**RESOURCES FROM CJ JACKSON**

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KS3 AND SECONDARY SCHOOLS WORKSHOP

* Prepare students for filleting and understanding quality of seafood.
* look at a number of different types of fresh fish.
* Cover how to choose, store, prepare and cook a flat fish.
* Basic cooking techniques for flat fish
* How to choose a sustainable product.
* The nutritional and cost of fish – why to choose local fish
* Learning more about the top 5 choices of seafood in the UK.

**RECIPE FOR CLASS**: POCKETED FLAT FISH

This recipe is a simple method of cooking fish on the bone. Bones often deter people, but make the cooking easier as the fish is less likely to dry out in cooking. It is also easier to remove the bones after cooking than before.

Serves 2

* 2 small flat fish such as plaice, dab, flounder or slip soles (small Dover sole)

For the stuffing, choose what ever is available or in your fridge or store-cupboard-the following combinations work well:

* Halved cherry tomatoes, a sprinkle of pine nuts and freshly grated Parmesan cheese and shredded basil with a splash of olive oil
* Deveined and peeled warm water (tiger) prawns, tossed in basil pesto
* Flavoured butter with herbs, capers, lemon juice and a little anchovy essence
* Autumn mushrooms (cooked in a little butter) with sage and a small amount of crème fraiche
* If using a slip sole – skin the dark side of the fish if desired.

**Method:**

Lift the fillets from the dark side of the fish only. This is done using a filleting knife and making an incision down the centre of the fish and running the knife close to the bone as if to fillet and remove these completely from the bone. Leave the fillets attached to the bone at the frill.

Lay the fish on a lightly greased baking sheet, or aluminium foil. Fold the two top fillets back so that the bone and underside fillets are revealed.

Mix the stuffing together or simply spread with the prepared butter. Arrange the stuffing in the middle of the fish and refrigerate until required.

Preheat the oven to 210C or gas mark 7. Bake the fish in the oven for 12 – 15 minutes or until cooked: the flesh will be opaque, white and firm to the touch.

Using a sharp knife scrape away the fins of the fish. Lift the fish onto a serving plate and garnish with watercress and lemon if desired.