



# Gastro

RESTAURANT QUALITY FISH



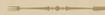
## GUIDE TO EFFORTLESS DINING IN



Delicious recipe ideas and serving suggestions from Young's Gastro  
**PLUS** etiquette expert, William Hanson, shares his top tips to create  
a truly exquisite restaurant experience at home.



William Hanson is Britain's leading expert and coach on etiquette and civility. He works around the world and provides first-class training and is a trusted advisor to many private households, embassies and high commissions, businesses, cultural organisations and schools alike, and has worked for numerous VIPs and dignitaries. He regularly appears on national and international media commenting on matters of taste and good manners.

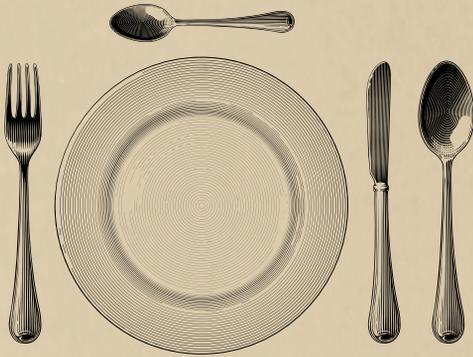


## AMUSE BOUCHE

"I love eating at restaurants but I also love eating at home! You can create the restaurant experience in the comfort of your own home with the right food, setting and company. I'll show you how..."

# WILLIAM'S TIPS FOR EFFORTLESS DINING IN

## I SET THE TABLE

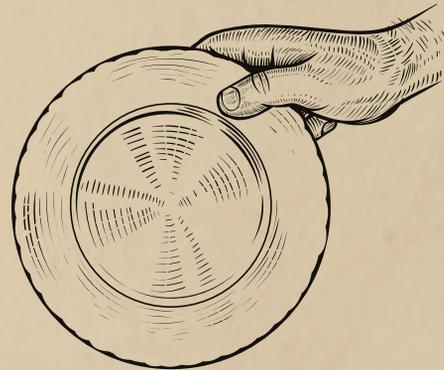


Once the table is barren it'll be ready for the cutlery, plates and napkins. Forks on the left; knives and spoons on the right.

The glass goes just above the blade of the knife, on the right hand side. Your napkin is placed to the very left hand side of the setting. Having all the dining equipment laid before you will mean you are ready to eat once dinner is served.

## II USE THE NICE CHINA

Make a meal of your meal! Get the nice china out and use it to hold your mid-week fare. There's no point it just sitting in the cupboard. Quality china and porcelain should be seen and enjoyed.





### III FIND A CENTREPIECE

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You needn't polish up your best candelabra, a simple unscented candlestick alone can give that no man's land in the centre of the dining table a certain je ne sais quoi. For daytime meals, you could use a small, low floral arrangement or a bowl or platter of fruit.

### IV DRESS FOR DINNER

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The dinner jacket may be a step too far for a Tuesday night (I won't stop you) but at least change out of your work clothes and put on something decent. You won't eat properly in pjs or loungewear. Keep it simple, chic and above all, fresh!





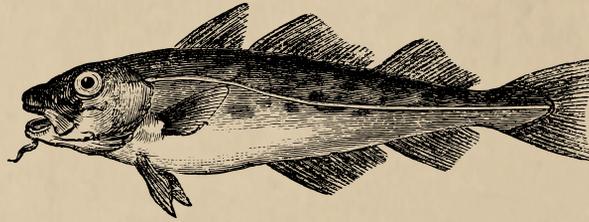
V  
IF MUSIC BE THE  
FOOD OF LOVE...

Use music to give the room some aural atmosphere. Some of the streaming services even have dinner time playlists, to save you the time and effort of putting together your own mealtime mixtape.

VI  
THE BIG  
TURN OFF

Switch those phones and tablets off! You don't need a screen to eat your delicious dinner and you should be focussing on eating as well as chatting to any dining companions you have. Even if you are alone, use the meal time to detox and switch off from the techno world.





## VII PERFECT PLATE PRESENTATION

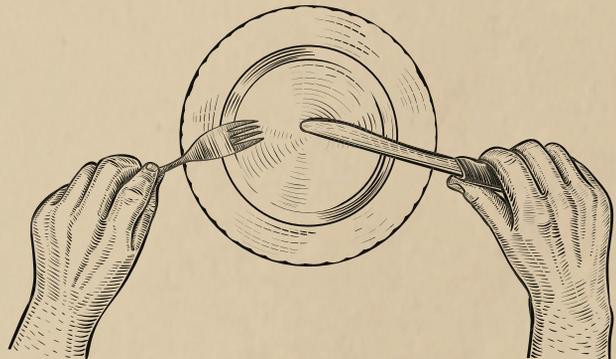
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Don't just chuck the food onto the plate and hope for the best. If you've cooked good food, spend an extra 30 seconds to lay it out on the plate to make it look as visually tasty as possible. We eat with our eyes first! The high-end restaurant rule you can follow at home is to place the meat or fish in the bottom section of the plate (6pm, if you imagine your plate as a clock). The vegetables then are laid out above.

## VIII GETTING SAUCY

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Don't stop there... perhaps for some dishes some table sauces may go well, such as tartare sauce. Please avoid plonking the jar or bottle on the table - decant the sauce into a small dish or ramekin instead.



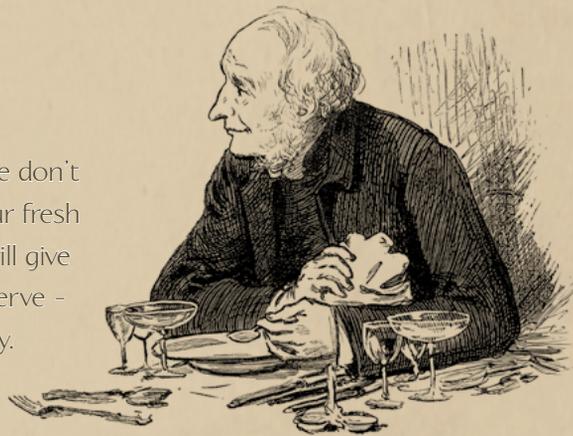
## IX SALT AND PEPPER



Taste is so subjective and you or your fellow diners may wish to heighten the flavours of the meal by adding a touch of salt or pepper, or another condiment. Remember to move the salt and pepper mills or shakers to the table - the salt one gets placed just in front of the pepper. When adding salt to your plate, correct etiquette is to just pour a little pile on the edge of the plate, using your knife to add a few granules of salt at a time to each mouthful. (Pepper can just get sprinkled everywhere!) But do try your food first to check the seasoning before adding anything.

## X ELBOWS IN

Sit up straight and shoulders back! We don't want your meal to be spilled down your fresh clothes. Using good table manners will give the respect the food and its chef deserve - as well as help you eat it properly.





## XI CHEERS!

Don't worry about what wine snobs say about pairing food with wine. Pair your dinner with whatever wine you want, despite what the puritans may say. There are some excellent lighter reds that go with fish, contrary to that old 'white wine with fish' rule. And it needn't be wine that you enjoy with your meal - a swish carafe of cordial or juice can add something even further to your meal.

## XII ELEGANT ENTERTAINING

Nothing forces one into making an effort more than knowing that friends and family are going to join you for a meal. Use the opportunity to catch up with your neighbours and friends, as well as build friendships by giving them some tasty dishes.





## YOUNG'S GASTRO LIGHTLY DUSTED BASA FILLETS AND DAUPHINOISE POTATOES



### WHAT YOU'LL NEED...

*Young's Gastro Lightly Dusted Sea Salt & Cracked Black Pepper Basa Fillets*

*500g white potatoes, peeled & thinly sliced  
200ml double cream  
100ml milk  
1 clove garlic, crushed  
50g Gruyère or Cheddar cheese  
Salt & pepper*

### HOW TO MAKE IT...

Cook the Gastro Basa Fillets as per the on pack cooking instructions.

Place double cream and milk and the garlic in a saucepan and bring to a simmer.

Add the potatoes, stir so they're covered & simmer for 10 minutes.

Remove the crushed garlic clove, season with a pinch of salt & pepper and empty the pan contents into the oven-proof dish.

Grate and sprinkle your chosen cheese over the top and bake in the oven at 180/Gas Mark 4 for 25 minutes.

Remove from the oven and serve with your favourite steamed veg.



Cooking time:

**40 mins**



Serves:

**2**



## YOUNG'S GASTRO SWEET CHILLI MARINATED BASA FILLETS WITH NOODLES AND PAK CHOI

### WHAT YOU'LL NEED...

#### *Young's Gastro Sweet Chilli Marinades*

200g rice noodles  
Pak choi  
1 red pepper  
Sesame seeds  
1 tbsp soy sauce  
1 tsp lemon juice

### HOW TO MAKE IT...

Cook the Basa Fillets according to the instructions on pack.

Place the rice noodles in a bowl with a sprinkle of sea salt, cover with boiling water & leave to soak for 5 minutes.

Cut red peppers into wedges and stir fry for 5 minutes, add the pak choi and cook until wilted. Add the sesame seeds.

Drain the noodles, and stir in the Soy Sauce and Lemon Juice. Toss with the red peppers, pak choi and sesame seeds.

To serve, place the noodles into a serving dish and place the Sweet Chilli Marinated Basa Fillet on top.



Cooking time:

**40 mins**



Serves:

**2**



## YOUNG'S GASTRO CHUNKY COD FISH FINGER SANDWICH WITH HOMEMADE FRIES

### WHAT YOU'LL NEED...

*For the sandwich...*

*Young's Gastro Tempura Battered  
Chunky Cod Fish Fingers  
4 thick slices of sourdough bread  
Softened butter  
Handful of salad leaves  
Our homemade tartare sauce*

*For the fries...*

*400g potatoes - washed & peeled  
Sunflower oil for frying*

### HOW TO MAKE IT...

Cut the fries using a knife or a spiralizer & leave to soak in water for 10 minutes.

Slice the sourdough bread into thick slices & butter lightly. Sear the buttered sourdough in a hot pan on both sides until golden brown.

Cook the fish fingers according to the instructions on pack.

Drain & dry the fries well, heat the sunflower oil in a deep frying pan & shallow fry the skinny fries until golden.

Assemble your sandwich by starting with a slice of the sourdough, spread with a little of the tartare sauce. Then, layer on some salad leaves, top with the fish fingers and add more tartare sauce, more salad & finish with another slice of the sourdough bread.

Serve with a dash of tartare sauce on the side & a lemon wedge.



Cooking time:

**30 mins**



Serves:

**2**



## YOUNG'S GASTRO SCAMPI BLOODY MARY SHOTS

### WHAT YOU'LL NEED...

*Young's Gastro Wholetail Scampi*  
*1 baby gem lettuce, washed*

*For the Bloody Mary Mayo...*

*100g mayonnaise*

*70g ketchup*

*A dash of Worcester sauce*

*2tsp Tabasco sauce*

*2tsp vodka*

*Salt & freshly ground black pepper*

*Smoked paprika or cayenne pepper  
for topping*

### HOW TO MAKE IT...

Cook the Gastro Wholetail Scampi following the pack instructions.

Make the Bloody Mary Mayo – put the mayonnaise into a bowl, add ketchup, Tabasco, vodka & season.

To make the shot, place a baby gem lettuce leaf in the side edge of a shot glass. Add a spoonful of the Bloody Mary Mayo and add two pieces of Gastro Wholetail Scampi. Top off with a teaspoon of Bloody Mary Mayo and finish with a sprinkling of smoked paprika or cayenne pepper.



Cooking time:

**30 mins**



Serves:

**4-6**



## YOUNG'S MELTING MIDDLE CHUNKY COD CAKES WITH GRIDDLED MEDITERRANEAN VEGETABLES

### WHAT YOU'LL NEED...

*Young's Gastro Melting Middle  
Chunky Cod Fish Cakes with a  
Creamy Rocket Mornay Sauce*

- 1 small courgette, roughly chopped*
- 1/2 red onion, roughly chopped*
- 1 red pepper, roughly chopped*
- 1 yellow pepper, roughly chopped*
- 1/2 cherry tomatoes, halved (optional)*
- 1/2 button mushrooms, halved (optional)*
- 3 tbsps olive oil*

### HOW TO MAKE IT...

Cook the Melting middle fish cakes as per pack instruction.

Heat the olive oil on a griddle pan, add the veg and fry for 6-8 minutes until tender and lightly charred.



Cooking time:

**35 mins**



Serves:

**2**



## YOUNG'S GASTRO SPICY TOMATO FISH BAKE WITH STIR FRIED WINTER GREENS

### WHAT YOU'LL NEED...

1 pack Young's Gastro Spicy Tomato Bake  
1 handful of kale  
1 handful of young spinach leaves  
100g sliced baby leeks  
80g tender stem broccoli  
100g sugar snap peas  
2 tbsp. extra virgin olive oil  
Sea salt & freshly ground black pepper

### HOW TO MAKE IT...

Cook the Young's Gastro Spicy Tomato Fish Bake as per pack instructions.

On a medium heat stir fry all vegetables in olive oil for 5-6 minutes keeping them crunchy.

Check seasoning & serve.



Cooking time:  
**43 mins**



Serves:  
**2**



# Gastro

RESTAURANT QUALITY FISH



To find out more, and for more great recipe and serving suggestions,  
please visit [youngsseafood.co.uk/Gastro](http://youngsseafood.co.uk/Gastro) or contact us at [youngs@kazoo.co.uk](mailto:youngs@kazoo.co.uk)

