

# Tallships Bake

**Country of origin: England**<sup>1</sup>. A hearty, warming baked fish dish.

This is a nice little cooking project, and it serves 4 or 5 as a main course.

## Ingredients

- 400 g Cod or Haddock
- 120 g Traidcraft **FAIRTRADE** fuesli
- 100 g frozen peas
- 100 g frozen green beans
- 100 g frozen sweetcorn
- 200 g carrots
- 45 ml cornstarch
- 10 ml dried parsley
- 5 ml dried mint
- 200 g breadcrumbs
- 200 ml **FAIRTRADE** white wine
- 2 **FAIRTRADE** lemons

## Method

### Preparation

Peel the carrots and chop small.

Cut one lemon into two. Juice one half and slice the other half for decoration.

The second lemon is cut into portions for serving with the meal (for squeezing as desired).

### Cooking

### Vegetables

Cook the carrots for 20 minutes or until soft in boiling water. Drain.

Defrost the frozen vegetables by covering in boiling water in a bowl. Once thawed, drain and turn out into a mixing bowl.

Once all of the vegetables are ready mix them together in the bowl and keep them warm.

### Fish and pasta.

Cook the fuesli in the usual way until al dente (about 12 minutes) and drain. Swizzle the pasta in just a little olive oil to prevent sticking.

Place the fish in a frying pan or saucepan (on a touch of cooking oil) and just cover with the wine. Bring to the boil and then simmer until the fish is cooked. (About 10 minutes).

Lift the fish from the cooking pan (reserve the juices) onto a warmed plate and flake with a fork, removing any skin and / or bones.

Put the fish into the bowl with the cooked fuesli and gently turn with a spoon.

### Sauce.

Add a little more wine to the fish cooking juices if necessary and re-heat.

Add the lemon juice and dried herbs to the cooking juices.

In a separate small bowl, add 30 ml of water to the cornstarch and mix. Add some hot cooking juices to the cornstarch and stir, and then add the cornstarch back to the rest of the juices in the pan.

Stir continuously as the sauce thickens, and season to taste with salt and pepper.

### Assembly

Mix the sauce with the vegetables.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>

Grease a baking dish (or use individual dishes) and make:

A layer of saucy vegetables

A layer of fishy pasta.

A layer of breadcrumbs (drizzled with olive oil or dotted with margarine).

A decoration with lemon slices.

Bake in the oven at Gas Mark 5 for 30 minutes or until the topping is golden brown.

## **To serve**

Serve with lemon segments for squeezing.

In summer serve with a green salad.

In winter serve with vegetables or even a bowl of chips.

## **Variation**

Vegetables can vary with what is available, you need enough to make a layer, but potatoes would be a bit boring under the fishy pasta.