



Above: Bream with saffron — cooked in a delicious mixture of butter, onions and tomatoes

## Bream with saffron

An attractive way of cooking a fish whole. Saffron perfects the dish but turmeric powder can be substituted for similar effect

**MAIN MEAL** Serves 4

**Overall timing** 50 minutes plus 2 hours marination

**Equipment** Large dish, flameproof dish or frying pan

**Freezing** Not recommended

### INGREDIENTS

3lb	Bream	1.4kg
8fl oz	Vinegar	220ml
	Salt and pepper	
8oz	Onions	225g
2oz	Butter	50g
4	Tomatoes	4
	Pinch of saffron or	
2 teasps	Turmeric powder	2×5ml

### METHOD

- 1 Cut the fish, leaving on head and tail. Wash carefully then dry on kitchen paper. Make 4 deep cuts in fish (don't go right through to the other side). Place in a large dish and add vinegar, salt and pepper. Cover and leave for 2 hours, turning fish over from time to time.
- 2 Peel and finely chop onions. Melt the butter in a flameproof dish or large frying pan, add onions and cook till transparent. Add chopped tomatoes, saffron or turmeric, salt and pepper. Cover with lid or foil and simmer for 15 minutes.
- 3 Lift fish carefully from marinade. Add to flameproof dish or frying pan, cover and cook for about 30 minutes till cooked through. Turn fish over once during cooking time.

### TO SERVE

Garnish with lemon slices and parsley sprigs and serve by itself or with rice and a green vegetable, for example green beans or spinach.

## Dorade en papillote

A whole bream browned, then baked in an envelope of foil, to keep in all the juices and flavours. Shallots, parsley and mushrooms are sautéed in butter, then used as a stuffing for the fish

**MAIN MEAL**

Serves 4

**Overall timing** 1 hour

**Equipment** Large frying pan, foil, baking tray

**Freezing** Not recommended

### INGREDIENTS

3lb	Prepared whole bream	1.4kg
8oz	Button mushrooms	225g
2	Shallots	2
2oz	Butter	50g
1 tbsp	Chopped parsley	15ml
2oz	Plain flour	50g
	Salt and pepper	
	Oil	
1 tbsp	Milk	15ml

### METHOD

- 1 Preheat oven to 450F (230C) Gas 8.
- 2 Wash and dry the bream. Wipe the mushrooms and finely chop. Peel and finely chop shallots. Melt half the butter in frying pan, add mushrooms, shallots, parsley, salt and pepper and sauté for a few minutes. Lift vegetables out with a draining spoon.
- 3 Season the flour and pat on to the fish. Melt remaining butter in pan, add the fish and cook gently for 10 minutes on each side.
- 4 Brush a large piece of foil with a little oil, and carefully lift the fish on to it. Spoon the cooked vegetables into the cavity of the fish and sprinkle over the milk.
- 5 Make the foil into a loose but tightly closed parcel. Place on baking tray and cook for 15 minutes in oven. Remove fish from foil and served portions with juices and vegetables spooned over. A dish of plain boiled rice is a good accompaniment.