



1350+ FISH RECIPES

Make the most of the catch of the day at home with taste.com.au's delicious fish recipe collection. Try a Malaysian fish curry, baked Indian fish pilaf, fish and ramen noodle soup or just a great old-fashioned fish and chips.



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Fish of the day

PILU AT FRESHWATER

At his iconic Italian restaurant on the Northern Beaches, Giovanni Pilu cures New Zealand king salmon for 24 hours in a 50/50 mix of salt and brown sugar, then lightly smokes it himself. The salmon is then marinated in extra virgin olive oil, citrus and fennel seeds before being sliced and served with a salad of fennel, celery hearts, bottarga (dried fish roe) and slow-roasted baby golden beets. On the side, Giovanni serves carta di musica, the crispy, salty Sardinian bread. **Moore Rd, Freshwater, ph 9938 3331**

DUKE BISTRO

Mitch Orr serves the sustainable octopus he sources from Fremantle in old Roman fisherman style, marinated in olive oil and spices, then cooked on a really low heat on the stove. "All the moisture in the octopus cooks out and the octopus then cooks in its own juices so you get really flavourful, really tender octopus," he says. "It braises for about an hour and a half, then we just portion it off and then we give it a crisp flash fry to crisp the skin up and it just stays nice and juicy inside." **The Flinders Hotel, 63 Flinders St, Darlinghurst ph 9332 3180**



THE COOK'S CLUB

Fantastic fast food from our readers



ANN HAMBLY'S MUSHROOM AND BACON SALAD

/// I'm on a very restricted diet at the moment, so texture and taste are really important. ///

Serves 2

- Preparation time: 20 minutes
- Cooking time: 15 minutes
- Skills needed: Basic

- Olive oil spray
- 2 rashers of lean bacon, sliced
- 250g mushrooms, quartered
- 2 cloves of garlic, crushed
- 1/2 cup baby tomatoes
- 1 cup red capsicum, diced
- 1 shallot, sliced
- 1 bunch of asparagus, blanched and sliced into bite-sized pieces
- 6 sprigs parsley, or to taste
- DRESSING**
- 1/4 cup of Kraft French Herb low-fat dressing