

COOKING THE WATERFRONT WAY

**Delicious recipes, to cook at home, from some
of the best eateries across our Plymouth
Waterfront Partnership area. Come on dive in!**



BROUGHT TO YOU BY THE BUSINESSES OF THE PLYMOUTH WATERFRONT PARTNERSHIP

SERVES
ONE



LITTLE SAILOR'S MUSSELS WITH CREAM SAUCE

METHOD

- Place the mussels into a pan with 50ml of cold water.
- Cover with a lid and steam until mussels are fully opened, ensuring that any unopened mussels are discarded.
- Add garlic, cream and pepper and slowly simmer.
- Serve with a wedge of lemon and a hunk of sourdough or chips.

INGREDIENTS

- 10-15 clean local live mussels
- 50 ml double cream
- ½ tsp garlic puree
- Pinch of cracked pepper
- 50 ml water
- 1 wedge of lemon



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SERVES
FOUR



BLACKENED COD

METHOD

- Preheat the oven to 180C/350F/Gas 4 (160C fan). Mix all the marinade ingredients together in a bowl.
- For the black cod, add the fish to the marinade, cover with cling film, and place in the fridge preferably overnight or a min of two hours.
- Lightly oil a non-stick baking tray. Place the fish, skin-side down onto the tray. Spoon over two tablespoons of the marinade and then bake for 10-12 minutes, depending on the thickness of the fish.
- Preheat the grill. Remove the fish from the oven, place the remaining marinade over the fish, place under the grill, and cook until golden brown.
- For the Chinese greens with sesame sauce, heat a small non-stick frying pan and dry-fry the sesame seeds until just lightly golden brown. Put into a pestle and mortar. Grind to nearly a paste, but still with some texture.
- Add the sugar, soy sauce, dash, and citrus juice. Grind to incorporate all the flavours. Add a couple of sprinkles of Japanese sansho pepper. Rinse the greens well, trim the base of the stems, and cut the rest into bite-sized pieces.
- Place rice into a saucepan, mix in the coconut milk, and add enough cold water to cover the rice by 1 cm. Cover with a wet cloth and lid, and bring to a boil. When you see steam appearing, turn off the heat and leave for 20-30 minutes for the rice to absorb the liquid.
- Place a steamer on top of a pan of boiling water. Steam the broccoli for 1-2 minutes, or until tender. Transfer to a suitable serving dish and spoon over the sauce.
- Serve the fish with Coconut rice, Chinese greens and with lime wedges, and micro salad on the side.

INGREDIENTS

FOR THE MARINADE

- 4 tbsp white miso paste & 6 tbsp sake
- 2 garlic cloves, finely grated
- 10g fresh root ginger, peeled and finely grated
- 2 tbsp caster sugar
- 1 tbsp rice wine vinegar

FOR THE BLACK COD

- 4 x 200g thick black cod fillet of Coley, skin on
- splash vegetable oil
- 2 quartered limes, salad, to garnish

FOR THE CHINESE GREENS

- 6 tbsp sesame seeds & ½ tsp sugar
- 2 tbsp seasoned soy sauce
- 2 tbsp liquid dashi seasoning
- 2 good splashes of yuzu lemon juice and a dash of Japanese sansho pepper (white pepper as alternative)
- 600g choi sum (use pak choi or spinach as an alternative)
- 600g purple sprouting broccoli

FOR THE COCONUT STEAMED RICE

- 200g Thai jasmine rice
- 1- 400ml cans coconut milk



SERVES
FOUR



PAN FRIED SEABASS WITH A SAMPHIRE & BEETROOT DRESSING

METHOD

- Pre-heat oven to 180c/gas mark 5
- Start by roasting the beetroot, opening the bag over a bowl to catch the juice, which will be needed for the dressing. Cut the beetroot into wedges, coat with a little vegetable oil and 1 tbsp of garlic puree. Roast gently at 180 degrees for 20 mins.
- To make the dressing; Place the olive oil into a large bowl and whisk hard, adding a little cold water from the tap. After 1 minute of whisking, bubbles will begin to form and the oil will begin to thicken. At this point add the mustard, lemon juice, salt and the saved beetroot juice.
- Fry the Sea Bass; Heat a drizzle of vegetable oil in a large frying pan. Dry the skin of the sea bass and season with a pinch of salt and pepper.
- Once the oil is sizzling hot, place the fillets skin side down and cook until the flesh begins to turn white and opaque, add 2 pieces of butter to the pan, baste the fish, flip and allow to cook for 2- 3 minutes then set aside.
- Gently melt butter in a pan, add the pre boiled new potatoes, lightly crush using the back of a fork and stir in chopped chives.
- Sauté the samphire in the remaining cube of butter with 1 tbsp of garlic puree.
- Serve with a wedge of lemon and drizzle with beetroot dressing.

INGREDIENTS

- 4 fillets of line caught sea bass
- 600g new potatoes - boiled
- 250g samphire
- 1 pack cooked beetroot
- Vegetable oil for frying
- 100g unsalted butter cut into 4 pieces
- 2 tbsp garlic puree
- 1 tbsp chopped chives
- salt & pepper

FOR THE DRESSING

- Beetroot juice (reserved from the pack)
- Juice of half a lemon
- 200ml olive oil
- 2 tbsp Dijon mustard
- Pinch of salt
- Cold tap water



SERVES
TWO



HAKE 'PAPILLOTTE'

METHOD

- Preheat your oven to 180 °C.
- Season the hake fillets with salt and pepper.
- Take 2 large squares of parchment paper and place the fish in the centre, arrange the broccoli and tomatoes around and squeeze the lemon juice all over both.
- Fold the sides in and crimp the top of the paper to make a sealed parcel.
- Place the parcels on a baking tray and bake for 15 mins.
- While cooking, mix up the yoghurt, garlic, and tarragon.
- Remove the parcels from the oven allow them to cool for 5 minutes, so you don't get burnt, transfer them to plates, open the top and spoon over the sauce.

INGREDIENTS

- 2 hake fillets
- 2 tbsp Greek yoghurt
- 1 tsp garlic purée
- 1 tsp dried tarragon
- 4 spears of broccoli
- 8 cherry tomatoes
- 1 lemon
- Salt and pepper
- Baking parchment paper



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SERVES
FOUR



SEARED MARINATED TUNA LOIN STEAK & TIGER PRAWN SALAD

METHOD

- Pat dry the tuna steaks with kitchen cloth
- Mix well the soy sauce, sesame oil, honey and seasoning.
- Place the steaks in a zip lock bag with marinade, shake well and refrigerate for a minimum of 10 minutes.
- Heat a thick bottom pan, add olive oil and lightly sauté the new potatoes for 3 minutes and turn, add tiger prawns turning regularly for 3 minutes.
- In an alternative thick bottom pan heat the oil until hot, sear off the tuna for 4 minutes in each side until it has a crisp outer coating.
- Toss salad together, add prawns and potato to salad with residue from pan.
- Divide the tossed salad evenly onto 4 plates, top with the seared tuna steak decorate with toasted sesame seeds, lime wedge, balsamic and Pesto
- Toast the pine nuts in a thick bottom pan for 5 minutes until golden.
- Add all ingredients into a blender and blitz until paste like, season to taste.

INGREDIENTS

- 4 x 4oz Tuna loin steaks

MARINADE

- 2 tbsp soy sauce & 1 tbsp olive oil
- 1 tbsp toasted sesame oil
- 1 tbsp honey
- ½ tsp sea salt & ¼ tsp black pepper

SALAD

- 300g New Potatoes, cooked, cut in half
- 16 cherry tomatoes (cut in half)
- 16 shelled, headless Tiger prawns
- 400g washed mixed leaf salad
- 100g sliced red pepper
- 4 spring onions, finely sliced
- 2 tbsp olive oil

PESTO

- 50g pine nuts
- 80g basil
- 60g parmesan
- 2 cloves garlic

GARNISH

- 4 x lime wedges
- Balsamic syrup
- Toasted sesame seeds



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SERVES
FOUR



SCALLOPS, TEMPURA, TERIYAKI RISOTTO & SEA LETTUCE

METHOD

- Pour stock into saucepan and warm through.
- Heat a large pan to medium heat, add butter, shallots and garlic and fry for a couple of minutes until soft.
- Add shaoxing wine and cook until almost evaporated, add rice and stir.
- Add chicken stock a couple of ladles at a time, gently simmer before next addition, repeat until stock has gone and rice is tender.
- Add soy, teriyaki and parmesan and put to one side.
- Remove stalks from cauliflower, cut into small pieces and heat butter and milk and cook cauliflower until soft. Strain and liquidise.
- Pass through fine sieve and keep warm.
- Cut scallops in half so you have 24 round discs.
- Rub sesame oil onto 12 halves and place on a roasting tray. Blowtorch on one side until golden.
- Make tempura batter by mixing plain flour, corn flour and sparkling water. Dust scallops and sea lettuce in remaining plain flour and dip in batter.
- Deep fry at 180 degrees until golden brown.
- To plate, spoon 2 large spoonfuls of risotto into each bowl and sprinkle with seaweed dust.
- Alternate scallop on top, place tempura seaweed on top of the scallops and garnish with dried scallop roe, kecap manis and cauliflower puree.

INGREDIENTS

- 2 tbsp kecap manis (sweet thick soy sauce)
- 12 scallops, large, hand dived, roe removed
- 2 tbsp sesame oil
- 1 sushi nori sheet (blended into powder)
- Scallop roe dehydrated and blended into dust

FOR THE RISOTTO

- 300g Risotto rice
- 50ml Shaoxing wine (sherry or rice wine)
- 1 clove garlic & 1 finely diced shallot
- 1200ml chicken stock
- 6 tbsp Japanese teriyaki sauce
- 3 tbsp parmesan & 25g butter
- 3 tbsp dark soy sauce

FOR THE TEMPURA BATTER

- 50g plain flour and 10g for dusting
- 75g cornflour & 35ml sparkling water
- 50g sea lettuce

CAULIFLOWER PUREE

- ½ head cauliflower
- 25g butter & ½ pint milk
- Seasoning



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SERVES
FIVE



HONKYTONK PAN FRIED COD, MUSSEL BISQUE

METHOD

- Sweat down the onion, celery, garlic and ginger
- Add the cayenne, paprika, cumin and flour and cook out for 5 mins on low heat
- Add the tomatoes and cook out for a further 10 mins
- Add in the white wine and reduce by half
- Add in the fish stock and one lime and reduce by a third
- Add in double cream and 1 of the limes and simmer for 30 mins
- Blend and pass through a sieve
- Season with salt and the lime zest and juice. Add back into a pan and bring up to a light simmer add your mussels and cook until the shells are open
- Whilst cooking the mussels; lightly season the cod and fry skin side down basting with butter until the cod is cooked through (test with a toothpick, if it slides in and comes out with no resistance it is cooked)
- Pour the mussels and bisque into bowls and top with peeled fennel and finish with lemon zest and the fish placed on top

INGREDIENTS

BISQUE

- 100g diced onion
- 100g diced celery
- 2 x cloves of garlic finely chopped
- 5g diced ginger
- 1kg tinned chopped tomato
- 1 tsp cayenne
- 2 tsp paprika
- 1 tsp cumin
- 25g gluten free flour
- 150ml white wine
- 1 litre fish stock
- 2 x limes
(1 sliced and 1 zest and juice)
- 500ml double cream
- 500g washed and debearded mussels
- 5 x portions of cod skin on
(roughly x 1 large fillet)



**SERVES
TWO**



MUSSELS WITH CHILLI, WINE AND BAY LEAVES

METHOD

- Melt the butter and olive oil in a pan and add the shallots and garlic to soften, add the parsley and bay and crumble in the chilli.
- Add the mussels and toss in a pan to coat the shells well, add the wine, cover and allow the mussels to steam open, discard any that don't.
- Pour into a bowl and serve with crusty, grilled or fried bread.

INGREDIENTS

- Mussels, allow 350g per person, ensure they are washed, and beards pulled off
- 2 bay leaves
- 2 small dried birdseye chillis
- 1 shallot very finely chopped
- Good knob of butter
- Handful finely chopped parsley
- Splash of white wine
- 1 clove garlic finely chopped
- 1 tbsp Olive oil





SERVES
TWO



CRAB, WITH GARLIC PARSLEY BUTTER, OLIVE OIL, SHALLOTS AND WHITE WINE

METHOD

- Cook the spaghetti in a pan of water, until al dente
- On a medium heat, add the butter, and drizzle of olive oil to a pan, add shallots and cook till softened (translucent), add the garlic and mix for about 1 minute. Add the crab meat and freshly chopped parsley, followed by the wine and mix all together, add a squeeze of half a lemon.
- Add the already cooked spaghetti, with a little of the pasta water and mix together. Finish with a squeeze of lemon and some more fresh chopped parsley, and lemon zest. Enjoy!

INGREDIENTS

- Knob of butter
- Drizzle of olive oil
- 1 clove of garlic chopped
- 2 shallots
- Meat from one crab
- 175ml white wine
- Chopped parsley
- Squeeze of half a lemon & zest
- Spaghetti



**SERVES
ONE**



JOLLY JACKS FISH PIE

METHOD

- Heat the oven to 200C fan / 180C or gas mark 6
- Put 500g maris piper potatoes, peeled and halved into a saucepan and pour in enough water to cover them. Bring to boil and simmer until tender
- Once cooked, drain thoroughly, add back to the pan and mash with 150g butter, 50g parmesan and 75g yolk. Put to one side for later
- Melt 85g butter in a pan, take off the heat and add 25g flour to and mix until combined. Put back on to a low to medium heat and gradually whisk in 150ml milk, stir regularly to avoid lumps. Once thickened and the 100ml cream and 100g brown crab meat. Season to taste.
- Chop up your fish into chunky pieces and add to an oven proof dish. Top with your crab bechamel sauce and mix to coat all of the fish. Spoon or pipe if you're feeling fancy the potato on top of the fish mixture. Additional cheesy goodness on top is optional.
- Bake for 20 - 25 minutes until golden and bubbling around the edges.

INGREDIENTS

FOR THE CRAB BECHAMEL SAUCE

100g brown crab meat
85g butter
25g plain flour
150ml milk
100ml cream

FOR THE MASH POTATO

500g maris piper potatoes
150g butter
50g parmesan
75g egg yolk

FOR THE FILLING

180g salmon
225g cod
90g smoked haddock



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We really hope you enjoy cooking the dishes in this cookbook!

Recipes are designed to use sustainably sourced and locally produced ingredients. Whilst every effort has been made by the respective restaurants for the dishes to be easy to cook, some may be better suited to a more confident cook. Most recipes can be made gluten free.

Please note: not all the dishes in this cookbook are on the current menus of the venues stated.

WE WANT MORE RECIPES! If you're a Plymouth Waterfront Partnership BID Levy

*business and would like one of your dishes to feature in this cookbook, please drop

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*restaurant, pub, cafe
