

CookWise Barbequed Fish



Grilled Trout with Horseradish Cream



2 trout fillets (or one cut in half)
2 tbsp butter
1 tbsp olive oil
Horseradish Cream
1/2 cup sour cream
1 teaspoon prepared horseradish
Paprika

To prepare the horseradish cream,

mix sour cream and horseradish and keep chilled until ready to use.

Over a low heat, or in a microwave, heat butter and olive oil until butter is melted. Spread the mixture over the fish fillets, and grill for approximately three to five minutes per side (or until done) on a fine wire-mesh screen placed on the grill rack. Spoon the horseradish mixture over cooked fillets, and garnish with paprika.

Asian Salmon Burgers



1 lb/ 455g salmon fillet, skin and bones removed, cut into 1-inch pieces
1 tbsp peeled, minced fresh ginger
1 1/2 tbsp minced garlic
2 spring onions, including 2 inches of green tops, very thinly sliced
2 tbsp chopped

fresh coriander
1 tsp salt
1 1/2 tbsp fresh lemon juice
2 tbsp soya sauce
1/2 cup fresh breadcrumbs
2 large eggs, lightly beaten
2 tbsp vegetable oil

Spring Onion and Soya Sauce Mayonnaise

1/2 cup mayonnaise
1 spring onion, including green tops, very thinly sliced
1 tsp fresh lemon juice
2 tsp soya sauce

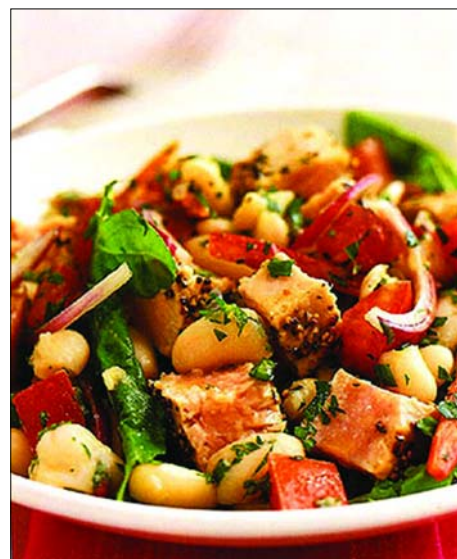
For salmon burgers, in a food processor fitted with the metal blade, pulse the salmon until coarsely ground,

scraping down the sides of the work bowl once or twice. (Be careful; it's easy to go from chopped to a mashed paste in seconds!) Transfer the salmon to a medium bowl. Add the ginger, garlic, onions, coriander, salt, lemon juice and soya sauce and breadcrumbs. Mix to combine add the eggs. Stir to combine.

Dividing the salmon mixture evenly, form into 4 1-inch-thick patties. Refrigerate for at least 20 minutes before cooking. (The patties can be prepared up to 8 hours ahead. Transfer to a covered container and refrigerate.) Place on lightly oiled pieces of foil and cook until golden brown on one side, about 3 minutes. Turn and cook until opaque throughout and golden brown on the other side, about 3 minutes longer.

For the Spring Onion and Soya Sauce Mayonnaise, in a small bowl mix the mayonnaise, onion, lemon juice and soya sauce until well blended. Cover and refrigerate for up to 1 day.

BBQ Tuna and white bean salad



14 oz/ 400g tuna steaks
2 tsp cracked black peppercorns
1 small red onion, thinly sliced
1 tomato, seeded and chopped
1 small red pepper, thinly sliced
2 jars of cannellini beans
2 garlic cloves, crushed
1 tsp chopped thyme
4 tbsp finely chopped parsley

1 1/2 tbsp lemon juice
1/3 cup extra-virgin olive oil
1 tsp honey

Place the tuna steaks on a plate, sprinkle with cracked black pepper on both sides, cover with cling film and refrigerate until needed. Combine the onion, tomato and pepper in a large bowl. Rinse the cannellini beans under cold running water for 30 seconds, drain and add to the bowl with the garlic, thyme and 3 tablespoons of the parsley.

Place the lemon juice, oil and honey in a small saucepan, bring to a boil, then simmer, stirring, for 1 minute or until the honey dissolves. Remove from the heat. Cook the tuna on a hot, lightly oiled barbecue grill for 2 minutes on each

side. The meat should still be pink in the middle. Slice into small cubes and combine with the salad. Toss with the warm dressing. Season well and toss with the remaining parsley.

Grilled Prawns with Cherry Tomatoes and Avocado Salsa



12 cherry tomatoes, washed
1 ripe avocado, cut into 1/4-inch dice
1/4 cup finely chopped onion
2 tbsp finely chopped fresh coriander
1 tsp minced chilli
1/2 tsp minced garlic
1/4 tsp salt
1/4 tsp freshly ground black pepper

16 to 20 large king prawns, peeled and deveined
extra-virgin olive oil
Salt and Paprika to taste

To prepare the salsa:

Grill the cherry tomatoes over direct high heat until charred in spots and softened, 4 to 6 minutes, turning occasionally. Place them in a food processor and process until smooth. Pour into a medium bowl. Add the remaining salsa ingredients and mix well. Set aside until ready to serve. Lightly brush the prawns with oil. Season to taste with salt, and paprika. Grill over direct heat until they are just opaque in the centre and firm to the touch, 2 to 4 minutes, turning once halfway through grilling time. Serve warm or at room temperature with the salsa.



BBQ Fish with Cous Cous Salad

1 cupful of plain couscous
100g/3½ oz mushrooms, lightly cooked
thyme to taste
a fresh lime
4 drops of tabasco sauce
sheet of tin foil (approx A4 size)

Make up a cupful of couscous (as recommended on the

packet with hot water) and mix in a small handful of mushrooms and half a teaspoon of thyme. Select a nice fish steak (tuna, salmon or half a dozen king prawns). Wash and ensure there are no bones (or shells) present. Tear off a piece of tin foil (approx A4), Put a large dessert spoon of the couscous mixture into the centre of the tin foil and lay the fish steak or the prawns on top of the couscous. Then either place a large slice of lime on top of the fish or generously squeeze some fresh lime juice over the fish. Sprinkle on the tabasco sauce. Fold the edges of the foil over the fish and roll the two remaining edges (for easy access). Place on the BBQ for approximately 20 minutes - until the fish is cooked.

Orange and Green Peppercorn Marinaded Fish



1 medium sized whole fish (trout, sea bass or bream)
1 red onion
2 small oranges
6tbsp light olive oil
2tbsp cider vinegar
2tbsp green peppercorns in brine, drained
2tbsp chopped fresh parsley
salt and sugar

With a sharp knife, slash the fish 3-4 times each side. Cut a piece of foil big enough to wrap the fish and use to line a large dish. Peel and slice the onion and oranges. Lay half the slices on the foil, place the fish on top and cover with the rest of the sliced onion and orange. Mix the remaining marinade ingredients and pour over the fish. Cover and leave to marinate for four hours, occasionally spooning the marinade over the fish. Fold the foil loosely over the fish



and seal the edges securely. Bake on a medium BBQ for 15 minutes for 450g/1lb, plus 15 minutes over.

BBQ Sardines

4 tbsp sherry
1 tsp honey (to provide stickiness)
salt and pep-

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Lemon for garnish

1 yellow pepper cut into squares
salt and freshly ground black pepper

Place the sardines in a rack and place on medium coals, season with salt and pepper and brush on the glaze. When cooked (which should take about 10 minutes each side) transfer to a hot plate and serve with wedges of lemon.

Marinated Swordfish Kebabs

900g/2lb fresh swordfish
3 tbsp extra virgin olive oil
Juice of a lemon
1 clove garlic crushed
1 tsp paprika
12 cherry tomatoes
1 onion cut into wedges



Add the paprika, garlic and lemon juice to the olive oil and stir to create the base marinade. Dice up the swordfish and throw it into the marinade for about 30 minutes giving you enough time to light the barbecue and soak some wooden skewers. After marinating, put the swordfish cubes onto the skewers inter-layered with a tomato, onion wedge and yellow pepper. Grill for 5 - 10 minutes brushing on the

marinade throughout the cooking process.

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