

Recipes GOOD

Steak Tartare

My advice here is to go to Paris - try Fouquets on the Champs Elysees - start with Freshwater Crayfish



but remember that these are priced per head! Follow with the Steak Tartare:



Enjoy!

My father followed the directions for this and mixed the ingredients - best fillet steak, the freshest of egg yolks, capers, onion, parsley and seasoning - then asked if the waiter was going to take it to the kitchen to be cooked.....

Pizza a la French Line

For this I use a large rectangular cooking tray. First make your pizza (bread) dough and when it is ready roll it out as thinly as possible. Spread with tomato paste, drizzle with olive oil and cover with sliced tomatoes. Make noughts and crosses with anchovy fillets and black olives, scatter with herbs of your choice add more olive oil and cook in the usual way

Espada (or Black Scabbard) and Flying Fish



It is difficult to ship the Black Scabbard fish abroad as it does not keep well and is best served fresh. Despite that, many efforts are undertaken by locals who want to send their homesick relatives abroad a bit of heart warming Madeira memories: frozen scabbard wrapped tight in foil leaves the island in temperature controlled parcels.

Flying Fish

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For these fish you must travel to Madeira and Barbados. In Madeira try the London Restaurant which is frequented by local office workers. In Barbados go to Oistins and eat at outside tables. In both places you will find the fish served with bananas (or plantain).

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