

Pan-fry

This quick cooking method is best suited to lean cuts of meat, fish, or tender vegetables. We've used a fish fillet here because it best illustrates the technique. With meat and vegetables, follow the same basic steps. Use a shallow frying pan, preferably non-stick, and a little oil or butter.



1 Pat two fish fillets dry with paper towels, and season with salt and freshly ground black pepper. Heat 1½ teaspoons of olive oil or sunflower oil in a nonstick frying pan until hot, but not smoking. Carefully add the fish, skinside down, and leave to cook for 2–3 minutes, depending on thickness



2 Turn the fish over using a metal spatula, and cook the other side for another 2–3 minutes, or longer if the fish fillet is thick. Keep the heat at medium-high.



3 Turn the fish over again, to serve. It should be an even golden color. To check if the fish is cooked, use a fork or knife to gently move the flesh away from the bone down the middle at the thickest part; if cooked, it will come away with ease.

MAKING CHIFFONADE



This works for large leaves, such as kale, as well as smaller ones, like basil.

STEP 1: Roll the leaf up from bottom to top.

STEP 2: Cut off slices of the leaf from top to bottom.

Keeping fish fresh

Look for fish that is ultra fresh. The flesh should be firm, and it should have no "fishy" smell. Ideally use fish on the day of purchase, but it will store in the refrigerator for 1–2 days, depending on its sell-by date. Wrap in foil or wax paper, and store away from other foods in the refrigerator.

