

CELEBRATING  
*the power of*  
**FISH**  
IN A DISH



NAMIBIA FISH CONSUMPTION  
PROMOTION TRUST

RECIPE BOOK  
2022



BRINGING FISH TO THE NATION

# CHEF GERSON





# KABELJAU SALAD

## WHAT YOU NEED

2 Kabeljou Fillets  
4 Kale Leaves  
Mixed Fancy Lettuce  
2 Strawberries

3 Raspberry  
1 Lemon (zest and juiced)  
1 Sweet Corn

## METHOD

1. Clean fish by removing the scales and intestines. Rinse under running water remove any excess water with a damp cloth and Fillet the fish
2. Season the filleted fish with salt, pepper and lemon
3. Quickly fry (Sauté) the Kale and sweet corn and mix it with fancy lettuce Strawberries and raspberries.
4. Heat the pan and fry the fish until golden brown and turn over to the skin side, and take out the fish from the pan after a minute.
5. For dressing, mix the lemon juice, salt, pepper, oil and honey to make a vinaigrette
6. Serve all ingredients.
7. Enjoy!



# TILAPIA & BEETROOT PUREE

## WHAT YOU NEED

2 Tilapia Fillets  
3 Beetroot Pickled Wedges  
1 Oranges (Zested And Juiced)  
150ml Honey  
3 Long Brocoli

5 Cherry Tomatoes (Halved)  
3 Dill Sprigs  
150g Couscous  
50ml Olive Oil

## METHOD

1. Clean Tilapia by removing the scales and intestines. Rinse under running water and remove any excess water with a damp cloth.
2. Season the filleted fish with salt, pepper and the zest from the Oranges.
3. Add couscous to a bowl and season to taste with (salt, pepper and dill), and oil. Cover with plastic wrap (cling film) until the couscous has absorbed all the liquids
4. Heat the pan and fry the fish until golden brown on the skin. After turning over to the skin take out the fish from the pan. Deglaze the pan with liquid (orange juice and honey), butter, dill and fish stock to make the sauce.
5. Quickly fry (Sauté) the broccoli with some salt and pepper.
6. After the sauce plate all ingredients.



# CHOCOLATE SOUFFLÉ

## WHAT YOU NEED

4 Tablespoons (1/4 Cup; 60g) Unsalted Butter  
4 Ounce (113g) Semi-Sweet Chocolate Bar,  
Coarsely Chopped\*  
3 Large Eggs, Separated

1 Teaspoon Pure Vanilla Extract  
1/8 Teaspoon Salt  
1/8 Teaspoon Cream of Tartar  
3 Tablespoons (38g) Granulated Sugar

## METHOD

1. Melt the butter and chocolate together in a double boiler or a bowl in the microwave. Microwave in 20 second increments. Stirring until completely melted. Slightly cool for 3-5 minutes.
2. Whisk egg yolks, vanilla extract, and salt into chocolate mixture.
3. Beat the egg whites and cream of tartar together on high speed until soft peaks form, slowly add the sugar, beat until stiff glossy peaks form. Do not over-beat.
4. Slowly and gently fold the egg whites into the chocolate mixture.
5. Refrigerate the batter for 5-10 minutes
6. Preheat oven to 400°F (204°C).

## PREPARE THE RAMEKINS:

1. Brush four ramekins with a generous coating of the softened butter. Sprinkle in the granulated sugar, place ramekins on a baking sheet. Discard excess sugar.
2. Spoon batter evenly into ramekins. Run a knife or icing spatula around the rim at the top, creating a "channel" between the batter and the rim of your pan.
3. Bake: Place baking sheet with ramekins on top in the oven. Reduce oven temperature to 375°F (191°C). Bake for 13-14 minutes or until the edges are set and the center just barely jiggles when you give the pan a light tap.
4. Remove from the oven and serve immediately plain or with optional toppings.

# CHEF KOOSIE





# FRESH HAKE SALAD

## WHAT YOU NEED

- |                             |                      |
|-----------------------------|----------------------|
| 1 Cup Cake Flour            | Crushed Chilies      |
| 1 Cup Water                 | Paprika              |
| 2 Tablespoons White Vinegar | Mixed Herbs          |
| 2 Tablespoons Sugar         | Maize Meal           |
| 2 Eggs                      | Bread Crumbs         |
| 1 Onion                     | Worcestershire Sauce |
| Black Pepper                | Salt                 |

## METHOD

1. Begin by making your batter. - Combine cake flour, water, and eggs. Mix all ingredients until the batter is stiff and not runny.
2. Add salt, black pepper, crushed chilies, paprika and mixed herbs to breadcrumbs. Meanwhile, cook your maize. Let it cool down for a few minutes.
3. Roll maize into balls, coat it in the batter and then in the crumb mixture. Deep fry until golden brown.
4. Prepare tomato sauce to serve with maize balls. Slice and fry one onion in the pan, then add a tin of tomato & onion mix.
5. Add Worcestershire sauce, salt, pepper, 2 tablespoons white vinegar and 2 tablespoons of sugar. Simmer the sauce for 10 minutes.



# ANGEL FISH SAVORY RICE

## WHAT YOU NEED

Angel Fish  
Onion  
Tomato  
1 Lemon

Peppers of your choice  
- (Green, Yellow, Red)  
Garlic

Rice  
Spinach  
1 Carrot  
1 Egg

## METHOD

1. Clean and Debone the fish ( take out intestines.)
2. Slice 1/2 onion, tomato and garlic and spread on the inside of the fish.
3. Season adequately and put in the oven for 15minutes on 180°C.
4. Serve with savory rice and lemon wedges or garlic butter.

## EGG FRIED SAVORY RICE:

1. Rinse and boil rice until cooked.
2. Chop some onion and pepper. Grate 1/2 a carrot. Sautee lightly and add to rice. Mix properly and add to a pan. Use 2 eggs for the egg fry. Mix the egg in with the seasoned rice and panfry until the egg is cooked.

## ASSEMBLY:

1. Use spinach leaves as a colourful base. Dish the rice up on top. Divide the fish into pieces and add on top of the rice. Serve with lemon wedges.



# BREAD PUDDING

## WHAT YOU NEED

Day Old Bread  
2 Eggs  
1 Cup Cream  
1 Cup Milk

1 Tablespoon Vanilla Essence  
1 Cup Sugar  
Ground Cinnamon  
Raisins (optional)

## METHOD

1. Take stale bread, break it into pieces. Place in a baking dish.
2. Mix the remaining ingredients separately, and pour over the bread in the baking dish.
3. Make sure the mixture is evenly spread.
4. Bake in the oven at 180°C for 15 minutes, or until the bread top and sides turn golden brown.
5. Remove and serve warm with ice cream.

# CHEFF MARTIN





# PICKLEED MACKEREL SALAD

## WHAT YOU NEED

150g Mackerel  
50g Lettuce  
30g Cherry Tomato  
30g Blue Berries  
30g Straw Berries

10ml Lemmon Juice  
5g Dill  
5g Garlic  
Pinch of Salt and Pepper

## METHOD

1. Clean the fish.
2. Mix the lemon juice with garlic, dill and seasoning and a bit of oil.
3. Place the fish in the container to let it cure. After 20 min your fish is ready.
4. Prep your salad ingredients and dish up.



## WHAT WE NEED

200g Snoek  
30ml Oil  
1 Carrot  
1 Pear

20g Cauliflower  
40g Butter  
Bunch Dill  
Pinch of Salt and Pepper

## METHOD

1. Clean and scorch your fish and it.
2. Heat your pan, add oil and place your fish skin down.
3. Add butter, cook for 3 mins on each side till perfect.
4. Clean your carrot and cauliflower and blanch it.
5. Place some butter in the pan and quick fry (Sauté) your carrot, cauliflower and pear.
6. Ready to serve.



# NUN FARTS

## WHAT WE NEED

3 Eggs  
100g Flour  
5g Sugar  
80ml Milk  
70g Butter

50g Nutella  
30ml Cream  
5g Vanilla Essence  
80ml Water

## METHOD

1. Place water, milk, butter, sugar and vanilla essence in a pot.
2. Let the mixture come to the boil.
3. Add your flour.
4. Mix it well while on the heat for about 3-4 min till flour cooks.
5. Add the eggs one by one.
6. Mix till it's nice and smooth.
7. place the choux pastry in the piping bag.
8. Put oil in a pot and heat it up to 160 degrees.
9. Start piping little balls in the oil use a knife to make sure they are perfect.
10. Ready to serve once cooked golden brown.

## CHOCOLATE SAUCE

1. Place Nutella in a pot.
2. Add cream.
3. Heat it up.
4. Let the mixture be nice and silky.
5. Ready to serve.

# CHEF YANNICK





# PICKLED MACKEREL FILET

## WHAT WE NEED

280 ml White Vinegar  
120 ml Water  
120 gr White Sugar  
20 gr Salt  
4-6 Mackerel Filet

Fresh Herbs like Thyme, Rosemary or Dill  
Peel from 1 Lemon and 1 Orange  
Black Pepper Corn  
Bay Leaves  
1 Onion, 2 Garlic Cloves

## METHOD

1. Mix vinegar, water and sugar bring to a boil add salt, herbs, pepper ,bay leaves, onion, garlic and citrus peel.
2. Pour over the mackerel filet and keep aside for a least 4 to 6 hours.
3. Cook potatoes until soft, mash and spice according to taste.

## MAYONAISE

1 egg yolk  
1 Table spoon mustard  
1/2 lemon (juice)

Salt,pepper  
250-300 ml oil(sunflower or olive oil)

1. Once cool down peel the potato and slice them 0,5cm thick,add half of mayonaise, lemon juice,some parsley and chopped onions,salt and pepper.



# KABELJAU FILET & SALSA

## WHAT WE NEED

1 Whole Kabeljau Filet  
2 Tomato  
1 Onion  
4 Potatoes

4 Coriander leaves  
1 Teaspoon of Vinegar and Oil  
Pinch of Salt and Pepper

## METHOD

1. Cut a nice piece of the filet, heat up a frying pan with olive oil put the filet skin down first and fry for 4 to 5 mins, when the skin is nice and crispy flip over to finish cooking.
2. Chopped 2 tomato, 1 onion and some coriander and vinegar, oil salt and pepper.



# STRAWBERRY & CHEESE CAKE

## WHAT WE NEED

Strawberry Cheese Cake  
Sweet Dough  
150 gr Flour  
150 gr Butter  
50 gr Sugar

Strawberry Cheese Cake Filling  
230 gr Cream Cheese  
50 gr Strawberry Coulis  
150 ml Whipped Cream  
1 Gelatine Leave

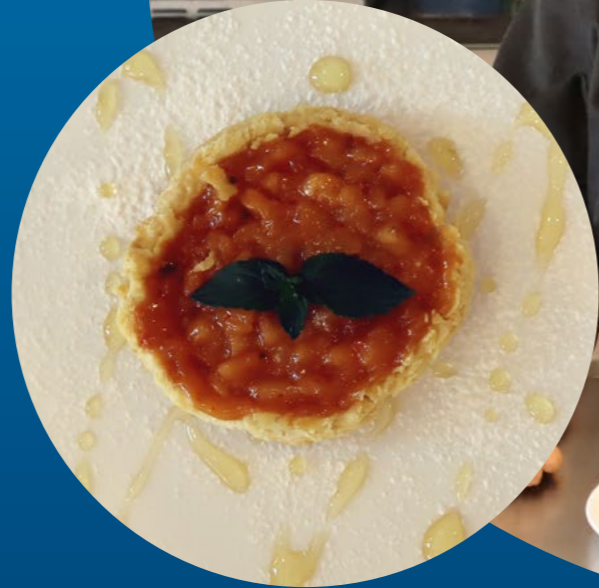
## METHOD

### FOR THE DOUGH

1. Mix all ingredients together and mix until well combined to place the rest the dough for at least 30 mins in fridge. Roll in a 28 cm form and blind bake for 15 /20 min

Whisk cream cheese with sugar,add strawberry coulis with gelatine. Mix well together and add in tart ket set for 4 hour.

# CHEFF SOINY





# FISH CAKES

## WHAT WE NEED

80g Hake Fillet  
30ml Cooking Oil  
60ml Mayonnaise  
1 Onion  
1 Egg White

Cake Flour  
Lemon Wedge  
Fresh Parsley - Chopped  
1 Clove of Garlic

## METHOD

1. Cut the hake fillet into chunks. Chop well until it becomes mash enough.
2. Add the Chopped onions, egg white, a bit of flour and fish spice. Mix well.

## TO MAKE A SHAPE:

1. Put the Fish mixture into a small round cutter. Press the mixture together ensuring it feels firm. Then flatten gently with a fork to form a fish cake.
2. Coat both sides with flour. In the Non-Stick pan, heat up about a tablespoon of cooking oil and fry the fish cake over a medium heat.
4. Fry about 4 minutes on each side or until cooked thoroughly until it's nice brown on both sides. Remove from the heat and serve immediately with garlic mayonnaise and lemon wedges.

## HOW TO MAKE GARLIC MAYONNAISE:

1. Finely chop the garlic and add to mayonnaise. Add chopped parsley and mix well.



# HAKE STIR FRY

## WHAT WE NEED

130g Hake Fillet  
80ml Flour  
Salt And Pepper To Taste

## FOR SAUCE:

10g Onions, Sliced  
10g Green Pepper  
Sliced 10g Red Pepper  
Sliced 10g Tomatoes  
4tbsp Mrs H. Balls Chutney  
20g Butter / Margarine  
125ml Water

## METHOD

1. Cut the fish into cubes. Season with salt and pepper then coat it with flour.
2. Heat the oil in a pan and fry the fish cubes for just for 1 minute. Remove the fish cakes from the pan and keep them aside.

## FOR SAUCE:

1. In the same pan, fry the onions until it becomes soft, and then add peppers.
2. Fry them until they become juicy. Add tomatoes. Simmer until the sauce has developes.
3. Then add chutney, stir until the sauce starts boiling. Add water and stir again. Cook for 1 minute or until the sauce becomes thick. Add butter\margarine
4. Add the fried fish cubes and stir. Season with salt and pepper and cook for 3 minutes on low heat. Serve immediately with rice.



# HAKE TARTALET

## WHAT WE NEED

50g Hake Fish

60ml Sweet Chilli Sauce

30ml Cream

30ml Honey

10ml Flour

10g Puff Pastry

Icing Sugar for Dusting

## METHOD

1. In a sauce pan, boil the Sweet chilli sauce. Add hake fish. Use a blender to smooth it.
2. Add cream, stir well and let it boil for a minute on low heat.
3. Add honey, stir well and remove from the heat.

## TO PREPARE A PASTRY CUP:

1. Roll the Puff pastry on the lightly floured surface. Using a rolling pin to roll the puff pastry.
2. Place it in the tartar Pan and bake it for 12 minutes or until it become lightly brown.
3. Remove from the oven and cut off the unwanted edges to have a nice pastry cup, if the pastry has puffed up and covering the base.
4. Simply use the back of a spoon to press the dough down until it forms the well.
5. In the pastry cup pour the fish mixture and bake in the oven for 3-5 minutes. Remove from the oven.
6. Drizzle with honey and sprinkle with icing sugar.
7. Serve immediately.



# HAKE & CHIPS

## WHAT WE NEED

### BATTERED RECIPE

1 cup of flour

½ cup milk

½ cup water

1 Teaspoon baking powder

3gr salt

3gr white pepper ground

Whisk together flour, milk, water, baking powder, salt & pepper in a bowl until smooth

### NON-BATTERED RECIPE;

1 cup of flour

3gr salt

3gr white pepper ground

Spice the fish with salt & pepper, spice the flour with fish spice and toss the Hake in the flour and deep fry.

## METHOD

1. Defrost the hake and portions to size 100-130g using the scale.
2. Place the portioned Hake in the coating of choice.
3. Ensure the oil is fresh and heat at 180° Celsius, until golden in colour.
4. Fry the fish for 5-7 minutes, remove and place on paper towel to absorb excess oil.
5. Serve with a slice of lemon on the side.



# SNOEK & CHIPS

## WHAT WE NEED

### BATTERED RECIPE

1 cup of flour

½ cup milk

½ cup water

1 Teaspoon baking powder

3gr salt

3gr white pepper ground

Whisk together flour, milk, water, baking powder, salt & pepper in a bowl until smooth

### NON-BATTERED RECIPE;

1 cup of flour

3gr salt

3gr white pepper ground

Spice the fish with salt & pepper, spice the flour with fish spice and toss the Snoek in the flour and deep fry.

## METHOD

1. Defrost the snoek and portion to size 100-130g while using the scale.
2. Place the portioned Snoek in the batter and fry.
3. Ensure the oil is fresh, heat at 180°Celsius, until golden in colour.
4. Fry the fish for 5-7 minutes, remove and place on paper towel to absorb excess oil.
5. Place the spiced chips in container and then the fish on top.
6. Serve the dish with a slice of lemon.



# CALAMARI & CHIPS

## WHAT WE NEED

### BATTERED RECIPE

1 cup of flour  
½ cup milk  
½ cup water

1 Teaspoon baking powder  
3gr salt  
3gr white pepper ground

Whisk together flour, milk, water, baking powder, salt & pepper in a bowl until smooth

### METHOD

1. Defrost the calamari rings in portions of 6.
2. Ensure sufficient amount of rings are defrosted.
3. Place the portioned Calamari in the batter and fry.
4. Ensure the oil is clean, heat at 180° Celsius, until golden in colour.
5. Fry the Calamari until golden brown, remove and place on paper towel to absorb excess oil.
6. Place the spiced chips in the container first and then the fish on top.
7. Serve the dish with a slice of lemon.



# FISH FINGERS & CHIPS

## WHAT WE NEED

No actual prep as this is a frozen buy-in and fry item.

## METHOD

1. Defrost the fish fingers in portions of 6.
2. Ensure the oil is clean, heat at 175° Celsius, until golden in colour.
3. Fry the fish fingers for 3-4 minutes, remove and place on paper towel to absorb excess oil.
4. Place the spiced chips in the container first and then the fish fingers on top.
5. Serve the dish with a slice of lemon.



# FISH CAKES & CHIPS

## WHAT WE NEED

This is a buy-in and sell product, thus no actual prepping is needed.

## METHOD

1. Defrost the Fish Cakes in portions of two.
2. Ensure the oil is clean, heat at 175° Celsius, until golden in colour.
3. Fry the fish for 3-4 minutes, remove and place on paper towel to absorb excess oil.
4. Place the spiced chips in the container first and then the fish cakes on top.
5. Serve the dish with a slice of lemon.



# HAKE CALAMARI & CHIPS

## WHAT WE NEED

1 portion of Hake 130g-150g with 6 Calamari rings and a 100g portion of French fries.

## METHOD

1. Ensure that each item used in the combo is prepared according to their recipes and portions then placed together in a presentable approach.
2. Ensure the oil is clean, and the various items are fried according to their SOP (Standard Operating Procedure) temperatures, oil should be golden in colour, NOT dark brown.
3. Fry the different items in accordance with their oil temps and estimate timeframes. DO NOT fry the items together as they are at different temps and for different periods. Otherwise this could result in over frying fish for 2 minutes. Remove and place on paper towel to absorb excess oil.
4. Place the spiced chips in the container first and then the Hake and Calamari on top with a slice of lemon as per the serving detail above.



# MACKEREL & CHIPS

## WHAT WE NEED

### BATTERED RECIPE

1 cup of flour  
½ cup milk  
½ cup water

1 Teaspoon baking powder  
3gr salt  
3gr white pepper ground

Whisk together flour, milk, water, baking powder, salt & pepper in a bowl until smooth

### NON-BATTERED RECIPE

1 cup of flour  
3gr salt  
3gr white pepper ground

Spice the fish with salt & pepper, spice the flour with fish spice and toss the Mackerel in the flour and deep fry.

## METHOD

1. Defrost the Mackerel and portion to size 100-130g while using the scale.
2. Place the portioned Mackerel in the flour
3. Ensure the oil is clean, heat at 180°Celsius, until golden in colour.
4. Fry the fish for 5-7 minutes, remove and place on paper towel to absorb excess oil.
5. Place the spiced chips in the plate first and then the Mackerel on top with a wedge of a lemon.



# FISH OFF CUTS

## METHOD

1. The off cuts are weighed on the scale.
2. The off cuts are placed in the flour and fried.
3. Ensure the oil is clean, heated at 180° Celsius, until golden in colour.
4. Fry the fish off cuts for 4-5 minutes, remove and place on paper towel to absorb excess oil.
5. Place the off cuts in a plate with a slice of lemon.



# CHIPS

## METHOD

1. The chips is weighed, either for a portion of chips being 250g in the Fomo 6 or as part of the fish & chips meal with 100g portion.
2. Ensure the oil is clean, pre-heat at 175° Celsius, until golden in colour.
3. Fry the chips for 5-9 minutes, remove and season accordingly to taste with chips spice or salt and vinegar.



# HAKE STIR FRY & RICE

## WHAT WE NEED

### BATTERED RECIPE

1 cup of flour

½ cup milk

½ cup water

1 Teaspoon baking powder

3gr salt

3gr white pepper ground

Whisk together flour, milk, water, baking powder, salt & pepper in a bowl until smooth

### NON-BATTERED RECIPE;

1 cup of flour

3gr salt

3gr white pepper ground

Spice the fish with salt & pepper, spice the flour with fish spice and toss the Hake in the flour and deep fry.

## METHOD

1. Defrost the Hake and portion to size 100-130g using the scale.
2. Place the portioned Hake in the flour
3. Ensure the oil is clean, pre-heated at 180°Celsius, until golden in colour.
4. Fry the fish for 5-7 minutes, remove and place on paper towel to absorb excess oil.
5. Serve the spiced chips in a plate first with the Hake on top and a lemon wedge.



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