

Aquacast

ISSUE 7 / 2008



At long last the winter refit is over and we can get on with some fishing! Already the Pollack spring sport is shaping up for another excellent season and this year we aim to win the Bass Boat Fishing Monthly competition for a third time, using some of our favourite Bass wrecks.

Beaufort
CHARTERS



A good start for 2008

MASTERLINE POLLACK COMPETITION

We are very pleased that Masterline have agreed to sponsor a Pollack fishing competition to be held on Thursday 1st May. It is hoped that each angler entering will be able to use a selection of Storm shads and Rapala lures provided by Masterline, who will also be donating the prizes for the 3 biggest fish of the day. Most of the Brighton charter boats will be involved, so if you would like enter please let us know.

We also now have our Masterline sponsored stickers on the boat and a good selection of Shad and Lures to try out on wrecking trips aboard Aquavitesse. Trolling along the coast for Bass using the new Rapala trolling lures is now a possibility.



CHRIS GOLDING

Many of you would have met Chris on board last year when he was crewing on Aquavitesse, this year he is stepping up a grade to be a relief skipper. Chris worked hard during the winter to study for his skipper's qualification, and for once fishing was not the first thing on his mind! Congratulations to Chris and also to him for bagging the 1st fish of 2008 a magnificent Ling of 22 lbs caught on a jelly worm whilst drifting one of our favourite Pollack wrecks!



WINTER REFIT

This year the deck received a couple of coats of non-slip grey, so no muddy boots on board! We also took the opportunity to fit opening windows both sides of the cabin to allow some fresh air in, especially welcome during the summer, and for the technically minded we also had skegs manufactured for the hull which will give Aquavitesse a steadier ride down big waves. All this was checked by an MCA appointed marine surveyor who carried out our 5 yearly inspection, which, after we renewed the life buoy lights, we passed with flying colours.

MARINA DEVELOPMENT

This is still on the cards, although no decision on dates yet, but as soon as we know where the charter boats will be berthed we will let you know.

FATHER AND SON DAYS

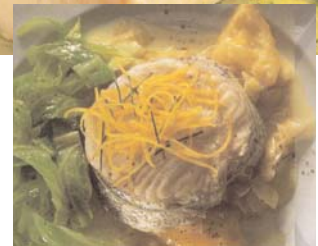
Some dates for those that expressed an interest after the last Aquacast

Wednesday 9th April and
Wednesday 28th May.

The emphasis will be on fun, please contact us for further details and to book up.

POLLACK COOKING

To give you an appetite for Pollack fishing and eating we hope the following recipes are of interest.



Please note our new address below and Noel and Chris look forward to welcoming you on board Aquavitesse in 2008

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POLLACK

At this time of the year the chances are that you are catching a fair number of good sized Pollack. Although part of the Cod family, Pollack are not as valued as Cod because the flesh tends to be less white and the flavour is not as good. However Pollack make a good substitute for many Cod recipes, especially where the fish is being used as a vehicle for strong flavours. Pollack is particularly useful for fish pies (see January's recipe sheet) and fish

cakes. Pollack can be baked whole using the same guidelines as given for Cod. To keep a supply of Pollack for use after the season comes to an end, freeze the fish as fillets in sizes and quantities useful for your own needs. Some of your catch can be cut up as cutlets about one inch thick with the central backbone left in place. These cutlets can then be foil-wrapped and frozen individually so you can remove as many as you need at one time.

Recipe no. 1

PARSLEY AND TARRAGON FISH CAKES

12oz (350g) cooked pollack
1lb (450g) cooked mashed potato
2oz (50g) fresh breadcrumbs
3 tablespoons double cream
2 teaspoons anchovy essence (or Thai fish sauce)

Dry breadcrumbs
3 tablespoons chopped parsley
1 teaspoon dried tarragon (or 2 tablespoons chopped fresh tarragon)
Salt and pepper
Oil for trying

Mash the fish with a fork. Add the mashed potato, fresh breadcrumbs, cream, anchovy essence, herbs and seasonings. Beat to a smooth paste. Shape into flat cakes and coat with dry breadcrumbs. Fry in oil on each side until golden brown in colour. (If you like the taste of tarragon you might like to increase the amount you use).

Recipe no. 2

CREOLE CAKES

1lb (450g) cooked pollack, flaked
1 (25g) oz butter
6oz (175g) wholemeal breadcrumbs
1 onion, grated
1 clove garlic, crushed
1 tablespoon chopped parsley

1 teaspoon dried oregano
Salt, pepper
1 egg, beaten
Dry breadcrumbs
Oil for frying

Mash the fish with a fork. Melt the butter in a pan and add to the fish with the wholemeal breadcrumbs, onion, garlic, herbs and seasoning. Mix thoroughly and shape into small flat cakes. Coat with egg and then with dry breadcrumbs and fry in oil on each side until golden brown.

Recipe no. 3**THAI FISH CAKES WITH GREEN BEANS***This gives 4 cakes per person:***1lb (450g) pollack filleted, skinned and cut into chunks****1 tablespoon Thai fish sauce (nam pla) or anchovy essence****1 tablespoon Red Curry Paste (bought, or home made - see recipe below)****1 kaffir lime leaf or 1 strip of lime zest finely shredded (or lemon zest will do)****1 tablespoon chopped fresh coriander (leaves and stalks)****1 egg****1 teaspoon brown sugar****Teaspoon salt****1 oz (40g) French beans thinly sliced into rounds****5 fl oz (150ml) sunflower oil**

Put the chunks of raw pollack into a food processor with the fish sauce, curry paste, lime leaf or lime zest, chopped coriander, raw egg, sugar and salt. Process until smooth, then stir in the sliced green beans until thoroughly mixed. Divide the mixture into 16 portions, roll each one into a ball, and then flatten into a disc (2 inches or 6 cm). Heat the oil in a large frying pan and fry the fish cakes in batches for 1 minute on each side until golden brown. Lift out and drain on kitchen paper then serve. These are nice with rice, salad and sweet and sour sauce. They also freeze well after cooling down. Warm them through thoroughly when defrosted.

RED CURRY PASTE**5 large red finger chillies, roughly chopped****1 teaspoon chopped fresh root ginger****3 tablespoons chopped garlic****1 teaspoon ground coriander****2 teaspoons paprika****1 teaspoon turmeric powder****1 teaspoon salt****1 tablespoon chopped lemon grass****3 tablespoons roughly chopped onions****1 teaspoon ground cumin****1 tablespoon sunflower oil**

Blend all the ingredients in a food processor until smooth, if necessary, add a little water to help it puree more easily. You can use this curry paste for the above recipe and for making curries with chicken, vegetables etc.

Recipe no. 4 BAKED POLLACK WITH LEMON, BAY LEAF, ONION AND GARLIC*Serves 4 people***8oz (225g) chopped onions****4oz (100g) butter****Juice of 1 lemon****Rind of 1 lemon cut in thin strips****10 fl oz (300ml) fish stock****4 x 8oz steaks or fillets of pollack****4 chopped garlic cloves****3 fl oz (85ml) white wine****1 teaspoon salt****2 bay leaves sliced or crushed if dried****Salt and pepper**

Fry onions and garlic in half the butter until soft. Add white wine, lemon juice, salt, half of the lemon rind and half the bay leaves. Cover and leave to cook gently for 40 minutes. This is a 'confit' and can be prepared ahead of time. Preheat the oven to 230°C/450°F/Gas 8. Take a flameproof casserole dish large enough to hold the fish in a single layer. Place the onion 'confit' with half the fish stock in the bottom and lay the fish on top. Sprinkle the fish with salt and pepper, the rest of the bay leaves and lemon rind. Cover with foil and bake for 13 minutes. Remove foil and bake for a further 4 minutes. Remove fish and place on 4 warm plates and sprinkle with salt and pepper. Add the rest of the fish stock to the casserole dish, bring to boil and add the remaining butter. Reduce to a thick sauce then pour around the fish and serve.

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