

fishnews

Selfridges branch 020 7318 3725
Notting Hill branch 020 7221 6177
retail@jkmayfair.co.uk www.james-knight.com
Spring 2010

Many thanks for those who gave us feedback on our first edition of Fishnews. Seasonality proved to be of major interest to you, so going forward, we will give you the info in a concise format, to help plan for both everyday and special occasions.

March is a relatively difficult time for us in the seafood business, as it is spawning season for many popular species like lemon sole and haddock.

So at this time of year, our attentions turn to lesser-known species. I wonder how many of you have tried brill, red gurnard or whiting in the last 12 months? These fish are under-utilised, they are absolutely delicious, relatively inexpensive...and in season. Both of our stores in Selfridges and Notting Hill have these in stock, and we've included a couple of recipe suggestions to give you an idea on what flavours work best with these fish.



Paschal Tiernan
Managing Director

77% of adults glued to cookery programmes

Figures from BARB UK/Techedge showed that 37.2 million of the nation's adults spent over eight hours watching cookery programmes last month. We are very proud that some of the nations most talented TV chefs – from Heston Blumenthal, Marco Pierre White and Jamie Oliver to the upstarts at Masterchef – source their fish from James Knight.

Get your claws on a tasty meat

There is something about dressed crab with brown bread and butter that speaks of the English seaside – and big Cornish crabs, full of sweet meat and caught sustainably in pots, are a favourite with our chef customers at this time of year. Cock crabs (male) yield more white meat than hen crabs, although most classic dishes – crab linguine, crab curry or crab cakes – require a mixture of the two. Ask any of our fishmongers for a recipe.



The fishermen at Gigha Halibut

Heard about our prize-winning Scottish halibut?

The February publication of Jonathan Safran Foer's book, *Eating Animals*, has shone a poor light on fish farming. We share many of his views and are frustrated by the practices of many operators in the pisciculture industry.

There are many species, such as cod, haddock, halibut and swordfish, that are endangered. To preserve these species, we only source our products from ethical suppliers.

Our Scottish Atlantic halibut, for instance, comes from an award-winning, small artisanal farm on Gigha, a tiny southern Hebridean island. Supported by public and lottery money, it has impeccable standards in fish husbandry. It is small in scale, the tanks are roomy and the fish meal is organic, resulting in premium-grade, delicious fish. For more information, visit www.gighahalibut.co.uk



What to eat now

What's in season: March – June

Late March – early April

Brill, clams, crabs, hake, halibut, herring, mackerel, monkfish, lobster, plaice, redfish, red gurnard, salmon, seabass, shrimp, skate, snapper, trout.

Late April – early May

Clams, dover sole, hake, halibut, herring, john dory, lobster, plaice, redfish, red gurnard, red mullet, salmon, seabass, shrimp, snapper, whelk, whiting, trout.

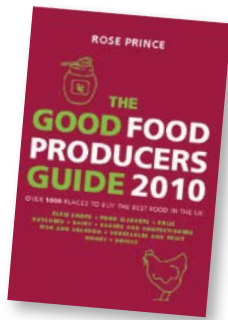
Late May – early June

Cod, coley, dover sole, haddock, hake, halibut, herring, john dory, langoustine, lobster, plaice, pollock, redfish, red gurnard, sea bream, snapper, trout, whiting.

Recipe ideas for spring

We're published

We're delighted to have been included in the 2010 edition of the Good Food Producers Guide, out now in reputable bookshops.



Japan invades Selfridges

From Tue 6th April to Sun 18th April, Japan invades Selfridges, flooding the food hall with various tastes and brands imported from Japan.

As seafood is central to Japanese cuisine, our fishmongers will be participating in the event. Visit our concession and learn new culinary skills with cooking demonstrations, tastings and free recipe ideas.

The recipe included here has been reproduced with kind permission from Japanese cooking expert, Kimiko Barber, from her book, Japanese Pure and Simple 2006 (published by Kyle Cathie Ltd).

Our stores

Ordering with us is easy

You can phone our Selfridges branch on **020 7318 3725** or our Notting Hill branch on **020 7221 6177**. Our Notting Hill branch can also be reached by email: retail@jkmayfair.co.uk

Become an account customer

Account customers receive free local delivery on telephone orders over £15. If you would like to receive details on how to become an account customer, just ask a member of staff.

Our opening hours are:

Date	Notting Hill	Selfridges
Mon-Wed	09:00-18:00	09:30-20:00
Thursday	09:00-18:00	09:30-21:00
Fri-Sat	09:00-18:00	09:30-20:00
Sunday	Closed	12:00-18:00

James Knight of Mayfair

67 Notting Hill Gate, London W11 3JS,
tel: 020 7221 6177, retail@jkmayfair.co.uk

Selfridges Food Hall, 400 Oxford Street,
London W1A 1AB, tel: 020 7318 3725

Grilled sweet miso-marinated cod



Ingredients (serves 4)

4 cod or hake fillets, 200g each
4 tsp sushi ginger for garnish
200ml sake
100g sugar
450g light-coloured miso paste

Method

- Place the sake in a saucepan and bring to the boil for a few minutes, to let the alcohol evaporate, then turn off the heat
- Add the sugar, and stir to dissolve

- Add the miso paste and stir to incorporate and then set aside to cool
- Transfer the paste to a food container with a lid and place the fillets in the marinade. Refrigerate overnight.
- Pre-heat the grill, then wipe the fillets with kitchen paper – do not wash them
- Place the fillets under the grill for 5 minutes on one side, until golden, turn and grill for a further 3 minutes.
- Garnish with sushi ginger and serve with steamed green beans



Barbecued squid with picada dressing

Ingredients (serves 4)

750g squid, cleaned, tentacles reserved
rocket leaves
crusty bread
60ml olive oil
3 tbs flat leaf parsley, finely chopped
2 garlic cloves, crushed

Method

- Place the squid and tentacles in a bowl, add $\frac{1}{4}$ tsp salt and mix well. Cover and place in the fridge for 30 mins
- Make the dressing by whisking together the olive oil, parsley, garlic, $\frac{1}{2}$ tsp ground black pepper and a grind of salt
- Cook the squid in small batches on the barbeque for 2-3 minutes, and the tentacles for 1 minute until they curl up
- Serve hot, drizzled with the picada dressing, with rocket leaves and crusty bread



Tuna carpaccio

Ingredients (serves 4)

400g sashimi-grade tuna loin
25g capers
2 lemons
100g rocket leaves
Olive oil

Method

- To make the slicing easier, wrap the piece of tuna lightly in clingfilm and place in the freezer for 2 hours to firm up.
- Rinse the capers and marinate for 30 mins in the juice of $\frac{1}{2}$ a lemon and enough olive oil to cover
- Cut the tuna across the grain as thinly as you can
- Arrange the slices on cold plates, and season. Scatter over the capers and rocket, and drizzle with the juice of a whole lemon and olive oil