



GBH PROVISIONS

Oysters with Apple Salsa

Taken from *The End of the Line — Fishing and Foraging with Natural Wine and Bottomless Pilsner in St Ives, Cornwall*

Words + Pictures by Lily White

www.goodbeerhunting.com

INGREDIENTS

1 tart apple (such as a Granny Smith)

1 banana (échalion) shallot

Small bunch Alexanders leaves, finely chopped (substitute with parsley)

1–2 tablespoons white-wine or cider vinegar

1–2 tablespoons extra-virgin olive oil

Sea salt, to taste

10–12 fresh oysters

STEP ONE

First, make the salsa. Finely dice an apple and a shallot to preference: coarser if you prefer a bit of bite, or finer if, like me, you want the texture of the oyster to be prominent. Mix together with a handful of young Alexanders leaves. Dress with a splash of white-wine or cider vinegar for sharpness, a glug of olive oil, and a generous pinch of sea salt. Mix vigorously.

STEP TWO

Shuck the oysters (carefully, as these delicious rocks can fight back). Thick gloves are advisable or, at the very least, fold a tea towel over several times and hold the oyster in that.

STEP THREE

Arrange the shucked oysters in a wide, shallow dish filled with crushed ice. Spoon the salsa over the oysters, or keep in a dish on the side.





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Grilled Mackerel and Zucchini Salad

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INGREDIENTS

5–6 whole mackerel

1 lemon

2 medium zucchini

2 heads baby-gem lettuce

1 cup (237ml) olive oil, divided

Small handful Alexanders leaves (substitute with parsley)

Sea salt, to taste

Small handful three-cornered garlic and nasturtium flowers

STEP ONE

If you've bought mackerel fillets, skip this step. First, using a sharp knife, make an incision behind the mackerel's fin, down to the backbone, parallel to the fish's gills, and repeat on the other side. Place the fish belly-down, and cut through the backbone, removing the head. With the fish on its side, and cutting as close to the backbone as possible, run the knife parallel to the chopping board, cutting the fillet away from the backbone. Repeat on the other side, before carefully removing the pin bones from the fillets. Trim the top and bottom edges of the fillets.

STEP TWO

Top and tail the zucchini before cutting into chunky strips, roughly ¼-inch thick. Liberally splash olive oil over the ribbons. Do the same for the fish, then sprinkle salt over both to taste.

STEP THREE

On separate oven trays, broil both under a high heat until the zucchini is crisp around the edges, and starting to bubble and blacken in the center—flip at this point, though the other side will cook quicker. Meanwhile, broil the mackerel skin-side up: you want crisp, lightly charred skin, and soft flesh underneath. Leave to cool once cooked, then squeeze the lemon over the mackerel.

STEP FOUR

Roughly tear the baby gem lettuce, and line a salad bowl with the leaves. Shred the Alexanders, and pile on top of the lettuce, with both garlic and nasturtium flowers. Drizzle olive oil over and season with salt, to taste.

STEP FIVE

Serve each element of this dish separately: let your guests pick from plates of fish and zucchini and gather spoonfuls of salad onto their plates. Alternatively, pile the fish and zucchini on top of the salad—don't worry too much about aesthetically pleasing plating; it's the simplicity of this dish that's beautiful.





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Plaice with Sea Rosemary and Brown Butter Sauce

Taken from *The End of the Line — Fishing and Foraging with Natural Wine and Bottomless Pilsner in St Ives, Cornwall*

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INGREDIENTS

4 whole plaice or sole, or 8 fillets

Small pinch sea salt

3 tablespoons olive oil

7 tablespoons (100g) salted butter, cubed

Scant ½ cup (100ml) white wine

Small handful sea rosemary
(substitute with regular rosemary), roughly chopped

STEP ONE

Fillet the plaice. This requires a method not hugely dissimilar to the mackerel, though a little more complex. This is a great guide on how to do so. Alternatively, purchase the fillets, or ask your fishmonger to do it for you. You can remove the skin if you prefer, but I'm a big fan of the satisfying crunch of fried fish skin, which works well with the flaky flesh and fluffy potatoes.

STEP TWO

Pat the skin dry with paper towels, then sprinkle a pinch of salt over the fish. Place a pan over high heat and add the oil. Place the fillets skin-side down, and cook until the skin begins to crisp. Throw in a tablespoon of butter per fillet, then turn the heat all the way down to its lowest setting. Flip the fillet and cook on the reverse until golden, basting in the butter (which will brown as you do so) as it cooks.

STEP THREE

Transfer the fillets to a serving platter. Quickly deglaze the pan with the white wine, and add the sea rosemary. Stir through, then pour the pan sauce over the fish and serve immediately.





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Confit New Potatoes

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INGREDIENTS

2–3 lbs (1–1 ½ kilos) new potatoes

2 cups (500ml) olive oil

7 tablespoons (100g) salted butter, cubed

Large handful three-cornered garlic shoots, or scallions, roughly chopped

STEP ONE

Clean, then par-boil the new potatoes in salted water until fork-tender. Meanwhile, add the olive oil to a large roasting pan; it should measure roughly 1-inch deep. Preheat your oven to 430° Fahrenheit (220° Celsius), and place the roasting pan inside to warm.

STEP TWO

Drain the potatoes and leave to steam for a minute. Crush gently with a heavy saucepan or whatever you have to hand—don't mash them; let them retain some of their shape. Carefully pull the oven rack halfway out and add the potatoes to the roasting pan, taking care to avoid splattering the hot oil. Spread them evenly throughout the pan; they should be semi-submerged in oil. Roast for 15 minutes, flipping gently halfway through, and add the cubed butter.

STEP THREE

After the potatoes have finished cooking, remove from the oven (and the oil, using a slotted spoon), and place in a serving bowl. Add a good handful of garlic shoots, or scallions, and stir through.

STEP FOUR

Serve the potatoes alongside the plaice (or sole), and drizzle over any brown-butter sauce not used on the fish.

