

annabel langbein
The Free Range Cook
through the seasons.

**menu planner for
CATCH OF THE DAY**

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Beachside Ceviche, [Page 112](#)

Fragrant Fish Curry, [Page 118](#)

Cucumber Salad with Dan's Secret Sauce, [Page 141](#)

Coconut and Cardamom Rice, [Page 143](#)

Florentine Slice, [Page 151](#)

PREP PLAN

well ahead

- The Red Curry Base for the Fragrant Fish Curry can be prepared up to 48 hours in advance and chilled until needed.
- If you are making your own Crispy Shallots, prepare up to two weeks in advance and store in an airtight container.
- Make the Florentine Slice and store in an airtight container in a cool place for up to a week.

on the day

- Prepare the ingredients for the Beachside Ceviche. 'Cook' the fish by marinating in lemon juice. This takes about 45 minutes.
- Prepare fish for the Fragrant Fish Curry.
- Cut the cucumber for the Cucumber Salad and place in serving dish.
- Measure the ingredients for Dan's Secret Sauce.

final preparations

- Before serving the Beachside Ceviche, whizz up Dan's Secret Sauce, leaving out the coriander.
- When ready to serve the Beachside Ceviche, drain fish and combine with other ingredients.
- Cook the Coconut and Cardamom Rice, allowing for 15 minutes of standing time. Fluff with a fork before serving.
- While the rice is standing, bring the Red Curry Base for the Fragrant Fish Curry to a simmer before finishing off the curry.
- Once you have put the fish into the curry, whizz the coriander into Dan's Secret Sauce and toss with cucumber for serving immediately.
- Cutting the Florentine Slice into wedges and serve.