

# Bord Bia Seafood Kitchen

Irish Seafood Recipes for every occasion



Có-mhaoinithe ag an  
Aontas Eorpach  
Co-Funded by the  
European Union

# Timetable for the Bord Bia Seafood Kitchen

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## THURSDAY MAY 29TH

11.00-12.00	Irish Seafood for Every Occasion - Trisha Lewis
13.00-14.00	Irish Seafood for Every Occasion - Trisha Lewis
15.00-16.00	Irish Seafood for Every Occasion - Trisha Lewis

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## FRIDAY MAY 30TH

11.00-12.00	Irish Seafood for Every Occasion - Trisha Lewis
13.00-14.00	Irish Seafood for Every Occasion - Trisha Lewis
15.00-16.00	Irish Seafood for Every Occasion - Trisha Lewis

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## SATURDAY MAY 31ST

11.00-12.00	Irish Seafood for Every Occasion - Trisha Lewis
13.00-14.00	Irish Seafood for Every Occasion - Trisha Lewis
15.00-16.00	Irish Seafood for Every Occasion - Trisha Lewis

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## SUNDAY JUNE 1ST

11.00-12.00	Irish Seafood for Every Occasion - Trisha Lewis
13.00-14.00	Irish Seafood for Every Occasion - Trisha Lewis
15.00-16.00	Irish Seafood for Every Occasion - Trisha Lewis

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## MONDAY JUNE 2ND

11.00-12.00	Irish Seafood for Every Occasion - Trisha Lewis
13.00-14.00	Irish Seafood for Every Occasion - Trisha Lewis
15.00-16.00	Irish Seafood for Every Occasion - Trisha Lewis

NB: The schedule is correct at time of print but may be subject to change

**BORD BIA**  
IRISH FOOD BOARD

More recipes can be found on: [bordbia.ie/recipes](https://bordbia.ie/recipes)



## Trisha Lewis

Trisha Lewis is a celebrated Irish chef, author, and entrepreneur with over 20 years of professional culinary experience.

At Bord Bia Bloom 2025, Trisha will bring her love of Irish seafood to the Seafood Kitchen stage, and will share vibrant, flavour-driven dishes that celebrate the best of local ingredients.

## PAN-FRIED IRISH ORGANIC SALMON WITH THAI GREEN CURRY, MANGETOUT, PEAS & SPICED COCONUT RICE

SERVES 4

### THAI GREEN CURRY

10 teasp. coriander seeds

3 shallots

6 garlic cloves

5 thumb-sized pieces fresh ginger

5 stalks lemongrass (inner core only)

2 red chillies, deseeded

Zest of 5 limes

Juice of 2½ limes

5 green chillies, deseeded

1 bunch fresh coriander (stalks and leaves)

1 bunch fresh basil

5 teasp. ground cumin

5 teasp. turmeric

3 teasp. curry powder

10 teasp. fish sauce

2 teasp. shrimp paste

60ml soy sauce

### Method for the Paste:

- Toast the coriander seeds in a dry pan over medium heat for 1-2 minutes until fragrant, then lightly crush using a mortar and pestle or spice grinder.
- Roughly chop the shallots, garlic, ginger, lemongrass, and chillies.
- Add all the ingredients – including the crushed coriander seeds – into a food processor or high-speed blender.
- Blend until a smooth paste forms. If needed, loosen the mixture with a splash of soy sauce or water.
- Taste and adjust for saltiness, lime, or spice.
- Store in an airtight jar in the fridge for up to 1 week or freeze in tablespoon portions for future use.

### PAN-FRIED SALMON

4 Irish organic salmon fillets, skin on

2 tablesp. oil

4 tablesp. Thai green curry paste (from above)

400ml coconut milk

100ml water

100g frozen peas

100g mangetout, sliced

2 teasp. cornflour mixed with a splash of cold water

Salt and white pepper

Fresh coriander, to garnish

### Cook the salmon:

- Season salmon fillets with salt and white pepper. Heat oil in a non-stick pan over medium-high heat.
- Place salmon skin-side down and cook for 3-4 minutes until crisp. Flip and cook for another 2-3 minutes.
- Remove and rest.

### Prepare the curry sauce:

- In the same pan, add 4 tablespoons of the curry paste and fry for 1 minute until aromatic.
- Add the coconut milk and water, stir, and bring to a gentle simmer.

### Add vegetables & thicken:

- Stir in the peas and mangetout. Simmer for 2-3 minutes, then stir in the cornflour-water mix.
- Simmer another 1-2 minutes until slightly thickened. Season with salt and white pepper to taste.

### To serve:

- Spoon the spiced coconut rice onto plates, top with salmon, and ladle over the green curry. Garnish with fresh coriander.

### SPICED COCONUT RICE (WITH CARTOUCHE)

200g basmati rice, rinsed

400ml coconut milk

1 small onion, finely diced

1 teasp. coriander seeds

1 cinnamon stick

2 star anise

Salt and white pepper

### Cook the rice:

- In a medium saucepan, sauté the diced onion and coriander seeds in a splash of coconut milk until fragrant (about 2 minutes).
- Add the rinsed rice, remaining coconut milk, cinnamon stick, star anise, salt, and white pepper. Stir well and bring to a gentle simmer.
- Cut a round of parchment slightly larger than your pan, crumple and dampen it, then lay it directly on the surface of the rice.
- Cover the pan with a lid, reduce the heat to low, and cook undisturbed for 12-15 minutes.
- Remove the cartouche, lift out the cinnamon and star anise, and fluff the rice with a fork. Serve hot.

## IRISH CRAB SALAD WITH ROCKET & FENNEL, LIME & GINGER MAYO, MANGO & PINEAPPLE SALSA AND GARLIC CROSTINI

SERVES 4

### MANGO & PINEAPPLE SALSA

100g fresh mango, finely diced

100g fresh pineapple, finely diced

Zest and juice of 2 limes

2 spring onions, finely sliced

1 small handful fresh coriander, chopped

30ml olive oil

Optional: pinch of chilli flakes or finely diced red chilli

### Make the Salsa

- Combine mango, pineapple, lime zest and juice, spring onion, and coriander in a bowl.
- Drizzle in the olive oil and add chilli if using.
- Mix gently and let sit for 5-10 minutes before serving to allow the flavours to develop.

### CRAB SALAD BASE

200g fresh Irish white crab meat (picked over for shell)

1 small fennel bulb, very finely sliced

2 large handfuls rocket

Zest and juice of ½ lemon

1 tablesp. extra virgin olive oil

Sea salt and black pepper

### LIME & GINGER MAYO

4 tablesp. mayonnaise

Zest and juice of 1 lime

1 tsp finely grated fresh ginger

Pinch of sea salt

### TO MIX: CRAB FILLING

Lime and ginger mayo (from above)

Crab meat

1 small handful fresh coriander, finely chopped

Sea salt and freshly ground black pepper

### Make the Crab Salad Base

- Toss fennel and rocket together in a bowl with olive oil, lemon zest and juice, and a pinch of salt. Set aside.
- In a separate bowl, mix the crab meat with the mayo, chopped coriander, and season with sea salt and freshly ground black pepper.
- Taste and adjust seasoning if needed.

### GARLIC CROSTINI

1 small baguette, sliced thinly on the diagonal

Olive oil, for brushing

1 garlic clove, halved

### Make the Garlic Crostini

- Brush the baguette slices with olive oil.
- Grill or toast until golden.
- While hot, rub with cut garlic on one side.
- Sprinkle with sea salt.

### DID YOU KNOW...

Fish is high in protein. A 100g portion of baked fish provides an adult with about half of their daily protein requirements. All seafood is high in protein - needed to grow, develop and maintain healthy muscles.

## IRISH LANGOUSTINES WITH GARLIC BUTTER, WHITE WINE & LEMON, SERVED WITH GRIDDLED SOURDOUGH & DILL AIOLI

SERVES 2-4 AS A STARTER

8 Irish langoustines (whole, shell on, ideally raw but pre-split for speed)

3 tablesp. butter

1 tablesp. olive oil

3 garlic cloves, finely sliced

1 small red chilli, finely sliced (optional)

100ml dry white wine

Juice of ½ lemon

Zest of 1 lemon

Small handful parsley, chopped

Sea salt and black pepper

### GRIDDLED SOURDOUGH

4 slices sourdough or crusty bread

Olive oil, for brushing

1 garlic clove, halved (to rub on toast)

### DILL AIOLI

3 tablesp. good mayo

1 teasp. Dijon mustard

½ garlic clove, finely grated

Small bunch dill, chopped

Juice of ½ lemon

### 1. Prepare the dill Aioli:

- Mix all the aioli ingredients together until smooth.

### 2. Prep the langoustines:

- If not already split, slice them in half lengthwise with a sharp knife or scissors.
- Remove the vein and rinse gently. Pat dry.

### 3. Grill the bread:

- Brush bread with olive oil and grill or griddle until toasted.
- Rub with the cut side of a garlic clove. Set aside.

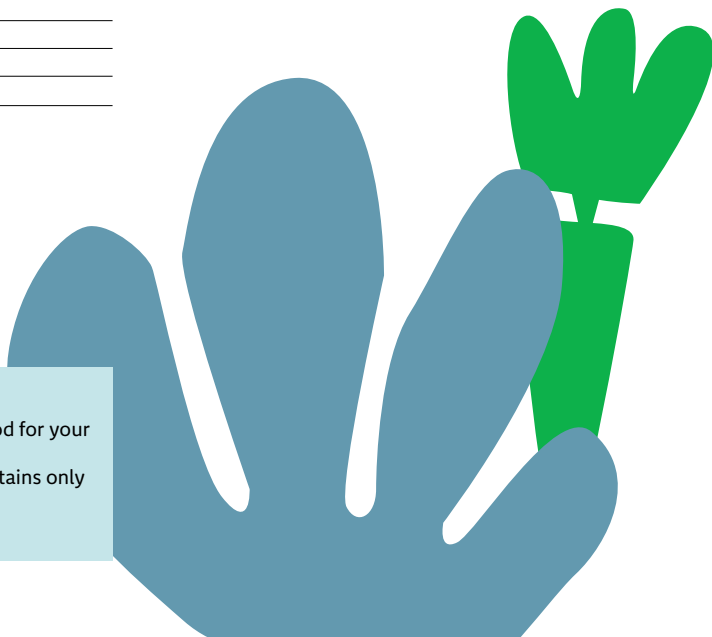
### 4. Cook the langoustines:

- Heat butter and oil in a large hot pan. Add garlic and chilli, sizzle gently (don't brown).
- Place langoustines flesh-side down in the pan. Cook for 1-2 mins until golden.
- Flip, add wine and lemon juice, and cover for 1-2 mins to steam.
- Uncover, spoon over butter, and cook until just opaque and tender (total time 4-5 mins max).

### DID YOU KNOW...

Fish is low in fat and therefore good for your heart health!

White fish cooked without fat contains only 1% fat.



## PARMA HAM-WRAPPED MONKFISH STUFFED WITH PARMA HAM, SERVED WITH ASPARAGUS, BEURRE BLANC & LYONNAISE POTATOES

SERVES 2

### FOR THE MONKFISH:

2 monkfish tails trimmed and membrane removed

4 slices Parma ham

Black pepper

Olive oil

### FOR THE BEURRE BLANC:

1 small shallot, finely diced

100ml dry white wine

1 tablesp. white wine vinegar

100g cold butter, cubed

Juice of ½ lemon

Salt to taste

### FOR THE LYONNAISE POTATOES:

250g cooked potatoes, thinly sliced (ideally waxy - leftovers perfect)

1 tablesp. butter + 1 tablesp. olive oil

1 medium onion, thinly sliced

Salt and black pepper

Optional: chopped parsley to finish

### FOR THE ASPARAGUS:

8 asparagus spears, woody ends trimmed

Olive oil or butter, for sautéing

Sea salt

### Prepare and cook the monkfish

- Remove the vein from the monkfish and place clingfilm on the counter.
- Lay parma ham on the clingfilm and add the monkfish to the centre.
- Roll tightly and sear in the pan. Place in the oven at 180 degrees for 15-20 minutes.

### Make the beurre blanc

- Add the shallot, wine and vinegar to a small saucepan. Simmer until reduced to about 2 tablespoons.
- Lower the heat and gradually whisk in the cold butter, one cube at a time, until the sauce is glossy and emulsified.
- Finish with lemon juice and a pinch of salt. Strain if desired. Keep warm (not hot) for serving.

### Lyonnaise Potatoes

- Heat butter and olive oil in a pan. Add the sliced onion and cook slowly until soft and golden.
- Add the sliced cooked potatoes and cook undisturbed for a few minutes to allow crisping.
- Gently flip/stir until potatoes are golden-brown and warmed through. Season with salt

### Asparagus

- Blanch the asparagus in salted boiling water for 1-2 minutes, then refresh in cold water.
- Just before serving, sauté briefly in olive oil or butter and season with sea salt.



## PAN-FRIED TROUT WITH SPRING VEGETABLE RISOTTO, COURGETTES, RADISHES & PARMESAN

### FOR THE TROUT

2 trout fillets, skin on

Salt and black pepper

1 tablesp. olive oil

Squeeze of lemon

### FOR THE PEA PURÉE

400g petis pois

50ml olive oil

Mint leaves

Salt and pepper

### FOR THE RISOTTO

½ onion, finely diced

2 tablesp. refined olive oil or 30g unsalted butter

1 small garlic clove, finely grated

200g risotto rice

100ml white wine

500ml hot vegetable stock

200ml pea purée

40g freshly grated Parmesan

Juice of ½ lemon

50ml extra virgin olive oil or 50g unsalted butter

Sea salt and black pepper

### VEGETABLES

5g unsalted butter

50ml water

120g baby courgettes, sliced 2mm thick

140g fresh peas

40g French breakfast radish, sliced

40g radish tops

40g baby spinach

Sea salt

### Make the Pea Purée

- Blitz blanched peas, mint, salt, pepper and olive oil

### Make the Risotto

- In a pan, sweat onion in olive oil or butter with a pinch of salt for 2 minutes.
- Add garlic, stir briefly, then add the rice. Cook for 3 minutes until glossy.
- Pour in white wine and reduce slightly.
- Gradually add the hot vegetable stock, stirring occasionally. Keep it just simmering ...never boiling.
- Cook gently for 18-20 minutes. Check doneness, then stir vigorously for 5 minutes to finish.

### Finish the Risotto

- Stir in the pea purée and grated Parmesan.
- Add lemon juice and extra virgin olive oil or butter.
- Season with salt, pepper, and a final splash of white wine if desired.

### Cook the Vegetables

- In a saucepan, bring butter, water, and salt to the boil.
- Add courgettes, cover and cook for 30 seconds.
- Add peas, radishes, radish tops, and spinach. Cover and cook for 20 seconds more.
- Drain and set aside.

### Trout

- Pat the fillets dry and season well with salt and pepper.
- Heat olive oil in a non-stick pan over medium-high heat.
- Fry skin-side down for 3-4 minutes until crisp. Flip and cook for 1 minute.
- Squeeze over a little lemon juice to finish.



## PAN-FRIED HAKE WITH SALSA VERDE

SERVES 2 (AS A STARTER)

### FOR THE HAKE

2 small hake fillets (skin on, approx. 120g each)

Sea salt and freshly ground black pepper

1 tablesp. olive oil

Sage leaves

### FOR THE SALSA VERDE

3 tablesp. flat-leaf parsley, finely chopped

3 tablesp. basil, finely chopped

3 tablesp. mint, finely chopped

1 teasp. capers, finely chopped

2 anchovy fillets, finely chopped

1 heaped teasp. Dijon mustard

1 tablesp. white wine vinegar

3 tablesp. extra virgin olive oil

Freshly ground black pepper

Optional: extra olive oil for drizzling

### Make the Salsa Verde

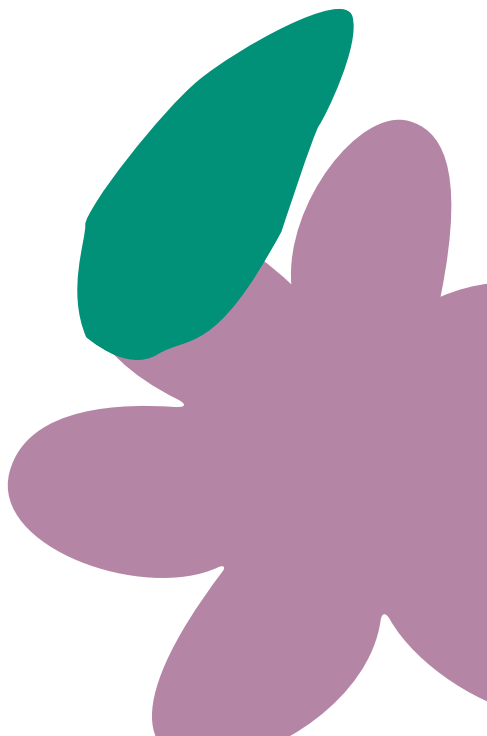
- In a bowl, combine the parsley, basil, mint, capers and anchovies.
- Stir in the Dijon mustard and white wine vinegar.
- Whisk in the extra virgin olive oil until combined.
- Season with black pepper to taste. Adjust with more vinegar or oil if needed.
- Set aside to allow flavours to develop (can be made ahead and kept chilled).

### Cook the Hake

- Pat the hake fillets dry and season both sides with salt and pepper.
- Heat olive oil in a non-stick or oven-safe frying pan over medium-high heat.
- Place hake fillets skin-side down and press gently to prevent curling. Sear for 3-4 minutes until the skin is crisp and golden.
- Flip the fillets and cook for 1-2 minutes more until just cooked through. Squeeze over a little lemon juice to finish.

### DID YOU KNOW...

Fish contains Omega 3. Oily fish are an important source of omega 3 fats which are needed for healthy blood and heart health. Include oily fish in your diet up to twice a week.



## OVEN BAKED HAKE WITH ROASTED VEGETABLES AND BASIL OIL (front cover recipe)

Get fantastic results with minimum effort.

4 x 150g hake fillets, skinned and boned  
2 red peppers, cut into 3cm chunks  
1 courgette, cut into 3cm chunks  
2 garlic cloves, peeled and crushed  
1 tablesp. cumin  
2 tablesp. rapeseed or olive oil  
Salt and freshly ground black pepper 200g  
Cherry tomatoes

### BASIL OIL

A handful of basil leaves  
A little salt  
3 tablesp. olive oil  
To serve: Boiled potatoes

Preheat the oven to Gas Mark 4, 180°C (350°F).

Place the peppers, courgette and garlic in a roasting tin. Add 1 tablespoon of oil, sprinkle over the cumin, season and toss to combine. Roast in the hot oven for 15 minutes. Remove from the oven and add the tomatoes. Return to the oven for a further 5 minutes. Then place fish fillets on top of the vegetables, drizzle over the remaining oil, season and roast for approximately 15 minutes until the fish is cooked through.

To make the basil oil: Simply place the basil leaves in a mortar with a little salt and the olive oil and stir with the pestle until the leaves break down. Alternatively use a mini processor.

To serve: Drizzle a little basil oil over the hake and serve with the roasted vegetables and boiled potatoes.

### DID YOU KNOW...

Fish is high in iodine and selenium, nutrients with important roles in the nervous system, brain function, the immune system and metabolism.



For more information  
and recipes, contact:

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