



FRIED SAITHE LOINS WITH PICKLED MUSTARD AND APPLE

6 TABLESPOONS

YELLOW MUSTARD SEEDS

125 ML WHITE WINE VINEGAR

¼ PURPLE POINTED CABBAGE

1 TABLESPOON CANE SUGAR

½ CELERIAC, IN CUBES

3 BY 3 CM

50 GRAMS BUTTER

500 GRAMS SAITHE LOINS,

AT ROOM TEMPERATURE

1 ELSTAR APPLE, SLICED

IN WEDGES

4 BABY BEETS WITH LEAVES,

ROASTED

OPTIONAL

NASTURTIIUM OR

TARRAGON TOPS

ALSO NEEDED

MANDOLIN

FOOD PROCESSOR

1. Bring 100 ml of water, the mustard seeds and 50 ml of white wine vinegar to a boil in a saucepan. Simmer for 20 minutes, let it cool in the liquid.
2. Slice the cabbage using the mandolin into strips. Pour 75 ml of white wine vinegar into a bowl, stir 1 tablespoon salt and sugar well so that it dissolves. Stir in the cabbage. Add enough water so that the cabbage is submerged, let the cabbage marinate.
3. Cook the celeriac 15 minutes. Spoon into the food processor. Puree with 1 tablespoon of butter until it becomes a creamy puree.
4. Heat 2 tablespoons of butter in a large frying pan. Pat the Saithe loins dry and sprinkle salt and pepper on both sides. Place the fish in the pan and fry on medium heat until golden brown, about 4 minutes. Flip the fish with a spatula and fry the other side for 3 minutes until cooked, depending on the thickness of the fish.
5. Heat a knob of butter in another frying pan, bake the apple wedges golden brown and cooked through. Add the roasted beets warm together.
6. Divide the celeriac puree over 4 preheated plates and place the fish on top. Place the apple wedges and cabbage pickles next to it. Spoon some mustard seeds without the liquid over the fish. Garnish with nasturtium.

SAITHE (POLLACHIUS VIRENS)

Fishing Area: FAO 27 - Sub V

Saithe is a close relative to Cod. Saithe has a more characteristic taste than most white fish species. Its distinctive flavour goes well with spicy dishes and other strong flavoured ingredients. Its meat also has a firm texture and is well suited to frying. Saithe is especially rich in protein and Vitamins D and B12.



POACHED HALIBUT LOINS WITH FISH ROE AND SPINACH RISOTTO

25 SAFFRON THREADS
300 ML DRY WHITE WINE
1 BUNCH CELERY + YOUNG
YELLOW LEAVES TO
GARNISH
3 TABLESPOONS OLIVE OIL
1 ONION, FINELY CHOPPED
250 GRAMS ARBORIO RICE
200 GRAMS BABY SPINACH +
TO GARNISH
5 BASIL SPRIGS, LEAVES PICKED
15 GRAMS BUTTER
2 TABLESPOONS GRATED
PARMESAN CHEESE
4 HALIBUT LOINS À 100 GRAMS,
AT ROOM TEMPERATURE
4 TABLESPOONS ORANGE
TOBIKKO FISH EGGS

OPTIONAL

1 DRIED CHILI PEPPER
PURPLE BASIL LEAVES
TO GARNISH

1. Soak the saffron threads with 100 ml of wine in a small bowl.
2. Cut 3 yellow celery sticks from the heart into small $\frac{1}{2}$ by $\frac{1}{2}$ cm cubes for the risotto. Cut the remaining stems into 2 cm pieces. Bring the celery to a boil with 3 liters of water and salt, simmer for 30 minutes. Pour the stock through a sieve and bring back to the boil.
3. Heat the oil in a thick-bottomed pan. Bake the onion and celery cubes for 5 minutes without colouring. Add the risotto rice and fry for 2 minutes. Crumble the chili pepper if desired. Add 150 ml of wine and the saffron threads and wine mixture. When the wine has evaporated, add about 1250 ml of boiling celery broth little by little. Season with salt. Keep stirring the rice with a wooden spoon. Keep the rice at a simmer with sufficient broth so that the rice can be cooked. Check after 20 minutes if the rice is cooked but still has 'bite'. Stir the spinach and basil leaves together with the butter and the grated cheese into the risotto. Put a lid on the pan and let the risotto stand for 5 minutes. Season with salt and pepper.
4. Add the remaining 50 ml wine to the remaining celery broth and bring to a boil again. Season the halibut with salt and pepper. Poach the fish in the broth on low heat for approximately 5 minutes.
5. Spoon risotto into 4 preheated deep plates, place the fish on top. Spoon the fish eggs onto the fish. Garnish with young celery leaves and purple basil leaves if desired.

HALIBUT (HIPPOGLOSSUS HIPPOGLOSSUS)

Fishing Area: FAO 27 - Sub II

The largest of all flounders and flatfish, Halibut can weigh over 300 kilo. An average caught Halibut weighs around 12-15 kilo. Halibut is a lean fish with mild, sweet tasting white flesh, large flakes and a firm but tender texture. It's thick, succulent meat holds together perfectly and can be prepared many different ways, including grilling, sauté, or battering and frying.

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COD LOINS WITH ORANGE PISTACHIO SALSA AND SWEET MASHED POTATOES

50 GRAMS PEELED
PISTACHIO NUTS
2 TABLESPOONS PARSLEY +
YOUNG SPRIGS TO GARNISH
60 ML EXTRA VIRGIN OLIVE OIL
1 ORGANIC (BLOOD) ORANGE,
WASHED
500 GRAMS SWEET POTATOES,
PEELED
1 RED ONION, THINLY
SLICED RINGS
1 SMALL YELLOW ZUCCHINI
500 GRAMS COD LOINS,
AT ROOM TEMPERATURE
100 ML ROSÉ WINE
75 GRAMS OF BUTTER

ALSO NEEDED

HAND BLENDER WITH
CHOPPER
BUTTERED BAKING DISH
SPIRAL CUTTER

1. Preheat the oven to 175 °C. Chop the pistachio nuts, parsley, oil and 1 teaspoon grated orange zest in the chopper until it becomes a coarse mixture. Season with salt and pepper. Cut along the skin and flesh with a sharp knife to peel the orange. Cut between the membranes to segment the orange, stir the orange into the pistachio salsa.
2. Boil the sweet potatoes for about 15 minutes. Drain the cooking liquid and stamp with a potato masher into a coarse mash. Season with salt and pepper.
3. Spread the onion rings over the bottom of the baking dish. Cut the zucchini with the spiral cutter into long strings and spread over the onions. Cut notches in the skin of the cod with a sharp knife and sprinkle with salt and pepper. Place the fish on top of the zucchini. Spread some lumps of butter on the fish, pour the wine around it. Bake the fish for approximately 15 minutes.
4. Heat the rest of the butter in a saucepan. Let it brown and swirl the pan until the butter starts to turn golden brown. Remove the pan from the heat.
5. Divide the potatoes puree onto 4 large preheated plates. Place the zucchini and onions next to it and put the fish on top. Spoon the gravy over the fish. Spoon the pistachio salsa with orange slices around it. Finally spoon the brown butter over the fish and garnish with young sprigs of parsley.

COD (GADUS MORHUA)

Fishing Area: FAO 27

The Atlantic Cod is one of the most well-known fish around the world and is appreciated for its delicate flavour, firm meat and beautiful white appearance, both cooked and raw. The meat separates into large, juicy flakes and has a slightly sweet taste. Due to the slow growth in its cold water surroundings, the Cod develops a rich and complex flavour that is incredibly easy to combine with a wide variety of flavour profiles.

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REDFISH LOIN WITH SPICY RASPBERRY TARRAGON DRESSING

200 GRAMS BLACK QUINOA
½ ROMANESCO, IN FLORETS
9 TABLESPOONS EXTRA VIRGIN OLIVE OIL
5 TARRAGON SPRIGS, FINELY CHOPPED + TOPS TO GARNISH
½ CHILI PEPPER, FINELY CHOPPED
1 ORGANIC LEMON, WASHED
6 RASPBERRIES, ROUGHLY CHOPPED
8 LONG RADISHES
500 GRAMS REDFISH LOINS SKIN ON, AT ROOM TEMPERATURE
250 GRAMS WILD SPINACH, WASHED

ALSO NEEDED

MANDOLIN
COARSE MICROPLANE
GRATER

1. Cook the quinoa according to the instructions on the package. Drain the cooking liquid.
2. Cut the Romanesco florets in half and cook until al dente in salted boiling water for 2 minutes. Drain and toss with 1 tablespoon of oil.
3. For the tarragon oil, mix in a small bowl 5 tablespoons oil, the finely chopped tarragon, red pepper and 1 teaspoon grated lemon zest. Squeeze the juice of half a lemon. Season the oil with lemon juice and salt. Stir the raspberries into the dressing.
4. Cut half of the radish with the mandolin into wafer-thin slices and grate the other half.
5. Heat 2 tablespoons of oil in a thick-bottomed frying pan. Pat the redfish dry. Make notches in the skin with a sharp knife. Season with salt and pepper. Bake the fish skin side down for 2 minutes until golden brown and crispy. Flip the fish with a spatula to fry the other side for 2 minutes.
6. Heat 1 tablespoon of oil in a large pan. Briefly stir-fry the spinach (with stalks) over high heat, and season with salt and pepper.
7. Divide the quinoa onto 4 pre-heated plates and spoon the spinach on top. Place the fish on top and spoon the raspberry-dragon dressing around it. Garnish with radish slices and grated radish.

REDFISH (SEBASTES NORVEGICUS)

Fishing Area: FAO 27 - Sub V

The Redfish is a bright red-orange skinned arctic rockfish, with a wonderful texture and rich flavour. Redfish is able to be paired with many different flavour profiles, from light Mediterranean herbs to fresh ground spices that pack a punch. This is a versatile fish that remains moist and delicate after cooking.



HADDOCK LOINS WITH FREGOLA AND TOMATO VINAIGRETTE

250 GRAMS FREGOLA PASTA
OR PEARL COUSCOUS
10 TABLESPOONS OLIVE OIL
100 GRAMS CHERRY TOMATOES
1 SMALL SHALLOT, FINELY
CHOPPED
1 TABLESPOON WHITE
WINE VINEGAR
3 PURPLE BASIL SPRIGS,
FINELY CHOPPED
5 PURPLE CAULIFLOWER
FLORETS
2 BABY FENNEL
500 GRAMS HADDOCK LOINS
WITH SKIN, SCALED
150 GRAMS SAMPHIRE
½ LEMON

OPTIONAL

EDIBLE FLOWERS

ALSO NEEDED

HAND BLENDER
MANDOLIN

1. Cook the fregola pasta according to the instructions on the package. Drain the cooking liquid and stir 1 tablespoon of oil into the pasta.
2. Heat 1 tablespoon of oil in a saucepan, add the tomatoes, put a lid on and stew over low heat for 15 minutes.
3. For the dressing, mix the shallots and vinegar and leave them for 5 minutes. Puree the tomato with the hand blender and stir into the shallot mixture. Season with salt and pepper. Beat 6 tablespoons of oil into the dressing. Stir in the finely chopped basil at the last minute.
4. Slice 3 cauliflower florets and the baby fennel nodules with the mandolin into thin slices.
5. Pat the haddock dry and cut notches in the skin with a sharp knife. Season with salt and pepper. Heat 2 tablespoons of oil in a non-stick frying pan. Bake the fish skin side down for 4 minutes until golden brown and crispy. Turn the fish over and fry the other side for 2 minutes. Move the fish aside, add the samphire and stir-fry for 1 minute.
6. Put a few tablespoons of fregola in a deep plate, spoon the samphire and the tomato vinaigrette over it. Place the fish on the pasta. Divide the cauliflower florets and fennel around it. Grate the remaining purple cauliflower florets over the dish. Drizzle with lemon juice and garnish with petals if desired.

HADDOCK (MELANOGRAMMUS AEGLEFINUS)

Fishing Area: FAO 27 - Sub IV

A premium whitefish, Haddock is a member of the Cod family, though smaller than the Cod. Haddock has a firm yet tender texture, with a fine flake. The raw meat is white and cooks up even whiter. Haddock's delicate flake and slightly sweet taste give it a wonderful, melt-in-the-mouth appeal.



FRIED PLAICE LOINS WITH SAMPHIRE

400 GRAMS POTATOES,
PEELED
350 GRAMS PARSNIP,
PEELED
100 ML MILK
45 GRAMS BUTTER +
100 GRAMS OF COLD
BUTTER CUBES FOR
THE SAUCE
50 GRAMS BABY CHARD +
EXTRA TO GARNISH
200 ML DRY WHITE WINE
2 SHALLOTS, FINELY CHOPPED
50 ML CREAM
1 KG FRESH BROAD BEANS,
SHELLED
500 GRAMS PLAICE LOINS,
AT ROOM TEMPERATURE
150 GRAMS SAMPHIRE

OPTIONAL

EDIBLE FLOWERS TO GARNISH

ALSO NEEDED

FOOD PROCESSOR

1. Cook potatoes and parsnip for about 20 minutes. Heat the milk with 1 tablespoon butter in a saucepan. Scoop them in the food processor, add the milk, salt and pepper and puree until it becomes a smooth creamy puree. Return the puree to the pan, and fold in the chard, keep the puree warm.
2. Bring the wine with the shallot in a saucepan to a boil. Boil the wine until there are 2 tablespoons of liquid left. Add the cream. Reduce the heat to low temperature and whisk the cold butter cubes through the sauce. Keep the sauce on warm spot. Season with salt and pepper.
3. Blanch the broad beans for 1 minute in boiling water (without salt). Scoop them into a bowl of ice water. Make an opening in the skin with your thumbnail and press the beans out.
4. Heat 2 tablespoons of butter in a frying pan, sprinkle plaice loins with salt and pepper. Fry the fish until golden, flip over after 4 minutes, bake the other side for 2 minutes until cooked.
5. Divide the mash into 4 large preheated plates. Place the fish over half of the mash. Place the fish pan back on the flame. Add the samphire and fava beans with a few tablespoons of water and simmer for 2 minutes. Spoon the white wine sauce on the fish. Garnish with baby chard leaves and edible flowers if desired.

PLAICE (PLEURONECTES PLATESSA)

Fishing Area: FAO 27 - Sub IV

The Plaice is known for its flavoursome meat, almost creamy texture and characteristic red spots. It is a sweet, fine tasting flatfish similar to sole, with a white meat that is moist and lightly flaky. The plaice is rich in protein and also low in fat, making it a healthy choice for everyday cooking and a great source of vitamins.



FRIED CATFISH LOINS WITH AVOCADO CURLS AND TOMATOES

10 SHALLOTS, HALVED
40 GRAMS CANE SUGAR
125 ML RICE VINEGAR
1 TABLESPOON WHITE WINE VINEGAR
5 DILL SPRIGS
150 GRAMS BELUGA LENTILS
1 STALK OF CELERY + YELLOW LEAVES TO GARNISH
1 CLOVE GARLIC, PEELED
7 TABLESPOONS OLIVE OIL
400 GRAMS YELLOW AND RED CHERRY TOMATOES
3 AVOCADOS
1 LIME, SQUEEZED
500 GRAMS CATFISH LOINS, AT ROOM TEMPERATURE
1 HANDFUL BABY SPINACH

ALSO NEEDED

CLEAN PRESERVING JAR
HAND BLENDER WITH CHOPPER

PREPARE (AT LEAST 24 HOURS IN ADVANCE)

1. Bring shallots to a boil with 375 ml of water, 1½ tablespoon of salt, the sugar and the vinegar. Cook on low heat for 3 minutes. Spoon shallots on the dill sprigs in the jar, pour the pickle liquid over.
1. Preheat the oven to 180 °C. Cook the lentils, the celery and garlic for about 25 minutes. Remove the celery, press the garlic clove into a smooth puree and mix with the lentils. Season with 2 tablespoons of oil, salt and pepper.
2. Roast cherry tomatoes with 1 tablespoon of oil, sprinkle with salt 20 minutes in the oven.
3. Puree 2 avocados in the blender into a creamy puree. Season with lime juice, salt and pepper. Peel thin slices of the remaining avocado with a peeler. Drizzle with lemon juice and roll loosely.
4. Sprinkle salt and pepper on the Catfish loins. Heat 2 tablespoons of oil, fry the fish for 4 minutes over medium heat until golden brown. Flip the fish and fry the other side for 2 minutes.
5. Spread the avocado puree in the center of the plate. Place the fish on top, 2 tablespoons of lentils around it and serve the rest separately. Take shallots apart and spread over the lentils. Arrange the tomatoes around it. Garnish with spinach leaves, young celery leaves and curls of avocado.

CATFISH (ANARHICHAS LUPUS)

Fishing Area: FAO 27 - Sub V

This ferocious-looking wolffish gets its name from the sharp, protruding teeth it uses to feast on lobsters, clams and other shellfish. The lean, pearly white flesh of the wolffish has a firm texture and a mild, sweet flavour. Because it lives on shellfish, the flesh can also have a flavour similar to shellfish. This versatile fish holds together well and can be cooked successfully using many different methods.