

Red Gurnard

with Spiced Lentils, Cucumber Salad and Mint Raita

The most common varieties of Gurnard are red, yellow and tub, although different in appearance, all are very similar in flavour. Gurnard has firm-textured 'meaty' flesh which stands up well to spices. It is a good value fish, frequently used in stocks and soups, but equally as good in a main meal as it grills well.

METHOD

Trim the gurnard into two pieces of even thickness and size, then slash the skin to help with its cooking. Wash and drain the lentils. Finely chop the shallots and garlic then sweat them in a pan until they are soft and without colour. Add the curry powder and lightly fry it to release the flavours. Mix in the drained lentils and add enough chicken stock to cover it. Cook the mixture over a low heat, adding stock as required and stirring frequently until the lentils break down. Season with salt and pepper.

For the cucumber salad - slice the cucumber into ribbons, season, add a squeeze of lemon juice and dress with the olive oil.

To make the mint raita - finely chop the mint and mix through the yoghurt.

Season the skin side of the gurnard and cook it skin side down in a hot, non-stick pan turning it over when halfway cooked. Turn off the heat and allow the residual heat to finish cooking the fish. Serve immediately on a bed of spiced lentils, alongside the cucumber salad and mint raita.

Sustainability Checklist

- ✓ Gurnard is caught by British fishermen, along with many of the more popular species but is not as widely recognised or appreciated
- ✓ Fishermen regularly work with the fisheries research institutes to ensure that stock assessments are accurate and based on complete data
- ✓ Stocks of gurnard are considered by scientists to be fished within safe biological limits
- ✓ The International Council for Exploration of the Seas has confirmed that fishing in our waters is not just at sustainable levels but consistent with the delivery of high long-term yields
- ✓ Many UK fishing vessels are members of the Responsible Fishing Scheme which lays down minimum standards

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GURNARD

GARETH FULFORD



Gareth is head chef and co-director of Cheltenham based seafood restaurant, Purslane, which offers sustainably caught seafood from British waters married with the finest local Cotswold produce. Here's his recipe for creating a fantastic fish curry dish at home.

INGREDIENTS

1 red gurnard (approx 500g filleted)
150g red lentils
2 banana shallots
2 cloves of garlic
1/2 cucumber
1 bunch of fresh mint
2 tsp curry powder
125g natural yoghurt
500ml chicken stock
1 lemon
Extra virgin olive oil

