

Grilled Squid with Pumpkin Seed Pesto

Serves 6

3 tomatoes
900g squid
100g rocket
1 cup pumpkin seed pesto

Blanche, skin & seed the tomatoes. Cut the remaining tomato flesh into a neat dice.

Season the squid with salt & pepper and grill on a hot griddle plate or sauté in a fiercely hot wok.

Remove the squid from the heat and place into a large bowl. Add one tblsp of the pesto followed by the chopped tomato and mixture all together. Add the rocket just before serving, toss and plate, garnishing with the rest of the pesto.

Pumpkin Seed Pesto

2 cups pumpkin seeds
3 green chillies
15g lemon zest
6 garlic cloves
3 tblsp black mustard seeds, roasted
3 tblsp coriander seeds, roasted
80ml lemon juice
200ml pumpkin seed oil

Put all the ingredients except the oil into a pestle and mortar and grind into a rough paste. Thin the mixture out with the oil. Season the pesto with salt & pepper.

Tuna with Grilled Asparagus, Roasted Garlic & Parsley Dressing

Serves 4

800g tuna
50ml extra virgin olive oil
400g asparagus
400g new potatoes
1 large head of garlic
100g/1handful parsley
125ml/ 1/4 cup extra virgin olive oil
Juice of 2 lemons
Sea salt & freshly ground black pepper

Roast the head of garlic in a moderate oven (180°C) for aprox 20 min or until the garlic is completely soft.

Peel the individual cloves or squeeze them out. Mix the garlic puree, parsley and lemon juice together with the olive oil. Put the mixture into a blender or use a pestle and mortar to grind the mixture into a smooth dressing.

Cook the new potatoes in boiling salted water until soft, drain and leave to cool. When the potatoes have cooled cut them in half lengthways. Blanche the asparagus in boiling salted water for a few minutes. Remove from the pot and refresh them in ice-cold water. Cut the fish into 200g portions, brush with a little olive oil and season with salt and pepper and place it skin side down on an oiled grid over hot coals. Put the asparagus and potatoes on the grill at the same time. After 5 min flip the fish and remove the asparagus and potatoes from the grill. Put the asparagus and potatoes on plates. Remove the fish from the grill and serve on top of the asparagus. Drizzle with the garlic-parsley dressing.

Ceviche of Yellowtail, Shaved Fennel & Preserved Lemon

Serves 4

500g yellowtail
150ml extra virgin olive oil
Juice of 4 limes
1 bulb fennel
1 preserved lemon

Slice the fish in paper-thin slices horizontally. Place the slices carefully in a non-metal dish. Dress with half of the olive oil and lime juice. Season with salt and pepper and refrigerate for at least 20 mins.

Remove all of the flesh and pith from the preserved lemon and neatly dice the rind. Thinly slice the fennel bulb and combine it with the lemon rind and the rest of the lime juice and olive oil. Season the fennel etc with salt and pepper.

Arrange the slices of yellowtail on a plate and place the fennel on top of the fish. Garnish with a sprig of parsley.

Grilled Yellowtail with Preserved Lemon, Mint & Puy Lentil Salsa

Serves 6

6 x 180g pieces Yellowtail fillet
125ml (1/2 cup) extra virgin olive oil
250ml (1 cup) green Puy lentils
1 bulb garlic
1 red chilli
1 red pepper
1/2 red onion
1/2 cucumber
1 preserved lemon (recipe follows)
125ml (1/2 cup) pitted green olives
Juice of 1 lemon
60g (2 handfuls) mint
120g (4 handfuls) rocket
Salt & pepper

Put the lentils in a saucepan with the bulb of garlic and the red chilli and cover with water. Simmer the lentils for aprox 40 minutes until soft. Remove the pan from the heat and leave lentils to cool in their cooking liquid.

Chop the red pepper, red onion, cucumber and olives into a neat dice roughly the same size as the lentils. Remove the rind of the preserved lemon and dice. Drain the lentils, remove the garlic and chilli and add all of the chopped vegetables together with the lemon juice and the rest of the olive oil. Roughly chop the mint and add to the salad then season with salt and pepper. Brush the fillets with olive oil and season with salt and pepper. Cook filleted side down on a braai grid over a hot fire or in a searing hot skillet. Cook the fish for a couple of minutes on each side and then remove from the heat. Place the rocket in the middle of the plate, put a piece of fish on top of the rocket and spoon the salsa liberally over the fish. Garnish with a hefty drizzle of extra virgin olive oil.