

OLSPCK Home Economics' fish fortnight.



During this fortnight our aim is to teach our students all about the dietary benefits of eating fish regularly

This includes

- The healthy fats found in oily fish such as Omega 3 fatty acids
- The benefits of Omega 3 fatty acids in our diet
- How fish can help us to maintain a healthy weight
- How fish can improve sporting performance



We will also consider the benefits of getting our fish from a sustainable source.

All students will then be cooking a fish dish.

Year 8 recipe is Baked Asian Parcels

Year 9 – Fish Curry

Year 10 – Fish Crumble.

Recipes attached.

In addition the school dining hall will be serving fish dishes throughout the fortnight.

We hope that this focus on fish will encourage our students to increase fish in their diet.



Fish Crumble

200g salmon / cod (or fish of your choice)

1/2 small onion

300ml semi-skimmed milk

25g plain flour

25g margarine

75g low fat cheese (grated)

2 slices wholemeal bread (crumbed)

parsley

seasoning



METHOD

1. Heat oven to 190 oC, gas mark 5.
2. Wash fish, remove skin and visible bones.
3. Cut the fish into large pieces and chop onion.
4. Place onion and fish in a saucepan and add the milk.
5. Poach gently for 10 minutes. Drain the fish from the milk (keep milk for sauce). Flake the fish and remove any bones. Strain milk.
6. Melt margarine in a small saucepan, add flour.
7. Stir in milk gradually and bring to the boil. Cook for 3 minutes.
8. Add 2/3rds of grated cheese to sauce, stir in fish.
9. Pour into greased pie dish. Sprinkle the breadcrumbs and the remaining cheese on top.
10. Bake in a hot oven for 20 minutes.
11. Garnish with a sprig of parsley.

Fish Curry

Ingredients

- 450g white fish (cod, haddock) or Oily (salmon)
- 2 tablespoons of lemon juice
- 2 small onions, chopped
- 2 cloves of garlic, crushed
- Thumb sized piece of root ginger
- 1 green chilli
- ½ tsp of tumeric
- 1tsp garam masala
- 1 tinned of chopped tomatoes
- 1 tsp rapeseed oil



Method

- Cut the fish into bite size chunks
- Marinate the fish chunks in the lemon juice for 15 mins.
- Cut the onions, chilli and ginger (finely). Crush garlic.
- Heat the oil in the pan and add onions. When light brown add in the chilli, ginger and garlic. Cook for a minute.
- Add the tinned tomatoes and all the spices and cook for 5mins. Stirring at regular intervals.
- Add the fish. Add a little water so that the fish is covered. Simmer for 15 mins until the fish is cooked.
- Serve with rice or pitta bread and salad

Baked Asian Salmon Parcels (serves 2)

Ingredients

2 salmon fillets

1 red chilli

$\frac{1}{2}$ pkt fresh coriander

1 clove garlic

$\frac{1}{2}$ tblsp soy sauce

1 small lime

2 squares of tinfoil



Method

1. Finely slice the red chilli and garlic. Chop the coriander.
2. Place each salmon fillet on a square of tinfoil. Top each with chilli, garlic, coriander, garlic, soy sauce and the zest and juice of $\frac{1}{2}$ a lime.
3. Wrap into two parcels and bake for 10 - 15mins at 180c.
4. Serve on a bed of spicy couscous salad.

Other serving suggestion: serve with noodles and extra soy sauce