

THE HELM

monthly newsletter of The Tug Restaurant



THE TUG RESTAURANT

SWAKOPMUND · NAMIBIA



IN THE GALLEY WITH CHEF IMMANUEL

Home cooking or cooking for friends and family can usually be quite daunting. We feel pressured into going over the top in an attempt to impress everyone. If there is anything I have learnt, that is not the best route to take, simplicity is key, especially when it comes to seasoning, cooking and preparing fish. With that in mind, here are some great tips and tricks I have learnt over the years. Selecting the freshest fish and keeping it cold is extremely important, as fish is sensitive to temperature changes, it is best to keep it frozen or on ice. Make sure the flesh is firm and the skin vibrant, it should smell like mineral water and not fishy. Allow seafood to thaw in the refrigerator and not at room temperature. When out shopping, purchase your fish last.

When it comes to seasoning seafood, less is more, choose one or two flavours you like and stick to them. A good bet is always; salt, pepper and citrus which complement fish very well. Fresh herbs also help release the delicate flavours of your fish.

Cooking fish can be a nightmare. Have you ever cooked fish and it just falls apart in the pan? Try patting your fish dry with a paper towel before cooking, too much moisture on seafood will prevent it from browning. The next step is: Don't be impatient! - properly cooked fish will release from the cooking surface on its own. Try to flip the fish only once, the thickness of the fish will determine the cooking time. Usually 4-5 mins on each side for 2.5cm thick fillets is a good guideline. Lay the fish presentation side down first, to ensure you have a beautiful looking fillet when served. Avoid overcooking seafood, when shellfish is opaque it is cooked.

If you still don't feel confident, you are always more than welcome to join us at The Tug Restaurant for an amazing seafood experience, without the hassle.



FEATURED DISHES



Kabeljou 'Danie Hugo'

Grilled Kabeljou dusted in Flour, topped with Calamari and a Prawn, served with Baby Potatoes and a Cheese Sauce on the side

Suggested wine pairing: *Terra Del Capo Pinot Grigio*

Sweet Marula Salad

Rocket, Marula nuts, Pumpkin seeds, Croutons, Roasted Almonds, Lemon zest and Honey

Suggested wine pairing:
Cape Point Vineyards Chardonnay



THE GOOD NEWS

At The Tug Restaurant we always try to do our part in supporting good charitable and social causes, as part of this we are proud to be a small part of the Bank Windhoek Cancer Apple Project. We'll be using these delicious apples in our dishes and so you too will be doing your part for a good cause.

The effects of cancer touches us all, directly and indirectly and anything we can do to assist is our duty.

- Eat Healthy. Live Healthy. Prevent Cancer.

