

WARM UP

1 Quickly read the text and match a question with each paragraph.

- a Which materials is a fish kettle made from?
- b Where does the fish kettle originate?
- c What is a fish kettle?
- d What are the advantages of this form of cooking?
- e How does it work?

GLOSSARY

- banks *rive*
- stove *fornello*
- rack *cestello*



## Fish kettle: origins and how to cook salmon in a fish kettle

1 *Where does the fish kettle originate?*

People believe the concept of the fish kettle originally comes from Scotland, where there is a long-established tradition of cooking fresh salmon on the banks of the rivers. This technique involves placing the fish in boiling kettles, cooking it slowly over an open fire and then eating the fish by hand.

2 \_\_\_\_\_

A fish kettle, sometimes referred to as a fish poacher, is a long rectangle-shaped metal pan that is specially designed and shaped to poach fish. Poaching your fish in a fish kettle is a simple way to cook it and is very popular for cooking salmon and trout.

3 \_\_\_\_\_

The large lidded pans are placed over two rings of the stove and the fish is gently poached in stock, water or milk. This style of poaching ensures that the fish does not dry out while it is cooking. The fish is usually placed on top of a lift-out rack, making it easy to remove, as poached fish becomes far more delicate when cooked.

4 \_\_\_\_\_

Steaming and poaching your fish is an extremely healthy way to cook as it helps the fish maintain all of its nutrients and flavour. Most fish kettles are around 60 cms long, which makes them perfect for cooking a wide variety of fish of different dimensions. You can also use your fish kettle to steam vegetables including asparagus and corn.

A fish kettle is extremely easy to use and clean. Many are now dishwasher safe, which makes the fish kettle an essential item for any modern kitchen.

5 \_\_\_\_\_

You can find fish kettles that come in many shapes and sizes, made from a variety of materials. Stainless steel, aluminium and copper are the most common. Copper is the most effective material of the three, as it conducts more heat, which helps to cook the fish evenly through. Stainless steel and aluminium fish kettles work equally well, they are also easy to clean and make cheap alternatives.



ACTIVITIES READING COMPREHENSION

2 **PET** Read the text again and decide if these sentences are true (T) or false (F).

- 1 There is a tradition of cooking fresh fish on the banks of rivers in Scotland.
- 2 A fish kettle is different from a fish poacher.
- 3 This technique ensures the fish remains moist during cooking.
- 4 Most fish kettles are too small for cooking really big fish.
- 5 All fish kettles are hard to clean and can't be put in a dishwasher.
- 6 Copper is the best material for a fish kettle.

T	F
<input type="checkbox"/>	<input type="checkbox"/>

## READING COMPREHENSION

3 Complete the recipe for chilled poached salmon with the missing words from the box.

lay • cool • fish kettle • ~~chopping board~~ • dress • remove • skin • serve • cold water

## CHILLED POACHED SALMON

### Preparation time:

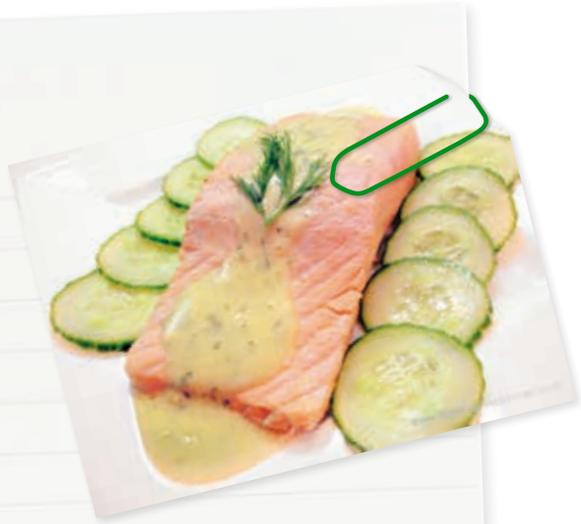
1-2 hours

### Cooking time:

10 to 30 minutes

### Serves:

10-12 people



### Preparation method

- Place the fish onto a large (1) *chopping board*. Cut the lemon into thin wedges and fill the cavity of the fish to help keep the shape.
- Place the fish in a large (2) \_\_\_\_\_, add the liquid ingredients (150 ml white wine vinegar; 2 large carrots, peeled and sliced; 1 large onion, peeled and sliced; 1 tsp salt & 1 tsp black peppercorns and 3 bay leaves) and enough (3) \_\_\_\_\_ to cover the salmon. Bring to the boil over a moderate heat with the lid on. Turn off the heat and leave the salmon in the kettle.
- Once the fish is (4) \_\_\_\_\_, place onto a cling-film lined tray and put it in the fridge.
- To prepare the fish, (5) \_\_\_\_\_ the head and tail with a pair of scissors, using a v-cut, but reserve for decorating the salmon. Turn the fish over and remove the skin with a knife.
- Run a knife down the lateral line and ease the fillets off the bone, then place them on a large oval serving plate and (6) \_\_\_\_\_ with some rocket.
- Remove the large central bone, using a fork to keep the flesh under it intact. Clean the fillets of any small bones and fat.
- Lift the double fillet (still with the skin on it to keep it together) and place on top of the bottom fillets and reassemble the fish, carefully removing the (7) \_\_\_\_\_ and any bones or fat.
- To decorate the salmon, (8) \_\_\_\_\_ one thin strip of a blanched cucumber skin down the lateral line of the fish. Continue to decorate using smaller strips to form a fish bone pattern.
- Finish the salmon by laying lemon wedges and rocket around it and replacing the head and tail. Keep refrigerated until required.
- (9) \_\_\_\_\_ with a new potato salad and lemon mayonnaise.