and served with a side salad of **MACHE** topped with slightly-fried smoked bacon.



Minced pike Quenelles mixed with egg white and double cream, shaped, poached, wrapped in spinach leaves and coated with a **LIGHT ANCHOVY** cream sauce.

Home-cured salted cod cooked slowly and gently in butter and served with asparagus spears, a soft boiled egg coated with a chive and **WINE SABAYON**.

Sea bass poached in stock with **NOILLY PRAT** and white balsamic vinegar with a cream sauce made from the cooking liquor and served on an onion puree and chopped parsley base.

Cod fillet strips wrapped in prosciutto ham then sautéed in butter, finished in the oven and served on a thick white onion sauce with battered **ONION RINGS**.

Poached skate wings with pesto-flavoured mash potatoes, salted roasted **PETIT BEETROOT** and covered with caper and lime segments in nut brown butter.

Thin slices of monk fish marinated overnight in lemon grass and coriander essence then **QUICKLY SEARED** and served with roasted salsifi in herbs.

Steamed fillet of sea bass served on a mount of sliced spring onions and mushrooms, slightly stir-fried and surrounded by **PURPLE SPROUTING** bean shoots.

Marinated wild sea bass fillets slowly grilled served with **CARAMELISED LEMON** segments and cepes a la cream, placed in a blanched tomato half.

Monk fish pieces fried in flour and butter then finished with **CHOPPED WALNUTS**, served with rocket and herb salad tossed in a goat's cheese dressing.

MONK FISH strips cooked meuniere, served with a rich red wine sauce containing, button mushrooms, petit onions, shallots and bacon lardoons and a little cream **BOURGUIGNONNE**.*

Rolled and poached paupiette of sea trout in **ELDERBERRY WINE** and served with a leek and honey sauce made from the cooking liquor and garnished with deep-fried julienne of leek.

Beachcomber's pot: casserole of mussels, whelks, cockles, **LIMPETS** and winkles in a thin veloute with diced tomatoes, button onions and potatoes.

Halibut fillet sautéed in hot oil then finished in the oven with a parsley breadcrumb crust and served with a **MOREL CREAM** sauce with some boiled shaped potatoes to the side.

Fillet of sea bass covered with mushroom duxelle then baked en croute, served with creamed spinach containing flaked crab with a **NUTMEG** flavour.

Delice of smoked poached haddock in milk with a sauce made from the liquor and topped with a poached egg, covered in hollandaise and whipped cream then glazed brown with a **BLOW TORCH**.

Grated potatoes shallow-fried in oil and butter then topped with flaked poached smoked haddock cohered with a rich cream sauce and served with a poached egg and **MINTED PEAS**.

Marinated salmon delice in sea salt and cracked pepper, thoroughly washed then coated with fresh-chopped herbs, baked in the oven and served with a dollop of **CRÈME FRAICHE** topped with **AVRUGA**.*

Monk fish strips baked in the oven in olive oil, lemon and white wine, served with a Pernod sauce flavoured with mint and garnished with a baked **YELLOW PEPPER** filled with buttered spinach.

North Sea-caught cod, floured then

cooked meuniere, served with **CANDIED ENDIVE** and accompanied by a shrimp and crab bisque with fingers of soft white bread to dip.

Grilled sea bass garnished with criss-crossed anchovy fillets, an artichoke bottom filled with **FLAKED EEL** and a red wine sauce made from a salmon head.

Grilled salmon supreme marinated in cardamom seeds, blended ginger and garlic, turmeric powder, **GARAM MASALA** ground spices, lemon juice and salt to taste.

Pickled and pressed salmon in sea salt, fresh dill, granulated sugar, cracked pepper, cloves, mustard seeds, sliced-thinly when needed and garnished with **CUCUMBER-SOAKED** in lemon.

Wings of skate passed through flour and cooked meuniere, served with chopped capers and lime in nut brown butter with **SAGE-ROASTED** chunks of red potatoes.

Crispy grilled fillet of red mullet served with a warm gazpacho jus made from sweet cherry tomatoes with **MUSCAT WHITE GRAPES** and garnished with watercress bunches.

Maris piper potatoes, smoked haddock, smoked trout and wild salmon fishcakes with egg, nut and breadcrumb coating, shallow-fried and served with a **SOFT RUBBED** herbed cream sauce.

Steamed John Dory fillets served on a red onion and tomato compote, flavoured with **CLARET** and a sauce of leek, ginger and cream surrounding the fish.

Flattened monk fish fillet rolled with a **SPINACH MOUSSE**, poached then placed on a thinly-sliced and sautéed base and surrounded by a soft herbed fish veloute.

Poached medley of brill, monkfish, salmon and sea bass in white wine surrounding a **MUSSEL RAVIOLI**, all sitting in a saffron cream sauce.

Roulade of trout fillet wrapped and poached in sorrel leaves, made with a sauce of melted butter, the cooking liquor, cream and **CHOPPED SORREL** thickened with a **BEURRE MANIE**.*

Pan-sautéed sea scallops placed on **LIME-FLAVOURED** fried couscous with a sauce reduction of orange and vanilla and sprinkled with rough chopped parsley.

A layered disc of potato and onion, both sautéed with a pan-fried cod tail stuffed with mushroom duxelle and surrounded by a **TOMATO PIQUANT** sauce, lemon crown to garnish.

Individual fish mousseline of **PINK TROUT** and poached eel, dried and served in a petit brioche, garnished with grilled mushrooms and a sauce boat of pink sauce made from the cooking liquor.

Oven-baked turbot supreme placed on a creamed spinach base and garnished with **FISH CLAMS** in batter and crispy fried potato rounds seasoned with sea salt.

Salmon delicé inserted with a filling of crab, mushroom duxelle and dill then baked in the oven in pastry and served with a **WILD NETTLE** butter sauce.

Marinated then char-grilled salmon delicé on a horseradish mash, surrounded by broad beans a la crème with poached cucumber in **BARREL** shapes.

Grilled fillets of John Dory laid on a bed of sautéed early-year vegetables with mounts of **CRUSHED** roasted chestnuts with lemon and lime curls.

Poached stuffed roulades of whiting fillets placed on **HAZELNUT PASTA** twirls and surrounded by a pistachio cream and parsley sauce.

Pan fried gilt-head seawater bream fillet served with a poached fennel head cut as a fan with shaved Wensleydale and a **CREAMY MOREL** sauce.

Baked delicé of wild salmon with tarragon-flavoured cooked **MOUSSERONS** and meadow mushrooms and served with a slice of **PINK PEPPERCORN** and dill French butter.*

Salmon fillet cooked gently in a smoke box with chopped coriander, flaked and cohered with whipped cream when chilled and garnished with **EDIBLE FLOWERS**.

Pan-fried pollock with boiled stems of the rock plant **SAMPHIRE** and sliced **PLEUROTE OYSTER MUSHROOM**

sautéed as a garnish.*

Deep-fried salted cod fish cakes mixed with crushed potatoes in a breadcrumb coating and served with a spicy salsa sauce **ALLA PIZZAIOLA** and buttered **BROAD BEANS**.*

Smoked haddock fishcake shallow-fried in butter with a **FLAKED NUTTY** coating and served with grilled tomatoes and a crushed peppercorn hollandaise sauce.

Fillet of cod marinated in sea salt overnight, then thoroughly rinsed, poached in white wine and served with parsley and horseradish cream sauce made from the **COOKING LIQUOR**.

Boned-out mackerel stuffed with green **LIME PICKLE**, passed through flour, sautéed then finished in the oven in butter with almonds and a squeeze with lime juice on serving.

Sea bream cooked by grilling in salt and olive oil, served with a side salad of rocket salad topped with warm sautéed tomatoes and **DRIZZLED** with lime juice.

Fresh batted-out marinated salmon cooked on the grill with heaps of crème fraîche, topped with **SALMON CAVIAR OCJETRA** and served with warm Blinis (see recipe).*

Turbot pieces wrapped in bacon then poached in milk with bay leaves and a sauce made from the cooking liquor and placed on a **CELERIAC PUREE** containing cooked diced red onions.

Dover sole fillets spread with mushroom duxelle, rolled and poached in **MADEIRA WINE** with the poaching liquor reduced and added to a mousseline sauce to cover the fish.

Fillet of salmon grilled and placed on a flat leek and potato cake, flavoured with nutmeg and garnished with a casserole of **MUSSELS**, bacon strips and cepes.

Roasted brill tranche set on bed of steamed baby spinach, surrounded by a sauce of **GREEN OLIVES** with lemon to flavour and caper bud crème sauce.

Warm flaked cod fillet laid on mixed summer leaf salad with soft **GLOBE ARTICHOKE** bottoms in a lemon dressing.

Medallions of beef fillet cooked in a

coating of cracked pepper corns then topped with a sabayon flavoured with **TARRAGON HERBS**.

Small **QUENELLE** of whiting folded with whipped egg whites and cream, poached in fish stock, served with a light mustard sauce and surrounded by bunches of peeled sliced **PEACHES** and grapes.*

Red mullet fillet roasted in the oven on a bed of thinly-cut fennel served together with ribbons of **SAFFRON SAUCE** over the fish and a salad of baby spinach leaves.

Supreme of Scotch salmon sprinkled with **HONEY AND DILL** then baked in a lattice of wrapped puff pastry and served with a cream sorrel sauce.

Strips of monk fish sautéed in flour with small pieces of fennel served with wedges of peeled **COOKED APPLES** and with a pot of sauce **HONGOISE** served separately.*

Medallions of salmon wrapped in blanched leek, skewered and grilled and served with beer butter sauce with a garnish of **SNOW PEAS** and broccoli florets.

Marinated swordfish steaks cooked by lightly grilling and served with a matchstick potato cake fried until brown, **JUNIPER BERRY** sauce and a wild mushroom garnish.

Poached **TURBOT SUPREME** in white wine and bay leaves with a garnish of roasted fennel, sautéed bacon strips, fried garlic, shallots and topped with parmesan shavings.

Grilled slices of monk fish served with slices of herbed butter and decorated with **CHAR-GRILLED** courgettes cut lengthways and flavoured with dill.



Thinly-sliced marinated tuna fish rolled and stuffed with courgette and **AUBERGINE PULP** then seared on the grill, served by placing on a bed of watercress cream thickened with crème fraîche.

Warm salad of feves, spring onion batters, mint and chives seasoned with a sherry dressing and topped with slightly herb-flavoured pan-fried **SEA BREAM** fillets.

Pink peppercorn sauce holding mussels, cockles and shrimps, thickish in content, served with a **MARINATED** sea bass fillet cooked by grilling and placed on the seafood.

STUFFED monkfish with an **ESCABECHE** of chopped pickled red, green and yellow peppers and crab meat then coated in bread crumbs, deep-fried and served with tomato sauce.*

Poached turbot supreme with a **FISH FOAM** produced by bringing the fish sauce to the boil, removed from the heat, a splash of milk added with a tablespoon of butter then whisked hard with a balloon whisk to create a **CAPPUCCINO-TYPE** froth and served immediately.*

EN PAPILOTE of Scotch salmon delicate cooked on the stove by sautéing then finished in the oven with mushroom duxelle, herbs and parsley butter, wrapped in buttered greaseproof paper and served by **OPENING THE PACKAGE** at the table.*

BRANDADE DE MORUE flaked, poached salted cod, fried in hot oil then pounded to a **FINE PASTE** in milk with black pepper, placed into an individual dish and glazed under the grill.*

Escalope of monk fish lightly grilled and placed on a bed of **LOBSTER SAUCE** with a nest of thinly-cut vegetables cooked soft containing mussels out of their shells.

Individual dish of flaked whiting cooked as a **BREAD AND BUTTER PUDDING**, finished with a cheese glaze and served with a separate sauce boat of white béchamel sauce.

GRILLED HAKE medallions cut as a steak served with poached fish calms out of their shells and asparagus heads

in a parsley cream sauce.

Steamed batons of turbot in pepper strands laid on a cream sauce containing white crab meat with small mounts of brown **SMOOTH CRAB** meat sprinkled with paprika.

Charcoal-grilled medallions of tuna, swordfish and kingfish laid on a base of poached **SLICED CUCUMBER** then topped with thinly-sliced and sautéed red onions and yellow peppers drizzled with warm coco nut dressing.

Roasted fillets of eel served with sautéed hearts of celery and a side salad of **GRATED POTATOES** already cooked in garlic, with a bay-leaf topping and honey dressing.

Casserole of salted cod cooked in tomato sauce a la Provençal and finished with mussels in their shells and served with buttered paste squares containing **POPPY SEEDS**.

Whole boned trout stuffed with celery **MOUSSE WRAPPED** in streaky bacon then baked in the oven and served with a white onion sauce.

Smoked haddock and poached white fish, flaked then folded into fluffy snow mash with egg yolks and grated nutmeg, then shallow-fried as a cake and topped with rounds of **HORSERADISH** butter on serving.

Grilled medallions of marinated salmon fillet placed on a **PIQUANT TOMATO FISH** sauce and surrounded with clusters of sautéed oyster plant.

MILLE-FEUILLE of flat fish, batted-out turbot, plaice and lemon sole, cooked together **BY STEAMING** in a round mould then served with a shallot, thyme and white wine cream sauce. *

Skinned trout fillets passed through flour, egg and breadcrumbs, sautéed and served on a bed of **ROOT VEGETABLES** cut into rounds and topped with dill-flavoured hollandaise.

Monk fish **A LA BOURGUIGNONNE**: fish half cooked meunière then finished in a rich fish red wine and cream sauce containing button mushrooms, petit onions, shallots, bacon strips and served with a side dish of hot **BUTTERED NOODLES**. *

Cooked and poached whiting fillets, moulded into **NUGGETS** and passed



through flour, egg and breadcrumbs then deep-fried and served with **POMMES PONT-NEUF**. *

Layers of filo pastry filled with white crab meat **MADRAS** and grilled slices of salmon then finished in the oven until cooked and served with a mousseline sauce.

Mixed grill of sea bass, salmon and halibut cut in **ANGLED SLICES**, char-grilled and served on a bed of lightly-braised celery with thick chips fried in duck fat

Red snapper stuffed with **PLANTAIN** and cashew nuts then roasted in the oven, presented on a bed of thinly sliced pepper and red onions and drizzled with warm pear dressing.

Flaked salmon and potato cake rolled in flour, egg and **MATZA MEAL CRUMBS** then shallow fried and served with Hollandaise sauce containing tomato puree. *

Fresh haddock cooked by steaming, placed on a bed of **FRIED COUSCOUS** with red onions and green diced peppers and topped with cordons of béchamel sauce.

Poached salmon supreme layered with thin yellow slices of poached courgettes giving a scale effect and served with a **PEPPERCORN-FLAVOURED** light beurre blanc.

A base of poached baby leeks holding steamed **SCARLET PERCH** fillets and served with barrel-shaped new potatoes and a light milk and parsley sauce.

Grilled slips of soles with a garnish of buttered spinach **SHAPED IN BALLS**, and baked potatoes cut into slices and sprinkled with chopped parsley.

Roasted sea bass laid on a yellow coulis, garnished with a crab and **SPINACH RAVIOLI** and surrounded by a cordon of lobster sauce.

Red mullet fillets grilled in olive oil with cracked pepper then presented with a garnish of chopped **CITRUS FRUIT** segments and watercress bunches.

Chunks of squid cooked by braising in white wine, **PURPLE SHALLOTS**, tomato and garlic until soft then served on a bed of marinated red onion rings with a side dish of petit pasta shells brushed with butter.

Alaskan salmon flaked and placed in **RAVIOLI PARCELS**, poached and served with char-grilled vegetables and twists of fine noodles surrounded by a cordon of cream sauce.

Fillet of fresh halibut poached in a **HERB-SCENTED** fish stock, placed on buttered kale and masked with chopped shrimps flamed in brandy with twists of lime.

Turbot supreme cooked by grilling, served with **SAFFRON-FLAVOURED** potato puree with drizzles of coriander cream sauce over the fish.

Roulade of pink trout fillets stuffed with a crab filling, placed on a **ROSE WINE SAUCE** and surrounded by caramelised pink grapefruit segments.

Fillet of John Dory poached in mild **APPLE JUICE** with sliced olives and a reduction made from the cooking liquor with added cream and garnished with deep-fried onion rings.

Cod roasted in the oven with garlic and small-cut red onions served on a mussel bed a la crème with **LIME WRAPPED** in muslin.

Baked salmon in a puff pastry envelope filled with asparagus spears and served with **CUCUMBER SAUCE**.

Shallow-fried herring fillets in freshly-made bread crumbs with a **MARMALADE**-flavoured mayonnaise and marinated thinly-sliced beetroot.

Salmon fillet cut and **TIED AS**

MEDALLION then careful pan-fried in flour and butter then topped with a shellfish **MOUSSELINE** with a cordon of light orange sauce. *

Flaked poached smoked haddock placed on a bed of buttered spinach centred with a **VINEGAR FLAVOURED** poached egg and a helping of Bernaise sauce.

Poached supreme of turbot fried then laid on a foundation of sautéed sliced mushrooms topped with an onion cream sauce then sprinkled with **SIEVED BOILED EGG**.

Monk fish sprinkled with sage then wrapped in Parma ham then pan-fried, placed on a crab cake and surrounded by a **CIDER SAUCE** containing chopped sautéed onions.

French fish **MATELOTE** stew of fresh water eel braised in red wine with **AROMATIC HERBS**, button onions, fennel, rings of leek and red onions and topped with roughly-chopped parsley when serving. *

Delicately-poached monk **FISH CHEEKS** served on a base of creamed mussels out of the shell and containing chopped purple shallots scented with a slight sweet wine.

Warm liquidised **PESTO** puree of pine kernel, black olive, sugar, ground almond, lemon, fresh basil, olive oil and **SPICES TOPPED** with a roasted halibut fillet and a slices of lemon butter. *

Poached salmon supreme surrounded by balls of spinach cohered with thick white béchamel sauce then presented with a **CHOPPED PLUM** and sorrel butter slice.

Monk fish cubes marinated in crushed ginger, garlic and **CARDAMOM-FLAVOURED** yoghurt then baked in the oven and served on poached leeks and topped lightly with dill-scented hollandaise sauce.

Fillet of sole cut into **GUDGEON** (strips) cooked meuniere, served with petit potatoes and artichoke bottoms **PREVIOUSLY** tossed in butter - **MURET** *

Whole trout cooked in the oven by dry roasting until just brown **TO PARCH** with the shin and **BONE REMOVED** and served with a asparagus and butter cream sauce separately. *

Poached turbot supreme resting on a base of sliced chestnuts a la crème with a garnish of peeled fanned sautéed **AUBERGINE SLICES**.

Supreme of salmon inserted with fresh mussels then shallow-fried and placed on a sauce of hollandaise a la crème and garnished with **CRISPY BACON** lardoons.

Whole boneless lemon sole cooked meuniere, served with **BEURRE NOSIETTE** and paste strips flavoured with **THE INK** of the calamari squid.*

COULIBIAC- flattened and layered salmon fillets with chopped boiled eggs, sliced mushroom, pilaf rice, onions and **VESIGA** then wrapped in brioche paste; when cooked made with a split on top which is filled with **MELTED BUTTER** on serving.*

Eel fillets soaked in **WHITE WINE** dressing overnight then cooked by grilling, served on oven-cooked rice, heavily-flavoured with bay leaves and surrounded by a saffron beurre blanc.

Boned **WHOLE LEMON SOLE** stuffed with a whiting quenelle covered and poached gently in the oven, all skin removed and served with a sprinkling of chopped parsley and a sauce **BOUILLABAISSE**. *

Oven-roasted brill chunks set on creamed **CARROT PUREE**, flavoured with coriander and served with a fish-flavoured red wine sauce **BORDELAISE**. *

Large rounds of potatoes cooked in the oven in goose fat with **MALDON SEA SALT**, topped with a pan-fried halibut fillet, skin upwards, with a slice of chopped rocket and pesto butter just on serving.

Seared sea bass placed on a spoonful of creamed potatoes with the skin upwards, surrounded by a strained **NAGE REDUCTION** of shallots, white wine, chicken stock, double cream and chopped parsley and finished with garlic butter.*

Butterfly split mackerel with the bone removed after grilling, served with snow potatoes in the middle of the fish and accompanied by a **MUSTARD CITRUS** sauce.

Brill fillet poached in milk, laid on a bed of fresh boiled peas, broad beans

and wild asparagus tips and topped with a morel mushroom **FROTH** with two morels to garnish.

Salmon fillet brushed with **GOOSE FAT** and cooked by grilling, frequently basted during the grilling and served with sweet corn nips and mussel chowder scented with orange flavouring.

Tiny rings of squid fried in butter then placed on a bed of sliced and sautéed globe artichoke bottoms and garnished with deep fried onions and a **SWEET AND SOUR** sauce.

Halibut steak marked with a red-hot poker then cooked in the oven, served with a **YELLOW** sweet potato cake and topped with a lime and chopped parsley butter slice.

Pan-fried chicory and spinach mixed with roasted skinned and **SEEDED PEPPERS**, topped with rings of softly cooked calamari and garnished with clams in their shells and loose mussels.

Deep-fried white fish meat **CROQUETTE** in breadcrumbs, served with mixed leaf salad with sun-dried cherries and accompanied by paprika-flavoured mayonnaise.

Pan-fried whole plaice coated with flour, a beaten egg and brioche crumbs and served with slices of anchovy butter, half a lemon crown and **DEEP-FRIED PARSLEY**.

Swordfish marinated overnight, grilled served with a herbed crème fraiche and strips of **CARAMELISED** fried lemon rind.

Warm poached smoked haddock topped and glazed with a **WELSH RAREBIT**, mixed heavily with **DARK BEER** and plentiful in grated cheese. *

Shredded poached skate placed on a bed of light root vegetables, cooked ratatouille-style and garnished with halves of **LIME WRAPPED** in muslin for easy squeezing.

Sautéed gently-soft **HERRING ROE LAITANCE** placed on a bed of nutmeg-flavoured creamed spinach and surrounded by a very light creamy curried sauce. *

Marinated fillets of brill cooked by grilling, served with a **HEAVY ONION** sauce **SOUBISE** with crisp shaped deep-fried potatoes and sautéed wild

mushrooms. *

SLIGHTLY-CARAMELISED sautéed wing of skate served with North Sea cockles and capers and a julienne of cocktail gherkins in black butter, the dish squeezed with lemon juice.

Shallow-fried fillets of gilthead bream placed on an **ONION COMPOTE**, surrounded with caramelised cauliflower tops and served with a Madeira sabayon.

Grilled tuna fish steak garnished with **ROASTED SALSIFY**, buttered feves and sautéed red onions, the fish topped with a slice of rosemary and thyme butter.

Pan-fried young codling laid on a spinach base, encircled with a flaked crab sauce and topped with a slice of **TARTARE BUTTER** at the last minute.

Flaked grilled tuna fish served warm on a thick tomato **GAZPACHO** and garnished with a **REMOULADE** of **CHOPPED MUSSELS** in tartare sauce flavoured with anchovy extract. *

Char-marked (for presentation) bream fillet, cooked in the oven with a little butter and covered, then placed on a couscous base and bordered with deep-fried **MATCHSTICK** potatoes.

Steamed thick cut PAVE of red mullet fillet served with warm pickled vegetables and smoked **SHRIMP SAUCE** flavoured with red paprika. *

Middle-cut wing of skate poached in milk, served with a **CONFIT** of **BELLY PORK** and accompanied by a dressing of chopped capers, gherkins and leek in Dijon mustard. *



Round roast medallions of monk fish laid on a foundation of lemon segments and capers in black butter and garnished with spinach and **POTATO CROQUETTES** flavoured with coriander.

Baked halibut fillet served with an **ETUVEE** of braised leek heads and celery hearts, cooked in fish stock and served with a **LIGHT MUSSEL** sauce. *

Fresh sardines with the heads and bones removed rolled in smoked bacon, grilled and served with a reduction of wine vinegar, chopped onions, **GREEN PEPPERCORNS**, sugar and mixed spice.

Spicy halibut fish cakes mixed with mashed potato, sautéed with a chopped nut coating and served with a parsley sauce **CONTAINING CAPER** and topped with poached quail's eggs.

Pan-fried turbot supreme placed on a bed of spinach **SAGALOO**-style, flavoured, curried and garnished with deep-fried onions and **PICKLED APPLE WEDGES**. *

Pepper halves, green and red, roasted then filled with poached **QUENELLE OF** whiting and accompanied by a green pepper sauce containing clams.

Poached haddock fillet served with mashed potatoes, flavoured with red wine and garnished with a crispy rasher of bacon and whole-roasted **SHALLOT BULBS**.

Marinated monkfish and Dublin bay prawns grilled and served with a tossed rocket salad in Gazpacho dressing with slices of poached **FRESH PEARS**.

Roast cod fillet tail cooked in the oven and served with a **BUTTERNUT SQUASH** and potato cake with poached mussels to the side and topped with a white wine froth.

Gently-poached lemon sole fillets placed on a strong creamy crab sauce with a garnish of suet based prawn **DUMPLINGS**.

Baked round **TOURNEDOS** of monk fish cut from the middle, tied to hold the shape, then cooked meuniere and presented on a sweet and sour couscous with an artichoke bottom filled with sauce hollandaise.

Skate wing, middle-cut, poached in milk then served with a warm blackcurrant vinaigrette sprinkled with soft green **PEPPERCORNS**.

Steamed fillets of halibut covered with a light saffron cream sauce with scattered **RIBBONS** of poached carrots and courgettes and celery to garnish.

Whole Dover sole cooked by grilling, the bone removed then stuffed with poached cockles and clams and served with **LOBSTER SAUCE**.

Fluffy potatoes incorporating eggs, nutmeg and milk, then shallow-fried, served with a rolled fillet of smoked eel and topped with crispy bacon and a **CAPER CREAM JUS**.

Line-caught lemon sole boned and stuffed with a crab and Spanish onion stuffing, baked whole and served with a **WARM SHELLFISH** dressing.

Yellow fin tuna fillet cut in thinly-sliced fillet, marinated then grilled and placed on a warm sliced potato salad, the fish spread with a **MINT-FLAVOURED** yoghurt topping.

Salmon supreme wrapped in puff pastry then baked with a cream and egg yolk glaze, served with a **BUTTER DILL** sauce and garnished with deep fried parsley.

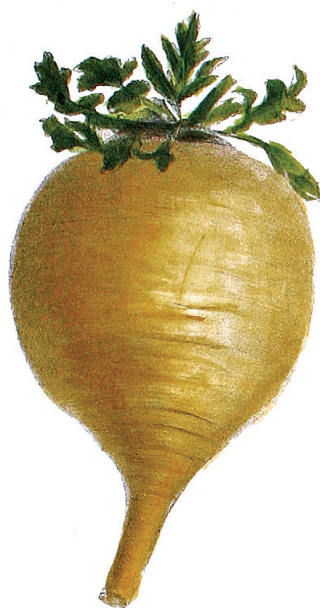
Bed of small chopped vegetable mirepoix poached in fish stock, topped with steamed lemon sole fillets and served with a **LANGOUSTINE** cream sauce.

Poached sea bass fillet served in a delicate sauce **RUBENS** of a brunoise of aromatic vegetables, cooked in a reduction of fish stock, white wine, flavoured with **MADEIRA**, anchovy essence, thickened with egg yolks and topped with crayfish butter. *

Poached sea bass served with red wine sauce and garnished with mange tout split length ways and stuffed with **MUSHROOM PUREE** a la crème.

Raw finely-chopped salmon mixed with set sour cream, shredded cucumber, light mustard to flavour, then served with buttered **GRILLED RYE** toasts and bitter lettuce.

Sautéed sea bass placed on a spicy **SAG A LOO** spinach base and served with a sweet **TOMATO JAM** sauce sprinkled



with toasted almonds and toasted coconut slivers. *

Wild salmon poached in **SILVER BIRCH** white wine, the cooking liquor reduced and finished with cream, chopped tarragon and knobs of butter covering the fish.

Grilled swordfish presented on a pool of warm finely-chopped tarragon, parsley, mint and coriander cohered with a **SHALLOT OLIVE OIL**.

Salt cod cooked in wine and milk and lots of olive oil, the sauce thickened with butter and flour, and topped with chopped anchovies and **FLAT PARSLEY**.

Poached rolled fillets of Dover sole stuffed with crab meat, covered with a **CHAUD FROID** sauce, allowed to set then decorated and covered in **ASPIC JELLY**.*

Sardines with the heads and backbones removed then stuffed with a mixture of chopped capers, onions and olives with orange juice and **BREADCRUMBS** and baked in the oven.

Large scampi stuffed with crabmeat mixed with egg then wrapped in bacon and coated in breadcrumbs, deep-fried and served with a **GINGER BUTTER** sauce and a side dish of buttered noodles.

Pan-fried salmon trout fillet sitting in a pool of whipped **BEURRE BLANC**, sprinkled with chopped chives and garnished with bouquets of **TOMATO CONCASSE**.*

Strips of monk fish **SCENTED** with crushed garlic, rolled in saffron-flavoured flour then cooked by meuniere and served with a chive and tomato sauce.

TRANCHE cut of turbot roasted in the oven then topped with slices of spiced white and dark meat crab butter and surrounded by sautéed **BABY FENNEL**. *

Pan-fried sea bass presented on a cream garlic mash surrounded by **OYSTER BEIGNET**, cooked in beer batter and topped with a slice of chive and herb butter.*

Sea bream fillet cooked by grilling then placed on a puff pastry base, presented with slices of **CREOLE BUTTER** and an edible sea urchin mousse.

Monk fish poached in court bouillon and served cold with **MASHED WALNUTS** mixed with a garlic mayonnaise and roughly chopped parsley.

Minced poached white **FISH BLENDED** by hand with breadcrumbs, egg, onions, lemon zest, pine nuts, sultanas, grated cheese and parsley then shaped and shallow-fried and served with anchovy mayonnaise.

Tuna fish steaks marinated in white vinegar then cooked slowly in the oven with crushed garlic, white wine, capers, olives, mint and **RUBBED OREGANO**.

Fillet of salmon filled with a pistachio and mushroom **FARCE**, cooked with butter by **HALF-STEAMING** under a lid and served with a citrus-flavoured melted sour cream and garnished with green asparagus tips. *

TRANCHE cut of fresh Scottish salmon cooked slowly in the oven then presented on a bed of chopped fennel, capers, gherkins and black olives and crushed garlic in a warm **CREAM REDUCTION**. *

Long strips of red mullet floured then cooked by sautéed then laid on a saffron cream sauce with a **SEAWEED** decoration around the edges.

Lightly-grilled monk fish chunks laid on crispy lettuce with deep-fried bacon lardons and drizzled with **ORANGE VINAIGRETTE** flavoured with sherry.

Poached fillet of haddock laid on a bed

of creamed sliced **LEEK HEADS** then topped on serving with a mustard sabayon lightly covering the fish.

Skate boned then cooked by steaming, the fish flaked and arranged as a mount on the plate, topped with a **WARM LIME** and olive dressing and surrounded by a ring of chopped blanched tomatoes.

North Sea **SPRATS GUTTED** then split open, brushed with mustard then slowly grilled, the bone removed and served with sliced steamed potatoes and a mustard sauce. *

Folded fillets of Dover sole filled with a farci of **RIVER TROUT** and fresh garden herbs, cooked by steaming and served with a light butter sauce.

Pan-fried fillet of sea bass surrounded by clusters of purple sprouting broccoli **PEAKED** with hollandaise sauce and served with a sherry jus.

Char-grilled yellow fin tuna fillet presented on chilled marinated sliced beef tomatoes with puree **CHICK PEA** butter placed on the fish.

SHAD fillet cooked under the grill with herbed oil, served with its **ROE SAUTÉED** and served on a plate of warm potato salad with creamed corn relish. *

Grilled **BRONZED** red snapper brushed with herbed butter, the skin and bone removed, served with a shrimp sauce and garnished with trellis wafer thin **POMMES GAUFRETTE**. *

Roasted cod tail end served with poached **FENNEL PULPS**, crushed new potatoes flavoured with soft saffron and surrounded by **BOUILLABAISSE** sauce. *

Sweet potato mash incorporating **DICED ASPARAGUS** a la crème served with a **DARNE** cut of oven-roasted turbot with slices of lemon and herb butter. *

Pan-fried monk fish placed on a celery **FRICASSEE**, lightly-browned then cooked a la crème and thickened with an egg and cream without boiling and garnished with **WATERCRESS**. *

Sautéed red mullet fillets laid on a thick sour cream base with an individual dome of **BOULANGERE** potatoes and garnished with deep-fried chilli-**FLAVOURED CABBAGE**. *

Long eel fillet strips cooked by grilling, brushed with olive oil and presented by draping over a mount of plain rice, the fish dotted with a shallot and **WINE REDUCTION**.

Supreme of turbot baked in the oven in white wine and fish stock, garnished with mounts of **BROWN SHRIMPS** cohered with crab sauce and a sherry jus made from the cooking reduction.

Puree of **JERUSALEM** artichoke with cream and vanilla essence flavour, arranged on top of sauteed cheeks of monk fish and finished with a sprinkling of cracked pepper.

Poached Cornish pollack fillet cut short, dried after poaching then presented on rounds of potato gnocchi and surrounded by **CREAMY PARMESAN** sauce.

Mixed **ROOT VEGETABLES** cooked **A LA GRECQUE**. Just before cooking added chunks of cooked red mullet and serve with roughly-chopped flat parsley. *

Forked mashed new potatoes base holding chunks of sautéed Scotch salmon pieces on top with lines of **WASABI** flavoured hollandaise sauces criss-crossed over the salmon.

Grilled mackerel fillets seasoned with rock salt and brushed with anchovy oil then placed on lightly-toasted Ciabatta bread and garnished with **SMALL BALLS** of beetroot rolled in butter and slightly caramelised.

Sole fillets floured then shallow-fried in oil, presented on soaked sultanas in orange juice and served with orange sauce spooned half over the fish with the remainder garnished with candied **ZEST STRIPS**.

Scaled and gutted mackerel wrapped in **VINE LEAVES** then grilled slowly, placed on a bed of very short raw vegetables that have been tossed in lime juice with oil and pine nuts.

Reduction of white wine, toasted coriander seeds, seasoning, red onions garlic and ginger with **PART-SAUTEED** sardines added and allowed to cook in the liquor.

Wafer thin slices of smoked uncoloured haddock laid on a plate, sprinkled with red **RAW SHALLOTS**, chopped capers then squeezed over with lemon

juice, allowed to marinate in the fridge overnight then served.

A base of **PARMESAN CUSTARD** holding an array of grilled fish fillets such as halibut, sardine, cod and skewered prawns, finished on top with small slices of anchovy butter.

Silver foil parcel of **COD FILLETS** cooked in the oven, wrapped up with sliced blanched tomatoes, rubbed herbs, cracked pepper, olive oil and a sprinkling of ground coriander, served by opening at the table.

Deep-fried white fish fillets in golden breadcrumbs with lemon wedges and a tartare salad of sliced red onions, gherkins, capers, cucumber and **BELGIAN ENDIVE**, all tossed in a sharp dressing.

Cold poached salmon Delice topped with a warm thick dressing containing **GRAPE SEED OIL**, chopped capers, gherkins, black olives and garlic.

Lightly pan-fried whiting fillets placed on a bed of **WARM CRAB**, shallots and pickled gherkins and served with lemon twists and a dash of black butter.

Pan-fried swordfish fillet placed on a **BUTTERNUT PUREE** with **GIROLLES**, cooked in butter and almonds in a light frothy jus. *

Shallow-fried skate wings, removed from the bone, placed in long strips and served with a raisin and caper butter and garnished with shaped **CARAMELISED TURNIPS**.

SOY-cured thin fresh salmon slices served with marinated sweet and sour **PICKLED RED CABBAGE** and sour cream and sprinkled with chives. *

Filets of sole spread with a mushroom puree, folded and poached in **MARSALA**, coated with a crème sauce made from the cooking liquor and garnished with puff pastry **FLEURONS**. *

Fillet of sea bass cooked on top of the stove in oil and butter placed on peeled and grilled aubergines cut lengthways, and garnished with **SPICY CHICKPEAS**.

Whole-roasted plaice served with potato mids, cooked in milk with a paprika topping, the fish being crowned with nut brown butter with **FRIED CAPERS** and parsley.

Scotch salmon **RILLETTS** served with stuffed boiled egg halves filled with creamed egg yolks and **APPLE ONION CHUTNEY** with lettuce garnish. *

Marinated swordfish steak grilled gently until tender, served with **CARAMELISED FLEURETS** of cauliflower with capers and smoked garlic dressing.

Fresh brill fillet marinated overnight in lime juice and bay leaves, poached in white wine and served with sauteed shaped **BEETROOT BARRELS** and a light clam sauce made from the poaching liquor.

Poached salmon supreme served with hot chive sabayon and poached endive hearts covered with a little warm **SHAPE PIQUANT** dressing.

Double salmon pillow of flaked oven-baked salmon bound with sour cream and placed in Scotch smoked salmon also in a pillow shape with fancy leaf garnish and a **POT OF TARRAGON** mayonnaise.

Grilled marinated swordfish steak topped with a mixture of fried breadcrumbs, pine nuts and finely chopped red onions, plus a sauce of lemon, garlic and **OREGANO**.

Tiers of thinly-sliced and poached salmon and young brill wedged between layers of poached cucumber, covered with a cream of **SORREL SAUCE**.

Halibut fillet cooked meuniere in oil and butter and served with crab ravioli and a **DARIOLE MOULD** pressed firm



with chopped ratatouille then turned out on serving.

North Sea codling fillet poached in milk with white onions and served with a rocket lettuce and **MASHED POTATOES** with slices of anchovy butter on the fish.

DARNE of swordfish, pan-fried with a garnish of **SEMOLINA** gnocchi sauteed in bread crumbs and butter, topped with a crayfish tail and dribbled with saffron vinaigrette. *

Sea bass supreme poached in wine with a garnish of king prawns, deep-fried in beer batter, **BRAISED CHICORY** and with a slice of tomato and shallot butter placed on the fish when serving.

Pan-fried cod finished in the oven in a sprinkling of wine with very thinly-sliced, almost cooked, carrots and onions and served with a small artichoke bottom filled with **HAZELNUT BUTTER**.

Poached rolled and stuffed **PAUPIETTES** of lemon sole served on top of a green pea and demi-sweet cream sauce and garnished with **BUNDLES** of mange tout and points of asparagus. *

Pan-fried red mullet fillets placed on a shallow-tied vegetable lasagne square and garnished with **BALM OF LIME** and a little tomato sauce.

Cold **COURT BOUILLON** poached, decorated and glazed salmon supreme with sprigs of dill, a wedge of lime, oak lettuce garnish and anchovy mayonnaise.

Steamed fillet of sea bream with a **PRAWN MOUSSE** sandwiched between the fillets, placed on a saffron sauce and surrounded by a melange of vegetable.

Poached flaps of turbot and sea-bass dropped in a rice saffron cream sauce and garnished with **BUTTERED MUSSELS** and clams around the dish.

A tail of cod cooked meuniere and presented with a **OLD FASHIONED** bubble n' squeak made of white vegetables, mashed potatoes and onions, fried in roast meat residue and served with classic HP brown sauce.

PAVE of poached turbot fillet placed on a bacon and leek risotto and served with some **ROOT STEWED** vegetables

and a light anchovy cream sauce. *

DARNE of turbot poached in a strong court bouillon with herbs, the skin removed, served with warm slices of pickled soused **LOBSTER MEAT** and accompanied by hollandaise sauce. *

Sea bass supreme pan-fried with sage, placed on wild garlic leaves and served with grilled courgettes topped with a chilli **SPANISH** sauce **ROMESCO**.*

Poached fillet of **CORNISH BRILL** with a garnish of delicately-sautéed watercress and enoki mushrooms and a spoonful of red pepper puree.

Herb crusted halibut fillet placed on a creamy mustard sauce, garnished with roasted **WHOLE SHALLOTS** and flavoured with rosemary.

Shallow-fried flaked salmon fish cakes served with a mixed **LEAF SALAD** topped plentifully with grated **WASABI** and tossed in a light oil and vinegar dressing.*

Scottish salmon fillet baked in the oven in a covered dish, served with a slice of lime and parsley butter and a cream sauce with grated and **TOASTED COCONUT**.

Deep-fried cod strips in beer batter served with **BOIS BOUDRIN** containing shallots, confit of garlic, Tabasco, ketchup, plum tomatoes and Worcester sauce.*

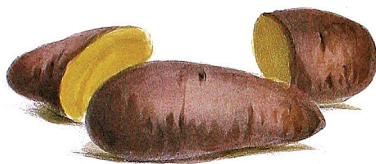
Swordfish strips wrapped in **BANANA LEAVES** with butter, herbs, lime and sprinkled with paprika then grilled and served with a light curry sauce containing coconut.

Cheap **COULIBIAC** of salmon fillet singed and layered with diced onions, hard boiled eggs, wrapped in puff pastry lined with **GROUND RICE**, baked and served with beurre blanc. *

Salmon delice wrapped in young blanched leek leaves then poached in white wine and topped with mounts of piped and **SKINNED GRAPES** and a sauce made from the cooking liquor.

Roulade of brill fillet rolled and spread with mussel and mushroom farci then wrapped in **NISHIKI NORI** seaweed, tied with cling film then poached and served with a separate fish fumet sauce.

Sea bass fillet, grilled served with a little nut brown butter surrounded by



unattached large **POACHED MUSSELS** in their shells.

Turbot supreme poached in fish stock and wine, served with **RED CRUSHED** potatoes and a white radish and watercress cream sauce made from the cooking liquor.

Grilled red mullet fillet laid on char-grilled courgette and aubergine slices and served with a sharp tomato sauce containing **LIME SEGMENTS**.

Skate wing poached in milk with a fish sauce made from the cooking liquor, served with mashed potatoes topped with a slice of lime and **DILL BUTTER**.

Fillet of red mullet grilled then placed on warm pickled vegetables cut in small dices and served with a **GINGER** beurre blanc.

A sautéed tuna fish steak with crushed pepper corns garnished to the side with sliced **AVOCADO FLESH** and topped with lemon-sharp vinaigrette.

Thin turbot slices wrapped tightly around a salmon fillet, sealed with cling film, tied at each end then steamed, served with a rich **CHABLIS** white wine sauce and garnished with wild mushrooms,

Roasted monkfish fillet cooked until brown, laid on a ground nutmeg-flavoured béchamel sauce and surrounded by **ALMOST-BURNT** red onion chunks.

Minced tuna fish **FLATTENED ON A PLATE** and offered condiments to mix together such as chopped mint, shallots, chilli, crushed garlic, lemon grass and sweet paprika **TARTARE**. *

Wrapped turbot fillet in plantain and steamed by being tied in cling film and served with a light fish milk sauce and a side salad of **HEARTS OF PALM** and asparagus tips in an olive oil citrus dressing.

Salmon delice heavily-rubbed with

lemon and lime, wrapped and steamed in **RICE PAPER**, opened at the table in front of the customer and served with a lavender bearer blanc sauce.

Battered cod fillet cooked in oil-based batter, laid on a shredded-gherkin base with a portion of broken garden peas mixed with mayonnaise and flavoured with **SWEET PAPRIKA**.

Red mullet fillet rubbed with lime juice and garlic then grilled and served with baked filo pastry parcels filled with unusual **EDIBLE LEAVES** and herbs and served with tarragon-flavoured hollandaise.

Steamed halibut fillet served with a round oatmeal and potato cake and a **CAVIAR BUTTER SAUCE** using **SEVRUGA** fish eggs.*

Freshwater **ZANDER** fillets sauteed in herbs and butter then popped on a bed of wild mushrooms, leek strips, beetroot petit batons with a mustard meat sauce.

A pan fried grey mullet fillet placed on a shallow bed of **SAUERKRAUT** flavoured with white wine, vinegar, garlic, peppercorns and juniper berries and finished with a little cream.

Mousseline of whiting rolled in thin slices of smoked salmon poached in Chablis and served with a **SHRIMP SAUCE** made from the cooking liquor.

Trout fillets sauteed with a flour coat, served with squeezed lemon juice and a light béchamel containing **FLAKED CRAB** meat.

Wild rice panache beside a grilled Atlantic salmon supreme complemented by sauce saffron garnished with cauliflower and **BROCCOLI FLORETS** and brushed with butter.

Sautéed brill fillet with an individual pastry tartlet filled with North Sea **COCKLES A LA CRÈME** and served with Lyonnaise potatoes.

Small whole plaice with the bone removed, filled with an **OYSTER MEAT** stuffing, oven baked and **NAPPE** with a saffron sauce containing cepes. *

Pre-cooked salmon flaked then moulded gently into quenelles shapes with egg and breadcrumbs, deep-fried in an **EMMENTAL**-coated batter and

served on a lettuce bed with a dill mayonnaise.

Fresh salmon Delice marinated in chopped dill slowly grilled and served on sauteed forest mushrooms with a warm **ARRAN MUSTARD** dressing.

Fillet of herrings fried in a **OATMEAL** coating in clarified butter with bashed neeps and a scope of set sour cream with curls of skinless lime

Singed fresh salmon slice finished in a puff pastry parcel with creamed spinach and served with a light mussel and **SAFFRON BROTH**.

Cold poached salmon **DARNE** laid on a bed of consommé **FISH JELLY**, garnished with anchovy, capers and gherkins chopped together and topped with asparagus points.

Stir-fried squid cooked with mild seeded sliced chillies, cracked pepper and flaked sea salt and topped with mange tout and **SWEET PEAS**.

Just over-seared tuna fish steak cooked with rubbed sage on the grill and served with a cluster of fresh salmon ravioli in a **RIESLING** butter sauce.

Poached turbot supreme laid on a bed of cabbage braised with puy lentils and spiked with lavender shallots, garlic, wine and vinegar and served with some of the **BRAISING JUICE**.

Pan-fried turbot Supreme laid on a red wine sauce (made from a salmon head) with roasted leek, **SAUTEED SALSIFY** and topped with **TROMPETTES DE MORT**. *

Baked wide tube ends of squid stuffed with couscous, blended with eggs and **SULTANAS** and served with a paprika chilli sauce.

Thick part of the haddock stuffed with a lobster mousse baked in the oven placed on a overlapping sheet of mange tout surrounded by a light ginger and saffron **INFUSED** sauce.

Warm creamy risotto pecked with sauteed sliced large wild mushrooms and thin **WELL-SCORCHED** sea scallops and surrounded by balsamic treacle.

Sea base fillet pan-fried and served with lumpy mash topped with a slice of basil butter with grilled skewers of red onions and **MIXED COLOURED**

peppers.

Char-grilled turbot fillet accompanied by sautéed **WHITE PUDDING** topped with a shallot cream and a parsley and with a slice of crushed garlic butter placed on the fish.

Gently-grilled salmon fillet served with a crab and corn spicy cake fried in butter and a **CORIANDER CREAM** sauce sharpened with lemon juice.

Poached haddock fillets served with a light **SAGE SAUCE** and garnished with choux paste mixed with bacon and mash potatoes, shaped then deep-fried until golden brown.

Brill fillet roulade spread with mussel and mushroom farcie, layered with **NISHIKI NORI** seaweed, tied with cling film and poached and served with a separate **FISH FUMET**. *

ANISEED-FLAVOURED flaked crab cream laid on the plate as a base with a grilled tuna fish steak on top with drizzles of béarnaise sauce.

Sweet corn and red poached shredded salmon, moulded into nuggets, passed through flour, egg and bread crumbs, deep-fried and served with a **CURRY** sauce to dip.

Broad bean a la crème with blobs of artichokes puree topped with a meuniere monk fish tail, **SQUEEZED** with lots of lime juice.

Middle cut skate **DARNE** started on top of the stove by frying, finished in the oven and topped with a reduction of white wine, **PINK** peppercorns, a little mustard and with tomato cream to finish. *

Shallow-fried salmon supreme served with a slice of crayfish butter at the last minute and surrounded by **GROOVED** mushrooms and a lime jus a la crème.

Oven-roasted shank of cod tail served with Savoy cabbage leaves, stuffed with warm **POTTED SHRIMPS** and chopped fried bacon with a cordon of red wine and mushroom sauce.

Thinly-sliced salmon cooked in the oven as a bread and butter layered pudding in egg and milk with sliced mushrooms, mild Dijon, tarragon and **FRESHLY MILLED** pepper.

SQUARE PLATE of an arrangement of salmon, hake, brill and monk fish

fillets all individually sautéed with rubbed herbs and garnished with **SOUFFLE** potatoes and a pot of lemon hollandaise sauce. *

Sea bass cooked by grilling served with potato mash and **SWEET BELL** pimentos and warm leek heads cooked **A LA GREQUE**. *

Roasted cod shank cooked in the oven, served with a Swiss cheese and wine **FONDUE** with **BABY LEEK HEADS** to dip and with a slice of anchovy butter placed on the fish on serving. *

Poached salmon supreme laid on a cream sauce and surrounded with mounts of poached **CUCUMBER BALLS** and blanched whole cherry tomatoes.

Fillet of sea bass cooked meuniere and served with young samphire, **SUCCULENT** leaves and shoots tossed in slightly warm ginger and coriander vinaigrette.

Lemon sole fillets lined with smoked salmon then rolled with mushroom duxelle and poached in **VERMOUTH** with a sauce made from the cooking liquor and served with small steamed potatoes.

Fillet of local sea bass baked in the oven in a covered earthenware dish and served with a rubbed **BASIL CUSTARD** and crushed saffron potatoes.

Wide strips of lemon sole **BEIGNETS** cooked in **BEER BASE** batter containing chopped mushrooms and served with anchovy flavoured mayonnaise. *

Poached delicie of salmon cooked and set in stock made from rendering down a rich fish stock with salmon heads and herbs and garnished with **OAK-SMOKED** mussels. *

Mixture of prawns cooked by steaming then placed in an open bowl on a **SEAWEED** bed covered and glazed with hollandaise with whipped cream folded in.

Grilled sea bass seasoned with saffron and fresh rubbed **GARDEN SAGE** and served with braised salsify in a cream jus flavoured with vanilla essence.

Turbot delicie taken from the middle cut, cooked in the oven, finished with a **POTATO CRUST** and drizzled with a

cordon of sorrel and mustard cream sauce.

Tuna fish steak pan-fried with green pepper corns flamed with brandy then **SWILLED** with sour cream and chopped parsley added just on serving.

Bouquet of different poached fish fillets such as sole, turbot, whiting and halibut, set on a smooth crab and cream bisque scented with **CARDAMOM**.

Marinated monk fish tail cooked tandoori-style in a clay oven to give a crisp dry finish and served with Saffron risotto and **WATERCRESS CREAM** sauce.

Grilled sea bass placed beside a potato and **BELL PEPPER MASH** with young leek heads, cooked **A LA GREQUE** and served warm as a garnish. *

Delicious dill sauce surrounding a nest of sliced smoked salmon with poached **QUAIL'S EGGS** laid in the centre with a few rocket leaf strands to garnish.

Poached turbot delice removed from the cooking liquor, dried, placed on a serving plate and surrounded by **MARSALA SABAYON** sprinkled with chopped sautéed peppers and with a slice of watercress butter served on the fish.



Gratinee of flaked whiting finished with a topping of breadcrumbs mixed with cayenne, grated mild cheese, chopped coriander, **LEMON ZEST** and melted butter.

Baked red mullet fillet cooked in the oven with a garnish of blanched spinach leaves wrapped around a filling of fried shallots, pine nuts, garlic and wine soaked sultanas and topped with **A CREAM SPLASH**.

Salmon delice grilled gently with **SMOKED PAPRIKA** brushed on with butter and served with chicory leaves drizzled with olive oil containing saffron threads.

Thinly-sliced sautéed monkfish placed around a herbed risotto with **CLUSTERS** of poached mussels in a lemon and caper jus.

Pan-fried mullet, split and stuffed with flaked almonds and rosemary sprigs with a vegetable cannelloni to the side and partially **CHEESE-GLAZED**.

Fresh salmon pieces rolled in tandoori spices **BROILED** on skewers on the grill and topped with tomato concasse rich in **PUREE**. *

Criss-cross marked sea bass fish fillet served with rings of squid braised in a red wine jus until tender and served with a slice of **PARSLEY BUTTER** on the fish.

Tail end of whiting on the bone cooked in the oven and finished with a herb top crust and a **RED ONION CONFIT** mixed with sultanas.

Poached fillets of sole in white wine and shallots, glazed with a fish veloute containing a **EGG SABAYON** and garnished with warm peeled and de-piped Muscat grapes.

Sea bass cooked **EN PAPILOTE**, wrapped and cooked with mushrooms in greaseproof paper, then silver foil with **VERMOUTH** and chopped blanched tomatoes, served by opening at the table in front of the customer. *

Smoked haddock and shallot risotto turned out from **A MOULD**, topped

with a poached egg and surrounded by a cordon of cream fish veloute with a good helping of chopped parsley.

Cod end fillet sautéed in butter, placed on a bed of **SWEDES** in parsley sauce with the fish being finished with a parmesan crumble under the grill.

Haddock tail gently fried on the stove, served with a garnish of fish clams deep-fried in batter and served with a **SLIGHTLY MARMALADE** mayonnaise.

Grilled **BLOATERS**, lightly salted and cold-smoked, **COOKED COMPLETE** and served with milk mustard béchamel sauce. *

Baked tail of turbot stuffed with clams and shrimps served with a **FENNEL** marmalade and a cream of tarragon sauce.

Monk fish wrapped in Parma ham roasted in the oven then placed on a fresh **PEA PUREE** and topped with a slice of rosemary butter.

Marinated grilled halibut **TRONCON** served with **WARM PLUM** tomatoes and deep-fried spicy okra and poached leek heads with a coriander herbed jus.*

Poached smoked haddock with a poached egg, garnished with roasted asparagus and **SMALL MOUNTS** of cepes with a cordon of tomato cream sprinkled with chives.

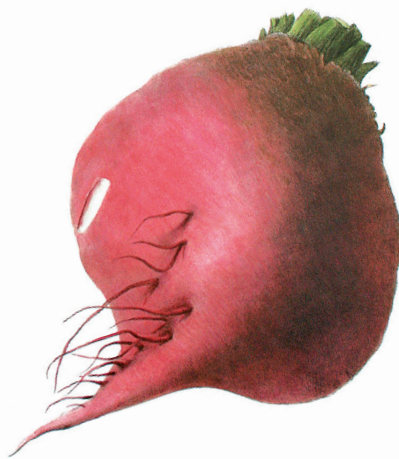
Grilled marinated sea bass on a bed of **BEETROOT PUREE** flavoured with creamed horseradish and surrounded by buttered noodles containing chopped coriander.

Peppered corn crusted sautéed salmon steak served with a **TAMARILLO CHUTNEY** made with onions, garlic, ginger, red wine vinegar and sugar. *

Tuna fish rubbed with lime and spices, **DIPPED** in melted butter then grilled and served on a mango and avocado salad with a caper dressing.

Oven-baked salmon fillet placed on a herb risotto sprinkled with poppy seeds and surrounded by **CITRUS FRUIT** segments.

Pan-fried cod fillet set on a pea puree bed surrounded by salsify, finished with beurre noir and sprinkled with **HAND-CUT** potato crisps.



Tail end of whiting baked in the oven and served with a clam **BOURRIDE**, bound with aioli of garlic mixed with egg yolks to thicken and served with **SOFT WARM** white bread. *

Middle cut of skate poached in white wine, the flesh removed from the bone while warm and served with a **CORAL** dressing made and flavoured from the **FEMALE LOBSTER EGGS**. *

Rolled fillet of hake in minced mushrooms poached in wine and fish stock with the cooking liquor made into a clam sauce and garnished with white **BUTTER BEANS** containing **CHORIZO**. *

ESCABECHE of sea bass fillet first marinated then cooked in spices and vinegar wine, allowed to set in **LIGHT JELLY** and served with a **VERJUS** grape juice dressing.*

Poached smoked haddock flaked and laid on a spinach and lemon cream sauce, surrounded with boiled potatoes served a la **NEIGE** squeezed through a sieve to form a **SNOW EFFECT**. *

Flaked poached salmon moulded into balls, then passed through flour, egg and breadcrumbs, deep-fried and served with a **DILL-FLAVOURED** hollandaise sauce.

Folded poached lemon sauce served with a garnish of asparagus tips, green beans and whole miniature carrots and with a **SPLASH** of fish cream sauce on the sole.

Shallow-fried salmon **ESCALOPE** with a breadcrumb and oatmeal coating served with slices of sage-flavoured butter and poached fennel

topped with parmesan shavings.

Split sardines, boned and cooked by grilling and served on sage cream and surrounded by with **BUNDLES** of poached mussels.

Breaded strips of turbot shallow-fried in butter and served separately with a cream sauce of **CELERIAC** and dill.

Lemon sole fillets rolled in a crab mousse and poached and served with a sauce made from the cooking **LIQUOR LACED** with Noilly Prat and flavoured with tarragon.

SALMON TRIO of slices of gravadlax, Scottish smoked salmon rubbed with lime and cubes of marinated fresh salmon grilled on skewers and served hot with sour cream.

Medium-diced fresh salmon sautéed in butter, bound with soured cream, flavoured with dill then served in a **WARM BRIOCHE** bun and sprinkled with paprika.

Minced white fish **QUENELLES** folded with egg whites and double cream stuffed with **LUMPFISH** wrapped in blanched spinach, poached and half-covered with lobster sauce. *

Pan-fried fillets of sole coated in flour, egg and **BREADCRUMBS**, garnished with toasted almonds and topped with slices of lime and parsley butter.

Grilled sea bass fillet laid on a caviar beurre blanc sauce with a garnish of an individual **CUCUMBER MOUSSE**.

Roasted pollock fillet set on sautéed sliced English whites, cooked a cru, covered with a nut brown butter and garnished with thinly-sliced shallow-**FRIED KALE**.

Shallow-fried wing of skate served with slices of Café de Paris butter containing, chopped capers, anchovies, parsley, chervil, turmeric, shallots, garlic and **WORCESTER SAUCE**.

Grilled fillet of haddock placed on a mixed vegetable broth containing broad beans and fish clams and flavoured with a **TOMATO PESTO**.

Cold **SMOKED KIPPERED** herring made into a fish cake with a piquant flavour, shallow-fried and served with creamy sauce containing plenty of chopped parsley.

Monk fish cut in rounds through the bone (**OSSO BUCO-STYLE**), sautéed first then finished in the oven in a garlic provencale sauce.

Roasted sea bass fillet cooked with mixed herbs in the oven, served with petit rosti potato rounds and poached mussels in a light curry **VELOUTE**.

Warm flaked poached skate placed on very thin marinated beetroot sprinkled on top with chopped **CAPERS** and gherkins with dill in nut brown butter.

Tied middle-cut of salmon poached in milk, with a sauce made from the cooking liquor flavoured with dill, parsley and cream and served with a scoop of **FROMAGE BLANC** resting in the sauce.

Marinated grilled tuna fish steak served with deep-fried potato skins holding a blob of sour cream and **ROASTED OKRA** and fennel in garlic and herbs.

Layered dish of soft and **SWEET POTATOES** cooked in milk, finished with flaked smoked haddock then glazed with cheese sauce.

Roasted fillet of wild salmon wrapped in air-dried cured Italian **PROSCIUTTO** ham with creamed fennel and spinach mix and served with **WARM YOGURT** sauce. *

Pan-fried tail fillets of monk fish wrapped in **SMOKEY BACON**, glazed under the salamander with a sabayon of sparkling wine and flavoured slightly with grain mustard.

Red snapper rubbed in lime juice and brushed with olive then grilled, served with a **PASSION FRUIT** and sweet potato made into croquettes and deep-fried in breadcrumbs.

Round cut of hake poached in milk, bay leaves peppercorns and cloves then presented on a bed of **CRUSHED NEW** season mids mixed with spring onions and a little sauce made from the cooking liquor.

Poached wing of skate placed on a bed of herbed **GREEN NOODLES** containing fish clams then covered with burned butter and sprinkled with chopped parsley.

Flaked salmon and diced blanched tomato fishcake shallow-fried in herbed flour and served with sautéed spinach and a **CREAM CHIVE** sauce.

Fillet of sea bass cooked by being sautéed then placed on a layer of fried couscous, mixed with chopped peppers and circled with a **RICH CITRUS** sauce.

Grilled fillet of monkfish served with a lime sauce containing white wine, chopped shallots, amalgamate and garnished with **BARREL SHAPED** mids sprinkled with chopped parsley.

John Dory fillet cooked on the stove in oil and butter then laid on a cream of **SORREL SAUCE** and topped with fried breadcrumbs containing chopped chervil, basil and chives.

Mullet fillets braised in an **INDIVIDUAL** copper pan with fennel, leek, peppercorns, dill, bay leaves, chives and shallots in white wine and fish stock.

Fillet of **RED MULLET** poached in red wine, with a sauce made from the cooking liquor, and served by covering the fish with the sauce, topped with a slice of anchovy butter and garnished with puff pastry **FLERONS**. *

Baked turbot fillet topped with a butter and white breadcrumb crust in the oven then served with chopped sauteed **SPINACH SPLASHED** with Noilly Part and cream.

Boneless sea bass fillet cooked in a **TRELLIS PASTRY** turnover with chopped mushrooms and shallots and served with a white wine cream sauce containing leek strips.

Marinated fillets of eel cooked by charcoal grilling and garnished with roasted petit onions and served with a pot of **SAGE FLAVOURED** hollandaise.

Roasted halibut steak finished in the oven with a mustard and pepper corn crust, served with a **LETTUCE HEART** salad tossed with aged vinegar dressing.

BALLOTINE of middle-cut salmon stuffed with shallots and blanched tomatoes, baked in the oven and presented on a **CRUSHED FIG** and apricot bed with a sage herb jus. *

TRAWLER MAN'S PIE of poached daily-caught fresh fish, flaked, placed in a white onion sauce and piped with a creamy potato and cheese top then glazed.

PAVE of conger eel squares cooked by grilling then placed on a **MOREL** cream sauce, garnished with deep fried parsley and broad bean heaps. *

Grilled fillet of hake finished under the salamander with a bread crumb crust then presented on a sliced potato and **CRAB CHOWDER** bed using milk as a cooking base.

Whole baby plaice cooked in the oven after first **SINGEING** on the stove, then with a garnish placed on top with sautéed banana cut lengthways filled with sweet mango chutney.

FISH N' CHIPS cooked in beer batter then placed in a greaseproof paper 'hat' accompanied by pickled onions, sliced pickled cucumbers and slices of white bread and butter.

Cod tail baked in the oven with chopped parsley, garnished with salsify cooked and served in a black butter with **CAPER BUDS**.

Baked sea bass cooked **AU SEL GROS**: a filet wrapped in seaweed or kelp cooked between rock salt with herbs and white wine and served at the table by opening the **SEAWEED** coating. *

Crispy paste and potato cake shallow-fried in mixed herbs, surrounded by cubes of sautéed salmon with drizzles of **FRESH ANCHOVY** salsa sauce and squeezed with lime juice.

Tail end monk fish medallion gently pan-fried in **SAFFRON-FLAVOURED** flour, placed on a maize **GALETTE** biscuit and surrounded by a creamy parsley sauce. *

Roasted thick cut sea bass on the bone served with a creamed **SALSIFY MASH** and surrounded by basil-flavoured smooth tomato concasse.

Heavily - fillet peppered sea bream placed on a **CREAM REDUCTION** and served with Swiss Chard leaves tossed in finely chopped shallots, a spoonful of thin marmalade and white wine dressing.

Skewered monk fish cubes with red peppers, marinated overnight, grilled then placed on a bed of **BUTTERED COUSCOUS** with thin drizzles of tomato salsa.

Sauteed mackerel fillet laid on sliced roasted beetroot covered with cooked

garlic and shallots in white wine, topped with drizzles of **CREAMED HORSERADISH** on the fish and surrounded with rocket leaves.

Large chunky cubes of halibut fillet started on the stove then finished under the salamander with a breadcrumb topping containing butter, **SWEET HERBS** and parmesan cheese.

Poached skate in milk and sage surrounded by mussels in their shells and topped with a red coloured **CRAB BISQUE** containing very thin carrot strips.

Grilled halibut brushed with cumin-flavoured butter containing freshly-chopped mint then laid on a coriander pine nut sauce with batons of **OYSTER PLANT LEAVES**.

Grilled sea bass fillet laid on crushed potato a la crème, sprinkled with sliced black olives and surrounded by **JULIENNE OF LEEK** in a white basil sauce.

Sautéed fillet of red mullet dipped with **SEMOLINA FLOUR**, cooked until golden brown, garnished with **TEMPURA** deep-fried root vegetables and topped with a homemade pesto sauce. *

Roasted baby monk fish tail wrapped in smoked **ITALIAN BACON**, served on a mustard seed sauce surrounded by yellow courgette flowers.

Pan-fried sea bass cooked with a



crunchy skin, presented skin upwards and surrounded by capers in **BLACK BUTTER** with fork-mashed potatoes.

Cornish brill fillet poached placed on a bed of sauteed watercress with the fish covered with a clam cream sauce and garnished with **TURNED BUTTON MUSHROOMS**. *

Halibut fillet cooked in the oven with a basil crusted top and garnished with a sprinkling of **DEEP-FRIED** parsley and a tasting of black burned butter.

Monk fish cut into long goujons, deep-fried in **BRIOCHE CRUMBS**, flavoured with dill and served golden brown with a finely grated celeriac mixed with lime.

Baked maui stuffed with a creamy spinach and finished in the oven with a **HERBED CRUST** stuffed with a creamy mustard sauce.

Baked fillet of halibut glazed with fresh wholemeal breadcrumbs containing **CHOPPED MINT** and served with a white wine Dijon sauce.

Essex coast **FLOUNDERS** cooked whole by grilling and served with a garlic and cream mash and roasted **CARAMELISED** petit onions. *

Turbot fillet cut into **COLLOPS** then shallow-fried in flour and butter and served with **CRISPY** smoky bacon spread with pesto sauce. *

Curried noodle cake fried until golden brown, topped with seared tuna fish and surrounded by a **CORDON OF WARM** tomato vinaigrette.

Char-grilled bread soaked in milk and egg yolks, topped with warm flaked poached salmon, sauteed diced onions and garnished with **DEEP-FRIED** sweet potatoes.

Petit parcels stuffed with chopped prawns then wrapped in **BLANCHED ENDIVE**, poached in white wine and topped with slices of rich tomato butter.

Poached cannelloni tubes filled with marinated cod then finished in the oven with a **MUSTARD CREAM** sauce and topped with a poached egg.

Bed of parsley risotto with a little cream then placed on top a fillet of poached sea bass with drizzles of **LEMON THYME** fish veloute sauce

with lime segments.

Char-grilled tuna fish steak cooked with just a **HINT OF PINK** in the middle and served with a seriously tasty soy sauce soaked bobby bean salad.

English peas cooked **A LA FRANCAISE** with lardons, petit onions and lettuce cut in julienne then slightly thickened and served to accompany crispy cooked river trout fillets.

Marinated grilled fillet of tuna fish placed on a bed of **SLICED POTATOES** cooked a la crème with garlic and surrounded with blobs of tomato salsa.

Portion-sized **WHOLE MACKEREL** stuffed with a mixture of diced onions, grain mustard, breadcrumbs, egg yolks and lemon, the outside brushed with butter then baked in the oven with silver foil.

Poached salmon delicate laid on a julienne of steamed iceberg hearts, the salmon being coated with a **WARM ROQUEFORT** sauce.

Grilled red mullet fillets cooked and gently brushed with olive oil, served with slices of **ALMONDS** and saffron butter and sprinkled with toasted almond flakes.

Blanched whole onions with the middles removed then filled with mashed potato and smoked salmon, the cooking completed in the oven with white wine and served with a **BEURRE BLANC** made from the cooking liquid and garnished with **SALMON EGGS**.*

Thin slices of fresh salmon placed between leaves of **PUFF PASTRY** then baked in the oven with an egg wash glaze and served with a rich asparagus cream sauce.

Baked thinly-cut turbot **TRANCHE** served with creamed celeriac and potato puree and garnished with just **CARAMELISED WALNUTS**. *

Pan-fried middle-cut turbot delicate served with **SPATZLE** in a celery cream sauce topped with **JUNIPER BERRIES** and cherry tomatoes on the vine. *

Pan-fried sea bream fillet placed on a bed of braised cabbage flavoured slightly with vinegar and containing



chopped dried apricots, **PEACHES** and raisins, all surrounded by a thin white wine sauce.

Singed salmon fillet topped with mushrooms duxelle then wrapped in pastry in **LATTICE-STYLE**, baked until golden brown and served with a lemon balm dressing.

Marinated mackerel in wine with lemon then **CHAR-GRILLED** slowly, served with a basil potato puree and the fish covered with slices of parmesan ham just before serving.

Buckwheat paste noodles rolled in a **CREAMED LEEK** sauce with flaked boneless cuttle fish placed and decorated with lime and lemon segments.

Un-dyed smoked haddock fillet cut thinly and garnished with smoked eel strips **WRAPPED AROUND** stuffed olives and served with a tomato relish flavoured with basil and lemon.

Pan-fried halibut fillet resting on buttered **WILTED PAK-CHOI** and surrounded by a lobster and citrus cream foam and sprinkled with red fish eggs over the foam.

Sautéed fresh boneless sardines, split the placed on grilled sour bread flavoured with garlic oil and served with a side bowl of **CHOPPED CAPERS**, shallots and parsley.

Panache of crushed mixed pepper corns embedded in a tuna fish steak then pan fried the pan swilled out with white wine and double cream **SLIGHTLY REDUCED** then covered over the fish

Rolled poached fillet of John Dory placed on a herb froth surrounded with bunches of blanched beans as haricot, feves and **SCARLET RUNNERS**.

Salt cod croquettes flavoured with **AIOLI** and sauteed **PURPLE SHALLOTS** then shaped and deep-fried in breadcrumbs and served on shredded lettuce with a tomato spicy sauce. *

Warm fluffy couscous with butter added together with chopped courgettes, black olives, and basil then, finished with soft and slightly sautéed **SQUID RINGS** flavoured with ginger and soy sauce.

Pan-fried cod tail ends presented on minted **MUSHY PEAS**, finished with knobs of butter and topped with extra finely-shredded onion very slightly sautéed.

Softly-poached skate wings in **CLEAR FISH STOCK** topped with black butter containing rounds of spring onions and garnished with slice of spicy **CHORIZO**. *

Smoothed, multi-flavoured and spicy fishcakes shallow-fried in a flour, egg and oatmeal coating, fried until golden brown and serve with sweet chilli **TOMATO JAM**.

Grilled salmon supreme presented with crushed potatoes containing chopped parsley topped with points of salsify and **DRIBBLED** with tomato flavoured sauce hollandaise.

Rolled paupiette of Dover sole dressed in a slightly hulled-out jacket potato cooked on salt, coated with a white wine sauce and topped with a deep-fried **SCAMPI TAIL**.

Monk fish tail wrapped in Parma ham, gently passed through flour, shallow-fried and served with poached leek heads and drizzled with a **WARM LOBSTER** dressing.

Creamed risotto of mussels and **SHREDDED CARROTS**, presented as a flat dome, topped with poached flaked yellow haddock in a mild curry sauce.

Poached turbot delice on a bed of buttered green noodles then glazed under the grill with a vermouth sauce and melted Italian **BEL PAESE** cheese.

Fish n' chips: battered deep fried cod with hand-cut thick chips served in a paper hat with pickled onions and lemon wrapped in **MUSLIN SKIN**.

Monk fish wrapped in banana leaves with grated coconut, chillies, mint and crushed garlic then baked in the oven and served by opening at the table in front of the customer with a **FISH SAUCE**.

Paupiette of **EEL FILLETS** slowly cooked under the salamander, being basted with honey and butter and served on a bed of wild rice with bunches of fresh asparagus spears.

Half red onions cooked in the oven with vinegar, oil and demerara sugar until candied and topped with **SARDINES** cooked meuniere with the bones removed.

Monk fish rolled in cracked pepper corns pan-fried in salted butter and served with sauteed **SALSIFY AND A CAPER** and chopped chive **BEURRE BLANC**. *

Fresh halibut tail wrapped in streaky bacon then slowly char-grilled, placed on a bed of slightly **CARAMELISED CITRUS** segments cohered with pine kernels and the fish topped with a slice of dill butter

Roasted tail-end shank of cod in the oven, the bone removed and stuffed with poached oysters between the flesh and covered with a **CAPER CREAM** sauce.

Poached turbot supreme cooked in a court bouillon then mounted on a mussel **RAGOUT** stew containing oyster plant and finished with a cepe butter sauce.

Tied poached fillets of trout poached in fish stock and served with a cepe and almond ravioli surrounded with a caper **CAPPUCCINO** cream sauce frothed up.

Yellow haddock poached in milk then flaked and gently rested in a mustard sauce and served with a cheddar cheese mash and a **POACHED EGG**.

Whole boned mackerel fish stuffed with hot **LIME PICKLES** then sauteed, skinned and finished with butter sauce containing basil and chopped parsley.

Braised monk fish cheeks cooked delicately and placed on a bed of **MUSSELS** and broad beans in a piquant paprika cream jus.

Salmon supreme wrapped in greaseproof paper and sealed with chopped coriander, mint leaves, garlic, red small diced chilli, lime juice, ground ginger a little fish stock then steamed served with **FLUFFY RICE**.

Grilled middle-cut sea fillet bass covered lightly with a shallot, white wine and cream jus and garnished with crispy deep-fried vegetables such as **COURGETTES AND LEEK**.

Monk fish marinated overnight then slowly char-grilled served with salsify batons in a cream sauce and topped with chopped herbs and lime wedges to **SQUEEZE**.

Flatfish filets steamed on a bed of shallots, sliced mushrooms, **ELDERBERRY** vinegar and claret wine, finished with chopped courgettes and buttered white breadcrumbs under the grill to brown.

Swordfish chunks wrapped in **PROCIUTTO**, cooked under the grill with a barbecue glaze and served with capers, cooked **YELLOW LENTILS** and artichoke bottoms in nut brown butter. *

Sea bass poached in white wine with **CHORIZO** sausage, **SLICED PUMPKIN** and butternut squash and a cream sauce made from the cooking liquor. *

Fillet of cod flavoured with saffron wrapped and steamed in banana leaf and served with shallow-fried banana and mango chutney, the fish **UNWRAPPED** at the table.

Flaked skate wings cooked in a light herbed stock and presented on **A STIR FRY** of mange tout, bean shoots, garlic, moonli, shiitaki mushrooms, celeriac and ginger.

Flaked poached smoked haddock poached in milk, placed on a bed of **SLICED STEAMED** potatoes and then glazed with a **WELSH RAREBIT** using the cooking liquor. *

Oven-cooked fillet of turbot finished with herb and butter and served with crushed peas and mash potatoes with a mint and malt **VINEGAR CREAM JUS**.

Fresh brill fillets cut into strips then wrapped in Japanese seaweed and steamed and complemented with a **GRAPE JUICE** butter sauce.

Herbed pancakes filled with strips of leek and fennel with poached salmon folded in a parcel and served with **GINGER SCENTED** creamy hollandaise.

Salmon supreme baked slowly in butter, herbs and wine and served with a marjoram-flavoured **POLENTA** crossed with anchovy strips and the fish covered with a tarragon sabayon.

Pounded crab paste stuffed into **TORTELLINI** shells poached in **APPLE JUICE** and a cider sauce made from the cooking liquor and garnished with pine nuts and flavoured with coriander.*

Poached **DARNE OF HALIBUT** finished with a sauce Mornay, glazed under the grill with a sprinkling of paprika and garnished with deep-fried almond croquette potatoes.

Poached skate wings placed on a warm **BLACKCURRANT** vinaigrette sprinkled with green peppercorns and garnished with boiled potatoes in their skins but mashed with a fork with butter

Cold supreme of Scotch salmon poached in a **COURT BOUILLON** and garnished with sliced marinated cucumber with bunches of dill and served with **COWSLIP** mayonnaise. *

Grilled fillet of monk fish slightly blackened and served with boiled broad beans topped au beurre and braised lettuce **PARCELS**.

Sauteed sea bass fillet placed on an oriental spicy base of diced peppers, spring onions and coriander leaves cooked in **MUSSEL STOCK** with sherry vinegar, oyster and soy sauce and lemon grass.

Halibut fillet poached in shallots with white wine garnish with artichoke filled with smoked haddock, served with a cream sauce made from the cooking liquor and topped with peeled whole **BLANCHED** cherry tomatoes.

Poached eel fillets in a court bouillon presented on a **PUREED** garlic garden peas with cream and garnished with bunches of chilled watercress.

Salmon and scallops cohered with mushroom duxelle wrapped in **SAVOY CABBAGE** then steamed and served with a lentil cream sauce.

Grilled river trout fillets **DIPPED** in a honey, lime and ginger coating then grilled lightly and served on a lettuce bed with a dill-flavoured hollandaise.

BILLINGSGATE mixed grill of a petit portion of marinated sea bass, turbot, red mullet and salmon garnished with bunches of watercress and served with **PISTACHIO** cream sauce. *

Red mullet fillets cooked by grilling then presented on a layer of poached julienne of vegetables and surrounded by white **BASIL SAUCE** holding parsley sprigs.

Gently-steamed sea bass fillet wrapped in thin paste then placed on an **ENRICHED** cream sauce flavoured with coriander and the pasta brushed with butter.

Rolled monk fish in **LIMITED CRUSHED** peppercorns then sauteed in a flour coating then served with a sharp Dijon mustard sauce.

Poached sea bass fillet placed on a **SPARKLING** white wine veloute a la crème, surrounded by mange-tout, cooked au dente and brushed with butter and mash celeriac shaped quenelle.

Marinated grilled fillets of **RED MULLET** resting on a crisp cos lettuce base, served with a warm light butter sauce and sprinkled with roughly chopped flat parsley.

Monk fish cooked **TEMPURA**-style by deep frying in batter and served on a bed of fresh buttered **GREEN NOODLES** with a ginger flavoured



mayonnaise. *

Warm brown **SEMI-SWEET** pancakes filled with smoked and freshly-poached salmon rolled in dill-flavoured sour cream, the pancakes brushed with herbed butter.

Boiled halibut steak in milk, flavoured with bay leaf, served with **AN ALE** and mustard sauce made from the cooking liquor and garnished with poached cucumber in barrel shapes.

Slowly poached turbot fillet in a court bouillon with grated fresh ginger and lime and served coated with a hollandaise sauce containing lime **ZEST SHREDS**.

Flaked salt cod **BRANDADE** peaked with a large poached ravioli parcel containing seafood then finished with **LOBSTER FOAM**. *

POT-AU-FEU DE POISSONS: steamed fillets of fish presented on a bed of sliced braised **SAVOY CABBAGE** and served with a light cream of mushroom sauce. *

Thin slices of poached fennel placed over a grilled turbot fillet as a coat then covered with a thin **SPARKLING** wine-flavoured hollandaise sauce.

Thin slice of fresh salmon **ESCALOPE** lightly fried in flour and oil, served with a white wine butter sauce and sprinkled with fried in **BUTTER CAPERS** and parsley. *

Cut through the bone **DARNE** cod steak cooked by simmering in spicy **PALM** and coconut milk sauce, the cooking liquor used in the making of mashed potatoes. *

Cod fillet lightly-poached in milk with a cheese sauce made from the cooking liquor and served with **SLICED FENNEL** and onions cooked **BOULANGERE**-style.*

Seared **COD FILLET** placed on a braised Savoy cabbage and streaky bacon base with a red wine sauce made from fish stock.

Boneless grilled sardines set on a bed of warm sliced new potatoes with boiled **EGGS QUARTERS**, French beans and olives and served with a mild mustard sauce.

Deep-fried squid coated in flour, egg and ground almond, mixed with

breadcrumbs and served with a **SLOPPY** mushroom risotto.

Marinated overnight fillets of grilled sea bass served with **LADIES' FINGER**, first half sautéed then finished in a spicy tomato sauce with lime juice squeezed over the fish.

Baked fillet of turbot laid on a crab cream bisque and garnished with a warm roulade of smoked salmon and boiled mange tout cut into **DIAMOND SHAPES**.

Flaked poached haddock finished a la crème, topped with a poached duck egg and surrounded with fingers of toasted, buttered **MALT LOAF** with melted Roquefort cheese.

Sauteed tail end of monk fish served on a **HAGGIS CRUMBLE** with sweet and sour ribbons and finished with a slice of herbed butter.

Lemon flavoured grilled swordfish served **WITH A FRUIT SALSA** of even-chopped peppers, red and spring onions, soft papaya, guava jelly, balsamic vinegar and hot pepper sauce.*

WHOLE PLAICE cooked meuniere in oil and butter garnished on top with strips of smoked salmon and **ANNA** potatoes with a warm chervil and yogurt dressing.*

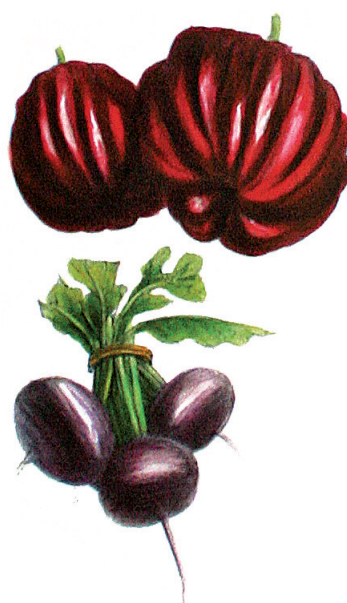
Roasted salmon chunks just cooked (**SLIGHTLY PINKY**), topped with orange segments, served with a fish sauce flavoured with orange and garnished with rings of black olives.

Salmon supreme brushed with seafood essence and lime juice then slowly grilled and served with a stuffed fennel bulb and the fish topped with **CAPER BUTTER**.

Sardines fillets cooked in a flaky pastry envelope made with **SUET FAT** cooked golden brown and served with white onion sauce and a mini parmesan **PANNA COTTA**. *

Smoked eel fillets laid on **CURLY ENDIVE**, drizzled with a Dijon whole grain mustard and pines of honey dressing and served with shallow-fried fennel topped with **JACK-BY-THE-HEDGE** herb. *

Rice cooked in coconut milk flavoured with dried fruit green cardamom, topped with flaked **POACHED HADDOCK** in a cream sauce slightly



curried

Globe artichoke bottoms placed on a cream sauce containing **CHOPPED BOILED** duck eggs then filled with sauteed sea bass chunks and dusted with grinded ground **HOPS**. *

Poached yellow **GURNARD** served with buttered thin **SPAGHETTI**, cut vegetables and finished caramelised with sage oil and with anchovy butter placed on the fish. *

Poached skate in milk and white wine the flesh removed from the bone then placed on a bed of **YOUNG POACHED SAMPHIRE** stems, surrounded with a sauce made the cooking liquor with cockles. *

Pre-cooked squid strands finished by deep-frying in a sesame seed coating and served with wedges of soft almond **NAAN BREAD** and a chilli mayonnaise dip.

Pan-fried sea bass served with roulades of smoked grilled bacon, encircled with **COCKLE CREAM** sauce thickened with a spoonful of crème fraiche.

Monk fish tail rolled in rubbed sage, wrapped in **PROSCIUTTO** raw ham, lightly dusted with flour, the shallow-fried served fish with a **BLACK OLIVE SAUCE** to the side. *

Marinated squid cooked on a kebab on the grill with lemon juice and served with tossed rocket salad in crushed garlic dressing and deep-fried **SHOESTRING FRIES**.

Steamed sea bass fillet laid on an elderflower **CREAM FOAM** and

garnished with bouquets of finely-chopped coloured sautéed peppers with strands of fried saffron.

Whole poached river trout with the skin removed, laid on a **MUSTARD GRAIN** sauce, the trout garnished with a poached sliced cucumber and drizzled over with capers in black butter.

Sea bass fillets baked in **FIG LEAVES**, the leaves removed at the table, and served with a garnish of roasted figs dripping with cream sauce and plain boiled potatoes.

Deep-fried squid coated in sweet paprika cooked until crispy then presented on a julienne of iceberg and white onion tossed in a lime juice with **SOFT GREEN** pepper corns.

Roasted fillet of sea bass placed on a puree of coriander-flavoured carrots containing buttered **PEELED PRAWNS** and finished with a lemon **VERBENA**. *

Crushed new potatoes with **AIOLI** as a base, topped with steamed halibut and surrounded by fresh broad beans and shallots a la crème, the fish topped with an **ORANGE FOAM**. *

Herb-crust hake fillet cooked in the oven, served with conical-shaped deep-fried **CROQUETTE** potato and mushroom with a **SWEET RED** pepper veloute sauce. *

Sea bream supreme poached in white wine and cream, served with a **SLOPPY SQUID** ink and mushroom risotto and a sauce made from the cooking liquor.

Pollock fillets deep-fried in cider, battered, placed on crushed new potatoes, mixed with chopped **BOILED EGGS** and then draped over with anchovy fillets.

Monk fish **TAIL-ENDS** wrapped in thin smoked bacon then oven-roasted, surrounded by red shallot reductions and an olive oil mash dotted with black olive rings.

Cod tail-end cooked in the oven finished with a **PINE NUT** crust, laid on a grain mustard béchamel and with strips of pancetta garnished on top.

Roasted sea bream placed on a crushed green pea and asparagus cream and garnished with petit cooked

beetroot balls **ROLLED IN HONEY** and sesame seed.

Sardines split down the middle, brushed with olive oil, seasoned with sea salt and cracked pepper, grilled, placed on buttered wholemeal, topped with a slice of caper butter and garnished with a spoonful of **SCRAMBLED EGG**.

Base of chick pea and diced **CHORIZO** Spanish sausage cooked in fennel seeds, cloves, coriander seeds, cumin, cardamom pod and **CRACKED** peppercorns, topped with roasted **BARRAMUNDI** and served with a tomato cordon. *

Trout split open butterfly-fashion then boned, brushed with herbed oil, grilled and served with seed mustard potatoes and **CARAMELISED SALSIFY**.

Chopped nettle added to **CHOUX PASTRY**, poached as for gnocchi, finished a la crème and serves as a bed for a whole boneless grilled lemon sole.

Fresh sardines with heads and bones removed, wrapped in smoked bacon, grilled and served with **GOOSEBERRY** and soft green pepper chutney.

WILTED ENGLISH SAMPHIRE leaves, the stems blanched, surrounded by marinated grilled swordfish and studded with cracked peppercorns topped with caper butter. *

Salted cod risotto baked in the oven using **ARBORIO RICE** and served with saffron cream around the edge with some flaked salt cod in the middle on the top.

Herbed German **SPATZLE** batter boiled and finished a la crème, served as a base for a **GRILLED TUNA** fish steak and decorated with segments of lemon. *

Curls of tender cooked squid tossed together with deep-fried **WHITEBAIT** and extra-fine diced anchovies, placed in a potato basket and served with a garlic dip.

Moist pan-fried farmed salmon supreme served with soft-grilled leek stems and a pot of hollandaise sauce with a little cream and chopped spring **ONION ROUNDS**.

Dover sole fillets rolled with a stuffing of sun blush tomatoes, silver anchovies

and red sweet peppers, poached and served with a mushroom sauce made from the cooking **RESIDUE**.

Herb potato gnocchi made in mini domes surrounding a turbot supreme cooked meuniere, the top garnished with shallow-fried **HERRING ROE** and topped with nut brown butter.

Thick salmon Delice oven baked until just cooked or slightly pink, draped over with slices of smoked **BELLY PORK** and finished with sultana syrup gravy.

Poached sea bass covered with sauce **RUBENS**, the cooking liquor reduced with white wine, fine diced aromatic vegetables added, finished with egg yolk and cream, flavoured with **MADEIRA** and an anchovy top with a slice of prawn butter to melt on serving. *

CRIMSON-COLOURED red mullet fillets sautéed, served skin upwards on a bed of rice, surrounded with a garnish of carrots, gherkins, boiled egg whites and mushrooms cut julienne and finished slightly Provençal.

Lightly-flavoured **SAUCER KRAUT** used as base then topped with sea bass cooked meuniere, skin showing on presentation, surrounded with frothy cream sauce with clusters of warm cranberries on vine.

Red chopped pepper infused couscous served as a bed holding small portions of cooked poached fillet **HALIBUT**, salmon and mackerel with a white onion sauce around the couscous.

Halibut fillet baked in salt in the oven with mushrooms and tomatoes inserted in the side of the fish before cooking, opened at the table and served with a side dish of **FINELY-SHREDDED** courgette, beetroot and carrots.

Sardine fillets sautéed, placed on a chopped tomato, onion and caper base and surrounded by **WHITE COLOURED** de-piped grapes, drizzled over with sage butter flavoured with nutmeg.

Sea bream fillet poached then presented on creamed spinach containing sliced globe artichokes then drizzled over with sharp **SWEET AND SOUR** caper dressing.

Lightly-grilled **SWORDFISH** spread with a coating of butter, herbs and

paprika served on **ESCAROLE** salad with finely-sliced tomatoes and onions in a lime dressing flavoured with mustard. *

Line-caught sea bass fillet, pot cooked on vegetables with a covered lid, served with **CHUNKY CHIPS** rolled in saffron powder and the vegetables reduced with a fish veloute used to make a sauce to serve with the fish.

Thick slice of turbot fillet placed on a **SEA KALE BASE**, cooked by pot steaming and surrounded by a smoked herring sauce containing cream and cream fraiche.

TOASTED OATMEAL browned by sautéing, laid as a base then presented with shallow-fried haddock chunks with rashers of bacon and circled with sliced mushroom sauce.

Baked sea bass supreme spread with a sun-dried tomato paste then sprinkled with a desiccated coconut base of savoury **CRUMBLE** then cooked with an overhead grill, basting well with oil.

Middle-cut cod fillet cooked in the oven in wine and milk, served with prawns in a sauce made from the cooking liquor and soft anchovy toasts cooked in butter using **WHITE CRUST-LESS** bread.

Lightly-poached pieces of white halibut fillets laid on a bed of sautéed spinach containing pine nuts, sliced globe artichokes and served with a **FROTHY CAPER** lemon cream sauce.

Wild sea bass slice cooked crispy in its skin on, served skin upwards brushed with butter and presented with a side salad of tossed spinach leaves, Swiss chard and **GIROLLE COHERED** with herbed dressing.

Warm poached flaked skate removed from the bone, set on a plate in a mount then finished with slices of **CLAM BUTTER** and deep-fried parsley as a garnish.

Haddock poached in milk as a fillet garnished with dry-cured bacon in slices and chunks of **BLACK PUDDING** fried in dripping with a poached egg to garnish and masked with a little hollandaise sauce.

Red mullet fillet sautéed, served upside-down with sliced Jerusalem artichoke wrapped in **PANCETTA** and garnished with mounts of diced salsify and caper

COHERED A LA CRÈME. *

Rich-flavoured semolina containing diced blanched tomatoes topped with strips of anchovy fillet glazed with egg yolk, cream and parmesan to be used as a garnish to shallow-fried

POLLACK.

Pan-fried monk fish fillets served with potato and sliced mushroom parcel with a sauce of truffle and **PINK PEPPERCORNS** cream with cracked pepper sprinkled over the dish.

Sea bass inserted with cooked chopped wild button mushrooms then poached in milk with a sauce made from the cooking liquor and garnished with creamed chestnuts and a **CRAB CLAW.**

Poached haddock fillet in milk covered with a light cream sauce made from the milk and garnished with dry-cured bacon slices, chunks of black pudding fried in **DRIPPING** and with a poached egg on the haddock.

Roasted end of monk fish served with a **BURNT ORANGE** dressing, hand-cut chips, served in a tall glass to the side and a small bowl of creamy mushy pea dip flavoured with chopped mint.

Fillets of plaice passed through flour, melted butter then breadcrumbs and cooked with overhead grilling and garnished with crisp **ONION RINGS** fried in beef dripping.

Sea bass supreme part-grilled then placed on a rich tomato ratatouille and finished under the grill with sage, oil and **PINE KERNEL** crust cooking slowly.



Cooked **BULGUR WHEAT** fried with spring onions, diced blanched tomatoes, parsley, mint, lime juice and cracked pepper with a sauteed cod fillet placed on top and garnished with roast tomato on the vine.

Delice of wild salmon baked in the oven with tarragon, Celestine and pink peppercorns then served with a slice of **PUREED FENNEL** and dill butter.

Mixed fish grill plate of **SKIN-ON FILLETS** of salmon, red mullet, tuna and swordfish cooked over BBQ coals then served on a bed of soft buttered noodles with a hollandaise sauce and folded in with whipped cream.

RED SNAPPER marinated in lemon grass, lime segments, chopped chilli, ginger, a little brown sugar and chopped coriander then grilled over coals with squeezed lemon to taste.

Flaked poached salmon and crab fish cakes cohered with sautéed diced peppers, sweet and normal **MASH POTATOES**, shaped and shallow-fried and served with black butter and fried capers.

Shredded **PICKLED VEGETABLES** in wine vinegar, wine, sugar, star anise, fennel seeds, pepper corns and rubbed chilli, poached and served together in fish stock with a turbot **DARNE. ***

Liquidised tomato, garlic, onions, chilli, lime juice, oil and pepper corns covering **BITE-SIZE HADDOCK** pieces then baked together in the oven and served with soft naan bread.

Pan-fried fillet of Scottish salmon topped with a slice of creamy tomato and anchovy butter with herb compote and **SPAGHETTI** of courgette to garnish.

A base of **CREAMED KALE** mixed with grated cheddar cheese, crushed juniper berries and small smoked lardoons then topped with sea bass fillet sautéed in clarified butter.

Warm poached **WING OF SKATE** with freshly-squeezed lime juice sprinkled with chopped parsley and served with a rubbed herb sauce containing capers.

Battered escalope of fresh salmon flash grilled with cracked pepper and served with creamy **HORSERADISH JELLY** and squeezed lime juice.

Spiced lightly monk fish singed then completed in a **COVERED POT** with small amounts of red onions, five spice, root ginger, crushed garlic, ground fennel, lime juice, chilli powder tomato puree and chopped coriander leaves.

Poached flaked **SALMON IN JELLY**, set in its own cooking liquor and served with fingers of toasted, buttered granary fingers and a sauceboat of horseradish mayonnaise.

Roasted red mullet served with mashed potatoes, an aubergine and red onion cake smothered in a **PISTOU** of garlic, basil and olive oil in a **LOOSE RUNNY** paste. *

Tail-end of cod baked in the oven, removed from the bone and served with a smoked **HADDOCK MASH** and a light Dijon cream sauce containing chopped parsley.

Smoked herring sausages made with bones and skin removed, mixed with **SUET AND BREADCRUMBS** and served with a white sauce containing parsley, diced anchovies and Worcester sauce.

Red mullet fillets sautéed served with a sage and **CREAM TAGLIATELLE** with pink peppercorns and garnished with slices of avocado seasoned with cracked pepper.

Cooked mussels out of the shell dropped in a creamy saffron sauce made from the cooking liquor and served with a mound of homemade spinach **NOODLES**.

Chopped king prawns and fresh **COCONUT FRITTERS** deep-fried in quenelle shape and served with a mild sweet curry sauce with bowls of sieved egg, chutney and diced onions.

Medallions of monk fish wrapped in Parma ham, covered and cooked in the oven, laid on julienne of sautéed white vegetable and served with a **SAFFRON** sabayon.

Fresh boned deep-fried sardines placed on **RUSTIC BREAD** and smeared with fresh marinated sliced plum tomatoes that have been blanched.

Part sautéed turbot delicate, brushed with grain mustard, completed in **FILO** pastry and served with salsify tossed in butter.



Pan-fried salmon supreme laid on a bed of green buttered noodles with a cordon of **BLOODY MARY** butter sauce containing diced blanched tomatoes.

Breaded snapper fillets brushed liberally with melted butter then cooked gently under the salamander served with cooked **BANANA CHUTNEY**

Pan-fried codling coated with flour and beaten egg, then in fine oatmeal and breadcrumbs mix, served with slices of thyme-flavoured butter and a side dish of **PEAS PUDDING**.

Thinly-sliced seared red mullet layered with French beans, **FRESH BASIL LEAVES**, capers and black olive dressing with a squeeze of lemon on serving.

Herb crusted cod fillet served on a bed of aubergine puree surrounded by deep-fried **PARSNIP CRISPS** and a saffron and sliced mushroom cream sauce.

Pre-cooked risotto, re-heated by frying with **SULTANAS** and red onions, topped with warm flaked smoked haddock, cordons of beurre blanc and a runny poached egg.

Pan-fried monk fish cut into petit fillets, cooked until golden brown and served with spiral shaped paste lengths in a Noilly Prat and **CHIVE SAUCE**.

Sea bass fillets shallow-fried in breadcrumbs, served beside a chopped fresh herb and olive oil mash and accompanied by a **SHELLFISH CREAM** sauce.

A de-luxe fishcake made with flaked salmon, sole, cod and turbot mixed with grated hard boiled egg, anchovy essence, Worcester sauce, chervil and potatoes, fried and served with an **ORGANIC DRIED** tomato dressing.

Grilled chunks of salt cod and chorizo sausage cooked as a brochette in the oven and served with a rocket lettuce salad with a **THIN YOGHURT** dressing.

Halibut fillet coated with **HERBED BREADCRUMBS**, cooked in the pan meuniere and set beside a creamed spinach incorporating broad beans flavoured with nutmeg.

Mixed variety of **MOLLUSCS** from the squid family cooked in beer batter by deep frying, set on aromatic rice with a balsamic-flavoured crème fraiche dip.

Char-grilled scampi wrapped in **BLANCHED KALE**, set beside wok-fried oyster mushrooms in garlic with a garnish sauce of prawn butter.

Thin fillets of red mullet wrapped around sun-dried tomatoes then steamed and served with a warm dressing of fennel, **QUARTERED OLIVES** and herbs.

Red snapper cooked in coconut milk, **PALM SUGAR** and ginger, then flaked and placed on a bed of sautéed lettuce with a sprinkling on coconut shavings.

Scampi deep-fried in **BEER BATTER**, set on a base of sautéed julienne of carrots, turnips, sultanas, flaked almonds and flavoured with honey with lime juice to be squeezed on the fish.

Roasted turbot **TRANCHE** cut through the bone, cooked in the oven then placed on a bed of buttered blanched lettuce and topped with a red wine **SHALLOT JUICE**. *

Monk fish **OSSO BUCO** cut as round steak, cooked in heavy garlic Provencal sauce and finished with a sprinkling of **CARAMELISED ORANGE** and lemon zest. *

Smoked haddock **MONTE CARLO**: haddock poached in milk, covered with a cream sauce, served with a poached egg and garnished with bouquets of tomato concasse, sprinkle with chopped parsley.

Pan-fried brill fillets cooked with a little dill, served with a garnish of wild mushrooms wrapped and braised in baby leek leaves in a **MARSALA JUS**.

Baked monk fish tail, baked, removed from the bone, put back together and laid on a pea puree a la cream with **DEEP-FRIED CHIPS** in a mount .

River trout fillet steamed inside a turbot **DELICE**, placed on a bed of long vegetable strips, enclosed with a **LOBSTER CREAM** sauce and sprinkled with chopped truffles. *

Red mullet fillet shallow-fried and topped with a garnish of sautéed coriander seeds, diced blanched tomatoes, capers and oak leaves to **ENHANCE** the appearance.

Strips of haddock fillets cooked Japanese-style **TEMPURA**, served in a potato nest with deep-fried parsnips chips and a tossed **PEA SHOOT** salad in garlic dressing. *

Pureed beetroot finished a la crème, topped with a **SPLIT-OPEN** and boned grilled herring covered with black butter and capers then squeezed with lime juice.

Haddock fillets cooked in a breadcrumb coating finished with a parmesan crust topping, flavoured with herbs and surrounded with **THREADS OF** tomato sauce **DUGLERE**. *

Sea bream fillet poached with an insertion of **FRESH OYSTERS** in the side, served with fork-mashed haricot blanc, the poaching liquor made into saffron cream sauce containing carrot and leek julienne.

Poached ballotine of salmon wrapped in fresh blanched mint leaves served with herbed-flavoured fromage blanc and garnished with avruga caviar (herring's eggs) set in **ASPIC JELLY**.

Seared tuna fish slices served with caramelised miniature beetroots threaded over with baby leek ribbons and served with a warm **FISH PIQUANT** sauce containing chopped capers.

TURBOT FILLET cooked gently meuniere-style finished with nut brown butter and garnished with oysters cooked in a batter tempura style and squeezed with lime juice.

Poached flaked pollack mixed with potato to make fish cakes then coated in breadcrumbs with almond nips, served with broken-down lettuce tossed with **LASHINGS** of chopped parsley in lemon dressing.

Creamy minty mushy peas mixed with creamed spinach flavoured with spice then topped with pan-cooked white fish fillet surrounded by frothy vanilla **TAINED CREAM**.

Grilled marinated mackerel fillets served on a warm saffron-flavoured vegetable base, cut into **MATCHSTICKS** shapes then drizzled over the complete dish with lemon flavoured **TAPENADE**. *

Slivers of monk fish floured first then shallow-fried and placed on a warm milk sauce containing bacon pieces and the dish sprinkled with crispy cooked **SEAWEED** and squeezed lime juice.

Skate fillet shallow-fried placed in the middle of the plate and surrounded by clams and **LEEK RINGS** with capers and sultanas in a **VERJUICE** sauce. *

Wild salmon supreme poached in a herb court bouillon, served warm only with raspberries and grapes, rolled in mashed **CHAMPAGNE JELLY** and accompanied by buttered mids.

Grilled sardine fillets cooked gently, served with chopped anchovy and parsley in rich egg mayonnaise and garnished with warm boiled **HEN'S EGGS** cut into quarters.

Ring of squid deep-fried in herbed rich egg batter, rolled in lime juice then into smoked sauteed paprika and presented in a cooked **POTATO BASKET**.

Poached middle cut of skate surrounded by sauteed rings of pre-poached **OYSTER PLANT**, rolled in nut black butter containing chopped parsley and capers.

Sea bass fillet marked on the grill, finished in the oven, placed beside butternut squash **PUREE A LA CRÈME** then presented with a shell fish foam containing flat chopped parsley.

Chick pea and garlic puree a la crème holding a char-grilled **SQUID KEBAB** with red onions and okra garnished with fried parsley heads resting in the chickpeas.

Rolled and stuffed (with duxelle and smoked salmon) monk fish cut and tied into thick slices, shallow-fried in flour and butter, presented untied and on a shallot and cream reduction with shredded **DEEP-FRIED** seaweed.

Sea bream fillet, grill-marked, cooked meuniere then placed on a fork-mash of fennel and potato with extra butter added and folded in served with **THREADS** of smooth tomato sauce.

Deep-fried tender squid rings spiked with sweet and smoked paprika, served on shredded lettuce tossed in lime juice dressing and garnished with warm de piped **WHITE GRAPES**.

Char-grilled fillet of sea bass topped with pressed sage-flavoured butter slices with a garnish of steamed white asparagus and sprinkled with chopped **BLACK TRUFFLES**.

Heart-shaped fresh flaked salmon and smoked haddock **FISH CAKES** with steamed leek and asparagus heads masked with butter and lemon sauce.



NOTES

FISH MAIN COURSE