



Fight Parkinsons Fish Recipes



Contents

Sea Bass and Salad

Salmon Hollandaise

Salmon Spicy Fish Cakes

White Fish and Asparagus

Salmon Salad With Sour Cream and Chives

Tuna Sweet Potato

Pesto Paprika Prawns

Salmon Avocado Starter

Sea Bass & Salad



Ingredients

One sea bass with head, tail and bones removed.

Himalayan salt

Coconut oil for frying the fish

Tomatoes, cucumber, mixed salad leaves, sweet peppers.

Small jar of fermented celeriac (with pineapple chunks).

Balsamic dressing made from Balsamic vinegar and olive oil mixed 1 part vinegar to 3 parts oil.

Method

Arrange mixed leaves and chopped cucumber, tomatoes, peppers onto the plate. Mix the balsamic dressing in a jar with a lid....one part balsamic vinegar to three parts olive oil. Screw on lid and shake hard for two minutes. Drizzle over the salad. Heat frying pan , add coconut oil. Salt the fish fillet both sides. Toss into the hot frying pan, cook for 2 minutes each side, serve.

Salmon Hollandaise



Ingredients

Salmon fillet

Coconut oil to fry fish

Mixed fresh vegetables eg broccoli, carrots, sweet peppers

Ingredients for Hollandaise Sauce

100g butter, one egg yolk, salt, cayenne, 3 crushed pepper corns, half a tablespoon vinegar

Method

Wash chop and lightly boil the vegetables for 12 minutes. Add salted fish to hot pan of oil. Cook for 2 minutes each side or until cooked.

Make Hollandaise sauce as follows: Put peppercorns and vinegar in small pan and heat to reduce down to almost nothing. Add half a tablespoon cold water to this to cool. Mix in the egg yolk with a whisk. Place in a bain marie or a bowl over a pan full of simmering water, so its heating gently. Whisk continuously until thickened to a sauce. Remove from heat and cool to a slightly warm room temperature. Then whisk in gradually the melted warm butter until thoroughly combined. Keep at this temperature until served over the fish.

Salmon Spicy Fishcakes



Ingredients

One salmon fillet, cooked and cold.
½ cup baby spinach, sliced finely
½ medium courgette grated
1 tsp curry powder
1 small dish of ground almonds to coat fish cakes
1 tsp ginger
Salt to taste
1 large egg
1 tablespoon butter

Method

In a large bowl, mix the grated courgette, spinach and flaked salmon. Add the curry powder, ginger and salt. Mix together. Add the egg and stir. Heat a large frying pan on high heat and add the butter. Once melted and sizzling, form the mixture into four patties - egg and almond coat them and place in the frying pan. Fry the patties for approximately 4 minutes or until golden brown, flip over and repeat.

Remove from heat and serve immediately.

White Fish & Asparagus



Ingredients

Fillet of white fish, skinned.

Himalayan pink salt

Half a dozen asparagus spears

Cayenne pepper

2 oz Butter

Method

Take each asparagus spear and bend it. Wherever it snaps, keep the pointed end and throw the tough, woody end in the bin. Cook asparagus spears 5 mins in a little boiling water with some butter, with the lid on the pan. Remove the skin from the fish fillet. Sprinkle with cayenne and top with butter. Put in glass casserole dish with lid on and bake it in the microwave for a few minutes until just cooked or you could fry it lightly in a frying pan for a couple of minutes each side. Serve above the asparagus with a little melted butter on top.

Salmon Salad



Salmon salad with sour cream and chives

Ingredients

One salmon fillet per person
Himalayan pink salt
Bag of leaf salad
Cherry Tomatoes
Fermented red cabbage
Sliced cucumber (half a cucumber)
Sliced red peppers (one)
Small sprig fresh chives
Pot of fresh soured cream

Method

Wash, slice and arrange the salad on the plates.
Heat (olive/coconut) oil in frying pan.
Sprinkle pink salt on both sides of salmon, fry on both sides in hot oil for a few minutes until just cooked. (Probably about 3 or 4 minutes each side) Chop the chives, mix into the soured cream, pour over the salad and serve.

NB Salmon is a good source of Omega3 which we need to prevent cognitive decline. It is anti inflammatory and also protective against heart attack and stroke. It prevents blood clots and it regulates cholesterol at healthy levels within the body.

Tuna Sweet Potato



Ingredients

Two large sweet potatoes

Half tub (200g) of creamy greek bio yoghurt

Two tins tuna in brine

Small amount of cooked sweetcorn

Cheddar cheese to taste

Method

Microwave washed, sweet potatoes until cooked. Heat grill pan. cut potatoe in half. Mix the yoghurt, seetcorn, and tuna together (drain the brine off the tuna first) When evenly mixed together, place generuous amount on top of each sweet potato half, top with grated cheese. Place under the grill untill hot right through and the cheese has melted. Serve with salad of your choice.

Pesto Paprika Prawns



Pesto Paprika Prawns

Ingredients For the Pesto Paprika Prawns

1 kilogram of peeled prawns
 $\frac{3}{4}$ of homemade pesto (see below)
1 tablespoon of smoked paprika
1 tablespoon minced garlic
1 tablespoon olive oil

Ingredients For the Pesto

100 grams/4 ounces of fresh basil
 $\frac{2}{3}$ cup nuts of your choice (I used raw almonds)
2 tablespoons strong parmesan cheese
 $\frac{3}{4}$ cup olive oil
2 tablespoons minced garlic (around 3 cloves)

Method

In a food processor or blender, add all the pesto ingredients and blend until fully combined. Set aside. Heat a frying pan with olive oil. When heated, add in the minced garlic and smoked paprika and lightly fry for 1 -2 minutes, until fragrant. Add in the prawns and cook until they are pink and cooked.

Salmon Avocado Starter



Ingredients

200g smoked salmon (in dill)

One ripe avocado, Half a cucumber, 100g rocket

Handful of cherry tomatoes, Handful black olives

2 tablespoons soured cream, 2 teaspoons horseradish paste

Method

Mix soured cream and horseradish paste together in small dish. Arrange 2 slices of smoked salmon on plate with 2 slices of cucumber between them. Arrange 2 slices of avocado on plate, handful of rocket, 2 tomatoes and 2 olives. Place horseradish dressing in curve of avocado slices. Chill in fridge, covered with clingwrap until required.