

#CatchOfTheDay

Sustainably Sourced Coley

Pan fried paprika coley, with chorizo and chickpeas braised in cider

John Whaite, winner of The Great British Bake Off, food columnist and TV chef, has worked with the National Federation of Fishermen's Organisations to create a series of recipe cards to encourage consumers to consider cooking with sustainable species of fish, proving they are just as versatile as the 'seafood staples', whilst supporting the work of UK fishermen.

Each of his recipes has been carefully created using species of fish and other seafood which are all available from UK waters.

In this recipe, John uses Coley, a tasty white fish which is one of the least expensive alternatives to Cod or Haddock.

What makes Coley (also known as Staithe) a sustainable species?

- The fisheries are managed under a **long term management plan** which sets out safe conditions for each stock
- Coley stocks are fished at **sustainable levels**
- Many Coley fishermen operate under **certification schemes** which endorse their sustainability

For more information on #CatchOfTheDay and the work of the NFFO to champion the diversity and sustainability of the UK fleet visit www.nffo.org.uk/



John Whaite



Method

In a medium sized saucepan heat the olive oil over a high heat until it shimmers. Add the chorizo and onion and reduce the heat to medium/low. Stirring frequently, cook the chorizo and onion until the onion is soft and tender – about 15 minutes. Add the garlic and stir through, then add the chickpeas and cider. Bring to a boil, then reduce to a gentle simmer and slowly cook down until very thick and the chickpeas are tender – about 25 minutes. If the pan starts to dry out, replenish with a splash of water. Season to taste.

For the Coley, make a paste from the oil, paprika and lemon zest, and smother over the fillets on both sides. Heat a little more oil in a frying pan over high heat. Once the oil shimmers, reduce the heat to medium and add the fillets, skin-side down. As soon as the fillets go into the pan, gently hold them down with a fish slice for a few seconds, to prevent them from curling up. Cook for 3-4 minutes, on each side, until the flesh is white right through and the outside slightly coloured.

Serve the fish on top of a bowlful of the chorizo and chickpeas, and finish with a sprinkle of parsley and a squeeze of lemon juice.

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SERVES 2

FOR THE CHORIZO AND CHICKPEAS

- 1tbsp olive oil
- 120g chorizo, finely chopped
- 1 medium onion, finely chopped
- 1 garlic clove, minced
- 1 x 660g jar cooked garbanzos (chickpeas)
- 200ml dry cider
- Sea salt flakes
- Coarse black pepper

FOR THE PAPRIKA COLEY

- 2 Coley fillets
- 2tsp olive oil, plus extra for frying
- 1tsp sweet smoked paprika
- Zest of 1 lemon (save the lemon for wedges to serve)
- Sea salt flakes
- Coarse black pepper

TO SERVE

- Small handful fresh parsley, roughly chopped
- Wedges of lemon