



Toothfish Pate

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Nutritional Info: Toothfish has a high unsaturated fat content, releasing rich Omega-3 fatty acids when cooked, these contribute to brain and visual development in children, and contribute to the maintenance of normal cardiac function in adults. Toothfish is a good source of protein, which contributes to the maintenance of muscle mass and bone health.

Tips: Great prepare-ahead starter for dinner party

Serve with crackers and toasts of your choice

This tasty pate also makes a fantastic contribution to any tapas and has the advantage of being quick and easy to prepare and cook.

Toothfish Pate

Ingredients

300g raw toothfish
2 leeks
100g butter
100ml lemon juice
200ml white wine
Half cup double cream
Seasoning



Method

1. Gently simmer the leeks in lemon juice and white wine (optional can be replaced with fish stock) for a couple of minutes to release flavour.
2. Add the Toothfish fillets and poach for 5 – 7 mins.
3. Remove fish and let cool.
4. Cream 100g unsalted butter in processor.
5. Add cooled fish, 2 good pinches of sea salt and fresh ground black pepper and scant teaspoon smoked paprika, 3 tablespoons lemon juice and approx.
6. Give it a good whizz and add cream gradually to reach desired consistency.
7. Press into suitable container and sprinkle with smoked paprika



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