



GRAND PARILLADA

Fish and Shellfish cooked on a hot griddle

SERVES 4 PEOPLE

Ingredients:

4 Large Prawns or 8 medium ones
4 Scallops
4 Red Mullet
4 Steaks of Cod
4 Sardines
8 tablespoons of olive oil
2 table spoons of white wine vinegar
2 cloves of garlic
1 tablespoon of chopped parsley
1 sprig of parsley.
2 Bay leaves for the Red Mullet
Lettuce leaves
Sliced Onions
Seeded sliced Tomatoes
Salt to taste

COOKING INSTRUCTIONS

Note:

Try if you can to buy live or very fresh Shellfish and fish, this way you will always enjoy the results of cooking and eating fish.

This recipe can be made with a variety of fish and shellfish, I have chosen this 5, but you can make just as good a meal with an endless variety of diverse seafoods.

First clean and wash the fish/shellfish thoroughly and place on a large dish ready to be cooked.

The red Mullet should be gutted and cleaned, leaving the head on if you want, then making 2 cross cuts bone deep in either side of the fish, place a thin slice of garlic, the same of bay leaf and a little parsley on each incision of the fish, add a little salt to the finish dressed fish and leave to rest until ready to cook.

Clean and gut the Scallops and place in the same dish as the Mullet

Clean and fillet the cod into fillets/steaks - you can have it as you prefer, (or you could ask your fishmonger to do it for you) and place in the dish with the other fish.

Clean and gut the sardines, add some coarse salt and place along with the rest of the fish.

With a very sharp knife, slice the prawns in half and place with the other fish.

Now prepare the sauce for the dish.

Peel and chop the garlic very finely, chop the parsley and chilli very finely and mix the 3 together in a sauce bowl with the olive oil and vinegar, add salt to taste and leave to rest until the fish is cooked.

Now you can wash the lettuces and deseed the tomatoes, slice the onions very finely and leave ready to be dressed with a little olive oil and red wine vinegar.

On a hot griddle, place the Red Mullet to cook, this fish depending on its size will take anything between 6 to 10 minutes, the ones we are cooking tonight will take 6 minutes. Once on the griddle add a little olive oil to help the cooking.

Once the Red Mullet has been cooking for 1 minute, place the Sardines on the griddle, along with the cod fillets/steaks. Add a little olive oil to help the cooking.

Leave the Red Mullet, Sardines and cod for a further 3 minutes, and now turn over with a fish spatula. Add a little olive oil to continue the cooking.

Leave the fish to cook for a further 3 minutes or so, and start cooking the prawns on their shell side first, 30 seconds or so, place the Scallops alongside the rest of the fish in the griddle, turn the prawns over, add a little olive oil to all the fishes, turn the Scallops over and leave for a further 30 seconds.

Take all the fish/shellfish out of the griddle and place in a warm oven till you prepare and dress the salad.

Place the cooked fish on a large platter and dress with the garlic/parsley and chilli sauce you have made earlier, you can add as much or as little as you want...salt to taste.

On a plate dress the salad and serve along with the fish platter.

If you love fish, I'm sure you will enjoy this particular dish, but don't be afraid to experiment with the many others available, remember, different fishes will take a bit longer or a little bit less...but by and large not much of a different cooking time.

NOTE:

If you have an iron griddle, that's the ideal cooking surface for this recipe, but a heavy frying pan is just as efficient.

Place your griddle into a hot gas fire mark 7-8 or electric 190-200 and brush the surface of the griddle with a little olive oil...just a brushing...and once the oil begins to smoke, place the half prawns into the pan with the shell side facing down into the surface of the pan and leave until the shells start to burn slightly - approximately 60 seconds, now turn the prawns over and cook the exposed meat for another 30 to 60 seconds, adding a few drops of olive oil as it cooks. The meat side of the prawns should be a light golden brown.

Loads of crunchy bread and a good bottle of white wine make this recipe a fantastic social event, and one that no one will ever forget...assuming that you all like prawns that is.

NOTE: Fish and shell-fish is a very simple and easy food to cook.... providing that it's very fresh...in my opinion, most people don't cook fish due to the bad results they often get from their experiences with fish...don't be put off...ask your local fishmonger to get you the best possible fresh fish.

Tip: Fish and shell-fish should be totally odourless...a sure sign of it's freshness.

Juan D Blanco