

something fishy!

It may be a hurdle to break those old cooking habits when it comes to cooking fish without the use of oil, wine or any additional extras that are not on your Quick Loss Program.

Here are some recipes using delicious techniques to cook fish.

1. Bamboo or Banana leaf technique

By using a bamboo or banana leaf when cooking fish, the moisture from the leaf will keep the fish moist and tender. You can purchase fresh bamboo or banana leaves at most fruit markets. You could also use parchment paper where leaves are not available.

Ingredients

Bamboo or Banana leaf or parchment paper
Fish (portion size) – White fish is ideal for the recipe
Thyme

Method

Lightly sprinkle fresh thyme over the fish.
Wrap your fish up in the bamboo/banana leaf.
You may need a small length of string to tie it up.



Place the wrapped fish in a baking tray and place in the oven for approximately 20 minutes.
Serve fish on a crispy fresh salad still wrapped in its leaf for unusual presentation and to keep the fish moist.

2. Poaching Fish

Ingredients

Shallow dish
Peppercorns
½ bunch fresh Lemon thyme

Method

Fill your shallow dish with water and bring to a simmer on the stove.

½ bunch chives
Fish (portion size) – White fish is ideal for this recipe

Finely chop ½ bunch of lemon thyme and chives, adding this to the water along with a couple of peppercorns.
Bring the water back to a simmer.

3. Oven Baked

Ingredients

Coriander Seeds
Cumin Seeds
Cardamon Pod
Coriander leaves

Method

Using a mortar and pestle combine the following;

3 coriander seeds, 3 cumin seeds, the inside of a Cardamon pod, finely chopped coriander, pinch of paprika and a pinch of curry powder.

Paprika
Curry Powder
Olive Oil Spray
Fish (portion size)

Lightly spray your portion of fish with olive oil spray and very lightly sprinkle the above ingredients over the fish. The seasoning is quite strong so you only need a small amount.

Place the fish on a baking tray and place in the oven for approximately 15 minutes.
Serve on a bed of Bok Choy.