



# Seafood Easter Dinner

A.Caviston

## Starters

Smoked Mackerel Pate with Melba Toast  
Baltimore Rope Mussels with Garlic and White Wine

## Mains

Sea Bass with Salsa Verde  
Baked Whole Trout with Green Herbs and White Wine

No 1, Westview, Church Road, Greystones, Co Wicklow

+353 (0) 1 287 7637

[www.acaviston.ie](http://www.acaviston.ie)

[info@acaviston.ie](mailto:info@acaviston.ie)

BIM Seafood Circle Seafood Specialist 2010

BIM Seafood Circle Hospitality Member 2010

Recommended by

Bridgestone Best in Ireland 2010, Georgina Campbell The Guide 2010, Lucinda O'Sullivan's Great Places to Eat 2010, Paolo Tullio [tasteofireland.com](http://tasteofireland.com)



recommended by  
  
GEORGINA  
CAMPBELL'S  
ireland  
**2010**  
the guide



## Smoked Mackerel Pate with Melba Toast

Serves 4

### Ingredients

4 smoked mackerel fillets  
Crème Fraiche (40cl)  
Juice of ½ a lemon  
3 spring onions chopped  
Salt and pepper  
2 slices of bread

### *Smoked mackerel pate*

Flake the smoked mackerel from the skin into a mixing bowl. Be gently with the fish and ensure that the mackerel stays chunky  
Mix in the chopped spring onions and the lemon juice  
Spoon in the crème fraiche and fold gently into the mixture.  
Season to taste

### *Melba Toast*

Thinly slice some bread and bake in the oven for 10 minutes at 180°C

### *To serve*

Spoon the pate into a ramekin and serve on a plate with the melba toast and a wedge of lemon. If you're feeling fancy you can garnish with a couple of freshly chopped chives.



## Baltimore Rope Mussels with Garlic and White Wine

Serves 4

### Ingredients

2kg Baltimore Rope Mussels

4 cloves of finely chopped garlic

3 chopped shallots

A large handful of chopped parsley

A good dash of white wine

Tablespoon of Olive Oil

De-beard the mussels – pull the “beard” from the edge of the mussels and discard any that won’t close when tapped.

In a large saucepan, gently sweat the shallots and garlic in the olive oil .

Place the mussels into the saucepan, add the white wine and cover.

Let the mussels steam for approx 2 minutes and when the mussels are opened they are ready. Discard any mussels that remain closed.

### *To serve*

Spoon the mussels into a bowl with the juices



## Sea Bass with Salsa Verde

This recipe works equally well with whole sea bass and with sea bass fillets. It is a great recipe for Easter Sunday as a delicious alternative to the traditional leg of lamb, for any non meat eaters. The salsa verde and sea bass can be prepared in advance and simply put into the same oven as the lamb, 15 minutes before the lamb is cooked meaning everyone's food is ready at the same time. Any extra salsa verde is great with lamb.

### Ingredients

1 Whole Sea Bass (400-600g) or 2 Sea Bass Fillets (140-160g)

#### *For the Salsa Verde*

A large bunch of green herbs (parsley, basil, bay leaves, thyme, sage)

2 anchovy fillets

2 tablespoons of capers

2 tablespoon of gherkins

A good glug of Olive Oil

Juice of ½ a lemon

#### *To make the Salsa Verde*

Chop all of the ingredients together and add the olive oil to form a rough paste.

### Preparation

#### **Whole Sea Bass**

Score the flesh of the fish – if unsure ask your fishmonger to do this for you.

Stuff the salsa verde into the exposed flesh and into the belly of the fish

#### **Sea Bass Fillets**

Score the flesh of the fillets and make sure that any bones are removed from the top of the fillet – if you ask nicely your fishmonger will do this for you! This prevents the fillets from curling up on the pan

### Cooking

#### **Whole Sea Bass**

Place on a baking tray and bake in a preheated oven (180°C) for 12-15 minutes. Once the flesh of the fish moves away easily from the bone it is cooked

#### **Sea Bass Fillets**

Fry the fillets skin side down with a little olive oil on a hot non-stick pan for approx 30 seconds to crispen the skin. Spoon the salsa verde onto one of the fillets and place the other fillet on top (like a sandwich). Place on a baking tray and bake in a preheated oven (180°C) for approx 10 minutes

Once the fish is ready, plate and serve with mixed vegetables and baby potatoes and a nice glass of white wine. Mint vinaigrette which is traditionally served with lamb at Easter is also a great accompaniment to the Sea Bass



## **Baked Whole Trout with Green Herbs and White Wine**

Again this is a great alternative for Easter Sunday. The trout can be prepared in advance and simply put into the same oven as the lamb, 15 minutes before the lamb is cooked meaning everyone's food is ready at the same time.

### Ingredients

Green Herbs – Parsley, Dill, Thyme, or Sage

1 Lemon

A glass and a half of dry white wine

Whole Trout (gutted)

### **Cooking**

Preheat the oven to 180C

Chop the green herbs and mix with a good dash of the dry white wine

Season the dressing

Slash skin of the fish diagonally along each side so that the flesh is exposed and place the dressing into the slits. Stuff the belly of the fish with a slice of lemon and place the fish in an oven proof dish

Season the whole trout with salt and freshly ground black pepper and pour the remainder of the dressing over the fish

Drizzle with olive oil and cook in the oven for about 15 minutes (there is no need to cover the fish)

Serve with a glass of white wine and some baby potatoes, which have been covered in butter and parsley