



BRITISH ARMY CATERING CORPS

RECIPE CARD SERIES



FISH DISHES

CLASSIC RECIPES • TRUSTED RESULTS

A collection of tried, tested and trusted fish recipes, created for the hardworking cooks of the British Army Catering Corps. Wholesome, flavoursome and satisfying meals – wherever you are, whatever the conditions.



★
**GOOD FOOD
STRONG TROOPS**
— READY FOR —
— ANYTHING —
★



TRIED & TESTED
Recipes you can rely on, wherever you are.



QUALITY INGREDIENTS
Simple, wholesome ingredients for great results.



COOKED WITH CARE
Proper preparation brings out the best in every dish.



**MADE TO FEED
LARGE NUMBERS**
Designed for efficiency without compromising on flavour.

★ **COOK WITH PRIDE – SERVE WITH PURPOSE** ★



**NOURISHING
& SATISFYING**
Food that fuels the body
and lifts the spirit.



**GOOD FOOD
WELL COOKED**
The foundation of morale,
health and performance.



**FEEDING THE
FIGHTING FORCE**
Supporting our troops
since 1853.



**TRADITION
YOU CAN TASTE**
Built on experience,
pride and dedication.



CREATED BY
Paul Baldry
MASTER CHEF ACC





BRITISH ARMY CATERING CORPS

FISH RECIPE CARD 001



FISH AND POTATO PIE

★ A HEAVY, COMFORTING CLASSIC ★

A timeless favourite, this fish and potato pie is packed with tender white fish in a creamy, well-seasoned sauce, topped with golden, fluffy mashed potato and baked until bubbling and crisp.

Simple, nourishing and perfect for feeding a crowd.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)

White Fish Fillets (e.g. cod, haddock)	20.0 kg
Potatoes	10.0 kg
Onions, chopped	4.00 kg
Carrots, diced	3.00 kg
Leeks (optional)	1.50 kg
Plain Flour	2.00 kg
Butter or Cooking Oil	2.50 litres
Milk	10.0 litres
Double Cream (optional)	5.00 litres
Chicken or Fish Stock	25.0 litres
Bay Leaves	10 leaves
Thyme (fresh or dried)	100 g
Salt & Black Pepper	to taste
Plain Pie Pastry	15.0 kg

HOME KITCHEN (8 PORTIONS)

White Fish Fillets	1.2 kg
Potatoes	4 large
Onions, chopped	2 large
Carrots, diced	2 medium
Leeks (optional)	1 medium
Plain Flour	4 tbsp
Butter or Oil	3 tbsp
Milk	500 ml
Double Cream (optional)	100 ml
Chicken or Fish Stock	500 ml
Bay Leaves	1 leaf
Thyme (fresh or dried)	1 tsp
Salt & Black Pepper	to taste
Plain Pie Pastry	500 g



PREPARATION TIME

30 mins



COOKING TIME

35 – 40 mins



DIFFICULTY

MEDIUM

ARMY YIELD:
100 PORTIONS
HOME YIELD:
8 PORTIONS

METHOD

- 1 Preheat oven to 200°C (180°C fan) / Gas Mark 6.
- 2 Heat oil or butter in a large pan. Add onions and cook until soft.
- 3 Add carrots, celery (and leeks if using). Cook for 3–4 minutes.
- 4 Stir in the flour and cook for 1 minute.
- 5 Gradually add the stock, stirring constantly to make a thick sauce.
- 6 Add milk (and cream if using), bay leaf, thyme, salt and pepper. Simmer for 5 minutes until the sauce thickens.
- 7 Add the fish (cut into chunks) and cook gently for 2–3 minutes until just cooked. Remove bay leaf.
- 8 Spoon the fish mixture into a large ovenproof dish or individual pie dishes.
- 9 Boil the potatoes until tender. Drain well, mash with butter and milk, season to taste.
- 10 Spread the mash evenly over the fish filling.
- 11 Bake for 35–40 minutes, or until the top is golden brown and the filling is bubbling hot.



ACC TIP



For best results use fresh fish and avoid overcooking. Allow the filling to cool slightly before adding the pastry or mash topping to prevent a soggy base. Perfect with green vegetables or peas.

CHEF'S NOTES

- A classic, time-honoured favourite.
- Use leftover roast or boiled fish.
- The filling can be made a day ahead and chilled.
- Ideal for feeding large numbers.



FIELD KITCHEN NOTES

- Cook the filling in batches if necessary.
- Keep the filling covered to retain moisture and heat.
- Use field ovens for best results.
- Pies can be kept hot in insulated cabinets until served.



HISTORICAL NOTES



Fish pies have been a staple in British cooking for centuries. From Tudor feasts to modern mess kitchens, they remain a comforting dish that brings people together around any table.

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BRITISH ARMY CATERING CORPS



★ FISH RECIPE CARD 002 ★

KEDGEREE

★ A CLASSIC FAVOURITE ★

A wonderfully spiced rice dish with tender flakes of fish, eggs and herbs. Hearty, nutritious and full of flavour – perfect hot or cold.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (8 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Long Grain Rice (uncooked)	8.00 kg	Long Grain Rice (uncooked)	400 g
White Fish (cooked, flaked)	10.00 kg	White Fish (cooked, flaked)	500 g
Onions, chopped	2.50 kg	Onion, chopped	1 large
Butter or Oil	1.00 litre	Butter or Oil	2 tbsp
Currypowder	250 g	Currypowder	2 tsp
Ground Turmeric	75 g	Ground Turmeric	½ tsp
Stock (Fish or Vegetable)	10.00 litres	Stock (Fish or Vegetable)	500 ml
Hard Boiled Eggs	6.00 kg	Hard Boiled Eggs	4
Fresh Parsley, chopped	300 g	Fresh Parsley, chopped	2 tbsp
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste
Lemon Wedges	as required	Lemon Wedges	as required

CHEF'S NOTES

- Kedgerree has been a staple in British cooking since the 18th century.
- Use smoked haddock for extra flavour if preferred.
- Delicious served warm or cold.



FIELD KITCHEN NOTES

- Cook rice in large volumes of stock for best flavour.
- Use robust white fish that holds its shape.
- Can be bulk prepared and chilled for later service.



HISTORICAL NOTES

Kedgerree is believed to have been brought to Britain by returning soldiers from India in the 19th century – a true example of culinary heritage in Army kitchens.



SERVE WITH PRIDE



Good food lifts morale. Serve with pride and make every meal count.



PREPARATION TIME
20 mins



COOKING TIME
25 – 30 mins



DIFFICULTY
EASY

ARMY YIELD:
100 PORTIONS
HOME YIELD:
8 PORTIONS

METHOD

- Rinse the rice in cold water until clear.
- Bring the stock to the boil in a large pan. Add the rice, stir once, then simmer, covered, for 12–15 minutes until tender.
- Drain any excess liquid and set the rice aside.
- Heat the butter or oil in a large pan. Add onions and cook until soft and translucent.
- Add the currypowder and turmeric. Stir well and cook for 1 minute.
- Add the cooked rice and mix gently to coat in the spices.
- Add the flaked fish and stir carefully to combine. Season with salt and pepper.
- Fold in the chopped hard boiled eggs and parsley.
- Garnish with extra parsley and serve with lemon wedges.

Serve hot or cold.



ACC TIP



Kedgerree is great for making ahead – the flavours develop and improve. Ideal for buffets, packed lunches or a light meal.

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BRITISH ARMY CATERING CORPS

★ FISH RECIPE CARD 003 ★



GRILLED WHITE FISH FILLETS

★ 6oz PORTION ★

SIMPLE, HEALTHY & DELICIOUS

Tender, succulent white fish fillets, perfectly grilled and seasoned for flavour. A versatile dish that's light, nutritious and ideal with vegetables, potatoes or salad.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)

INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
White Fish Fillets (6oz each)	6.00 kg	White Fish Fillets (6oz each)	8 fillets
Vegetable Oil or Melted Butter	0.25 litres	Vegetable Oil or Melted Butter	2 tbsp
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste
Lemon Juice	0.25 litres	Lemon Juice	2 tbsp
Fresh Parsley (chopped)	200 g	Fresh Parsley (chopped)	2 tbsp

HOME KITCHEN (8 PORTIONS)

INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
White Fish Fillets (6oz each)	6.00 kg	White Fish Fillets (6oz each)	8 fillets
Vegetable Oil or Melted Butter	0.25 litres	Vegetable Oil or Melted Butter	2 tbsp
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste
Lemon Juice	0.25 litres	Lemon Juice	2 tbsp
Fresh Parsley (chopped)	200 g	Fresh Parsley (chopped)	2 tbsp

NOTE: Suitable fish includes Cod, Haddock, Pollock, Plaice or Hake.
Ensure all bones are removed.



PREPARATION TIME

10 mins



COOKING TIME

8 – 10 mins



DIFFICULTY

EASY

ARMY YIELD:
100 PORTIONS
HOME YIELD:
8 PORTIONS

METHOD

- 1 Ensure the fish fillets are thawed (if frozen) and patted dry.
- 2 Brush the fillets lightly with oil or melted butter.
- 3 Season with salt, black pepper, lemon juice and herbs to taste.
- 4 Preheat the grill to medium-high.
- 5 Place the fish fillets on a lightly greased grill pan or under the grill.
- 6 Grill for 4–5 minutes on the first side.
- 7 Turn carefully and grill for a further 4–5 minutes or until the fish is opaque and flakes easily.
- 8 Do not overcook – fish continues to cook after removal.
- 9 Rest for 1 minute before serving.

Serve hot with lemon wedges.



ACC TIP



For best results, do not overcook – fish should be moist and tender. Fresh lemon juice and herbs bring out the natural flavour. Great served with steamed vegetables or a crisp salad.

CHEF'S NOTES

- Choose fresh, high quality fish.
- Pat dry before cooking for better grilling.
- Ideal for light, nutritious meals.
- Pairs well with potatoes, rice or salad.



FIELD KITCHEN NOTES

- Grill in batches to maintain consistent temperature.
- Keep cooked fish warm in a covered container.
- Use a fish turner for best results.



HISTORICAL NOTES



Grilled fish has long been a staple in Army cookhouses, valued for its nutritional benefits, quick preparation and versatility in the field and at home.

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BRITISH ARMY CATERING CORPS

★ FISH RECIPE CARD 004 ★



COD MORNAY

★ A CREAMY CLASSIC ★

COMFORTING, CREAMY & DELICIOUS

Tender flakes of cod in a rich, creamy cheese sauce, topped with a golden cheese crust.
A timeless favourite that's hearty, satisfying and perfect served with vegetables, potatoes or rice.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)

INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Cod (skinless, boneless)	10.00 kg	Cod (skinless, boneless)	8 fillets (approx. 600g)
Milk	10.00 litres	Milk	1 litre
Onions, finely chopped	2.00 kg	Onion, finely chopped	1 large
Plain Flour	1.20 kg	Plain Flour	4 tbsp
Butter or Margarine	1.20 kg	Butter	50 g
Cheddar Cheese (grated)	2.00 kg	Cheddar Cheese (grated)	150 g
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste
Parsley (chopped)	100 g	Parsley (chopped)	2 tbsp
Lemon Juice	200 ml	Lemon Juice	1 tbsp
Breadcrumbs (optional)	500 g	Breadcrumbs (optional)	2 tbsp

HOME KITCHEN (8 PORTIONS)

INGREDIENT	QUANTITY
Cod (skinless, boneless)	8 fillets (approx. 600g)
Milk	1 litre
Onion, finely chopped	1 large
Plain Flour	4 tbsp
Butter	50 g
Cheddar Cheese (grated)	150 g
Salt	to taste
Black Pepper	to taste
Parsley (chopped)	2 tbsp
Lemon Juice	1 tbsp
Breadcrumbs (optional)	2 tbsp

NOTE: Cod can be substituted with Haddock or Pollock.
Ensure all bones are removed before cooking.



PREPARATION TIME
20 mins



COOKING TIME
25 – 30 mins



DIFFICULTY
MEDIUM

ARMY YIELD:
100 PORTIONS
HOME YIELD:
8 PORTIONS

METHOD

- 1 Preheat oven to 200°C (180°C fan) / Gas Mark 6.
 - 2 Place the cod in a shallow pan. Pour over just enough milk to cover. Bring to a gentle simmer.
 - 3 Cook gently for 5–7 minutes until the fish is just cooked. Do not boil. Drain well and flake the fish, removing any bones. Set aside.
 - 4 Heat the butter in a large pan. Add the onion and cook until soft and translucent.
 - 5 Stir in the flour and cook for 1 minute, stirring constantly.
 - 6 Gradually add the milk, whisking continuously until the sauce thickens and is smooth.
 - 7 Remove from heat. Stir in half of the grated cheese. Season with salt, pepper and lemon juice.
 - 8 Add the flaked cod and parsley to the sauce. Mix gently.
 - 9 Spoon into ovenproof dishes. Top with remaining cheese and breadcrumbs (if using).
- Bake for 20–25 minutes, or until golden and bubbling.

Serve hot with vegetables or potatoes.



ACC TIP



For the best flavour, use fresh cod and a good quality mature cheddar. Avoid overcooking the fish – it will continue to cook in the oven.
Great for batch cooking and freezes well.

CHEF'S NOTES

- A traditional British favourite dating back to the early 1900s.
- Use fresh, high quality fish.
- Perfect comfort food for all seasons.



FIELD KITCHEN NOTES

- Prepare the sauce in bulk.
- Cook fish gently to prevent breaking.
- Use large gastronorm trays for baking.



HISTORICAL NOTES

Mornay sauce, named after the French town of Mornay-sur-Arlier, became popular in British kitchens in the early 20th century – a classic combination with fish.



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BRITISH ARMY CATERING CORPS



★ FISH RECIPE CARD 005 ★

FISH FILLETS ★ BERCY ★

★ BUTTERY, HERBY & DELICIOUS ★

A classic French-inspired dish of tender white fish fillets in a buttery sauce with parsley and lemon. Light, elegant and full of flavour – perfect with potatoes or vegetables.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)

INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
White Fish Fillets (4–6oz each)	10.00 kg	White Fish Fillets (4–6oz each)	8 fillets
Plain Flour	1.50 kg	Plain Flour	4 tbsp
Butter or Margarine	1.50 kg	Butter	100 g
Onions, finely chopped	1.20 kg	Onion, finely chopped	1 medium
White Wine (or stock)	2.00 litres	White Wine (or stock)	150 ml
Lemon Juice	500 ml	Lemon Juice	2 tbsp
Fresh Parsley, chopped	200 g	Fresh Parsley, chopped	2 tbsp
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste

HOME KITCHEN (8 PORTIONS)

INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
White Fish Fillets (4–6oz each)	10.00 kg	White Fish Fillets (4–6oz each)	8 fillets
Plain Flour	1.50 kg	Plain Flour	4 tbsp
Butter or Margarine	1.50 kg	Butter	100 g
Onions, finely chopped	1.20 kg	Onion, finely chopped	1 medium
White Wine (or stock)	2.00 litres	White Wine (or stock)	150 ml
Lemon Juice	500 ml	Lemon Juice	2 tbsp
Fresh Parsley, chopped	200 g	Fresh Parsley, chopped	2 tbsp
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste

NOTE: Suitable fish includes Cod, Haddock, Pollock, Plaice or Hake.
Ensure all bones are removed before cooking.



PREPARATION TIME

15 mins



COOKING TIME

15 – 20 mins



DIFFICULTY

EASY

ARMY YIELD:
100 PORTIONS
HOME YIELD:
8 PORTIONS

METHOD

- 1 Pat the fish fillets dry and season lightly with salt and pepper.
- 2 Lightly dredge the fillets in flour, shaking off any excess.
- 3 Heat the butter in a large frying pan.
- 4 Add the onions and cook gently until soft and translucent.
- 5 Add the wine (or stock) and lemon juice. Bring to a gentle simmer.
- 6 Add the fish fillets to the pan in a single layer. Spoon the sauce over the fish.
- 7 Cover and simmer gently for 8–10 minutes until the fish is cooked through and flakes easily.
- 8 Carefully remove the fish and keep warm.
- 9 Stir the chopped parsley into the sauce. Adjust seasoning to taste. Spoon the sauce over the fish before serving.

Serve hot with new potatoes or vegetables.



ACC TIP



Use good quality butter for the best flavour. Add a knob of butter at the end for extra richness. This sauce also works well with a hint of Dijon mustard for a deeper taste.

CHEF'S NOTES

- A timeless classic that never fails.
- Simple ingredients, big flavour.
- Works well for both formal dining and everyday meals.
- Great for feeding large numbers.



FIELD KITCHEN NOTES

- Cook fish in batches if needed.
- Keep the sauce at a gentle simmer to prevent the fish from breaking.
- Use large spoons to baste the fish with sauce.



HISTORICAL NOTES

French cooking influences have long been part of British military cuisine. Dishes like Bercy sauce show how simple ingredients can create refined, comforting meals in any setting.



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BRITISH ARMY CATERING CORPS



★ FISH RECIPE CARD 006 ★

SMOKED HADDOCK ★ MONTE CARLO ★

★ A CLASSIC COMFORT DISH ★

A timeless favourite featuring smoked haddock in a creamy cheese sauce, topped with a golden egg and cheese crust. Hearty, satisfying and perfect with potatoes or vegetables.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (8 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Smoked Haddock (boneless)	10.00 kg	Smoked Haddock (boneless)	8 fillets (approx. 600g)
Milk	10.00 litres	Milk	1 litre
Plain Flour	1.50 kg	Plain Flour	4 tbsp
Butter or Margarine	1.50 kg	Butter	50 g
Onions, finely chopped	1.50 kg	Onion, finely chopped	1 medium
Mustard (prepared)	200 ml	Mustard (prepared)	1 tbsp
Cheddar Cheese (grated)	2.00 kg	Cheddar Cheese (grated)	150 g
Eggs (hard boiled)	3.00 kg	Eggs (hard boiled)	4
Fresh Parsley, chopped	200 g	Fresh Parsley, chopped	2 tbsp
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste
Paprika (optional)	100 g	Paprika (optional)	½ tsp

NOTE: Ensure all bones are removed from the fish before cooking.
Smoked haddock can be replaced with unsmoked if preferred.

CHEF'S NOTES

- A long-standing British classic.
- Use quality smoked haddock for best flavour.
- Ideal for feeding large numbers.
- Can be prepared in advance and baked before serving.



FIELD KITCHEN NOTES

- Poach fish in bulk and flake while warm.
- Keep sauce at a gentle simmer to prevent lumps.
- Use large ovens or range ovens for best results.



HISTORICAL NOTES

Smoked fish has been a staple in coastal communities for centuries. Monte Carlo dishes became popular in British homes in the early 1900s, bringing restaurant style to the dinner table.



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PREPARATION TIME
20 mins



COOKING TIME
25 – 30 mins



DIFFICULTY
MEDIUM

ARMY YIELD:
100 PORTIONS
HOME YIELD:
8 PORTIONS

METHOD

- 1 Preheat oven to 180°C (160°C fan) / Gas Mark 4.
- 2 Place the haddock in a large pan, cover with milk and bring gently to the boil. Simmer for 5 minutes.
- 3 Drain the fish, flake into large pieces and remove any skin or bones.
- 4 Melt the butter in a pan and add the onions. Cook until soft and translucent.
- 5 Stir in the flour and cook for 1 minute.
- 6 Gradually add the milk from poaching the fish, stirring constantly until the sauce thickens.
- 7 Stir in the mustard and half of the grated cheese. Season with salt and black pepper.
- 8 Add the flaked fish and mix gently to coat.
- 9 Spoon the mixture into an ovenproof dish.
- 10 Top with sliced hard boiled eggs and sprinkle over the remaining cheese.
- 11 Sprinkle with a little paprika (if using). Bake for 20–25 minutes or until the top is golden and bubbling.

Serve hot with new potatoes or vegetables.



ACC TIP



For the best flavour use good quality smoked haddock and mature cheddar. The secret to a creamy sauce is gentle heat and constant stirring. A dash of Worcestershire sauce adds depth.



BRITISH ARMY CATERING CORPS



★ FISH RECIPE CARD 007 ★

FISH FILLETS ★ PORTUGAISE ★

A CLASSIC, TASTY & COLOURFUL DISH

Tender white fish fillets baked in a rich tomato, pepper and onion sauce with garlic, herbs and a hint of spice. Full of flavour and perfect with potatoes or rice.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (8 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
White Fish Fillets (4-6oz each)	10.00 kg	White Fish Fillets (4-6oz each)	8 fillets
Plain Flour	1.50 kg	Plain Flour	4 tbsp
Vegetable Oil	1.50 litres	Vegetable Oil	2 tbsp
Onions, sliced	2.00 kg	Onions, sliced	1 large
Garlic, crushed	200 g	Garlic, crushed	2 cloves
Red Peppers, sliced	2.00 kg	Red Peppers, sliced	1 large
Green Peppers, sliced	2.00 kg	Green Peppers, sliced	1 large
Tinned Chopped Tomatoes	6.00 kg	Tinned Chopped Tomatoes	800 g
Tomato Puree	1.00 kg	Tomato Puree	2 tbsp
White Wine (or Water)	1.50 litres	White Wine (or Water)	200 ml
Bay Leaves	10 leaves	Bay Leaves	1 leaf
Paprika	100 g	Paprika	1 tsp
Dried Oregano	50 g	Dried Oregano	1 tsp
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste

NOTE: Suitable fish includes Cod, Haddock, Pollock, Hake or Plaice. Ensure all bones are removed before cooking.

CHEF'S NOTES

- A popular Portuguese-influenced dish with Mediterranean roots.
- The sauce is rich, fragrant and slightly tangy.
- Works well for large numbers and reheats beautifully.



FIELD KITCHEN NOTES

- Cook in batches if necessary.
- Keep sauce at a gentle simmer to prevent sticking.
- Use large catering spoons for easy handling.



HISTORICAL NOTES

Portuguese explorers and traders brought bold flavours to many coastal regions. This dish reflects those influences and has long been a favourite in British kitchens.



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PREPARATION TIME
20 mins



COOKING TIME
25 – 30 mins



DIFFICULTY
MEDIUM

METHOD

- 1 Pat the fish fillets dry and season lightly with salt and pepper. Dredge in flour, shaking off excess.
- 2 Heat the oil in a large pan and lightly brown the fish on both sides. Remove and set aside.
- 3 In the same pan, add onions and cook until soft. Add the garlic and cook for 1 minute.
- 4 Add the red and green peppers and cook for 3–4 minutes.
- 5 Stir in the chopped tomatoes, tomato puree, wine (or water), bay leaf, paprika and oregano.
- 6 Bring to the boil, then reduce heat and simmer for 5 minutes.
- 7 Return the fish to the pan, spooning the sauce over the fillets.
- 8 Cover and simmer gently for 15–20 minutes, or until the fish is cooked and flakes easily.
- 9 Adjust seasoning to taste.
- 10 Remove the bay leaf before serving.
- 11 Garnish with chopped parsley if using.

Serve hot with potatoes or rice.



ACC TIP

For extra depth of flavour add a splash of white wine or a pinch of chilli flakes. This dish improves even more the next day – perfect for batch cooking.



BRITISH ARMY CATERING CORPS

★ FISH RECIPE CARD 008 ★



★ FISH IN BATTER ★

★ CRISPY, GOLDEN & DELICIOUS ★

Crispy golden battered fish fillets, crunchy on the outside and tender inside. A timeless favourite – perfect with chips, peas and a squeeze of lemon.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)

INGREDIENT	QUANTITY
White Fish Fillets (4–6oz each)	10.00 kg
Plain Flour	1.50 kg
Batter Mix (see note)	2.00 kg
Cold Water (for batter)	3.00 litres
Salt	to taste
White Pepper	to taste
Vegetable Oil (for frying)	as required
Lemon Wedges (optional)	for serving

HOME KITCHEN (8 PORTIONS)

INGREDIENT	QUANTITY
White Fish Fillets (4–6oz each)	8 fillets
Plain Flour	4 tbsp
Batter Mix (see note)	200 g
Cold Water (for batter)	300 ml
Salt	to taste
White Pepper	to taste
Vegetable Oil (for frying)	as required
Lemon Wedges (optional)	for serving

NOTE: Batter Mix: Use self-raising flour or a ready-made batter mix. Sparkling water can be used for an extra light, crispy batter.



PREPARATION TIME

15 mins



COOKING TIME

15 – 20 mins



DIFFICULTY

EASY

ARMY YIELD:
100 PORTIONS

HOME YIELD:
8 PORTIONS

METHOD

- 1 Pat the fish fillets dry with kitchen paper and season lightly with salt and pepper.
- 2 Sift the plain flour into a bowl.
- 3 Gradually whisk in the batter mix and cold water to make a smooth batter. The batter should be the consistency of thick cream.
- 4 Heat the oil in a deep fryer or large pan to 180°C (350°F) or Gas Mark 4.
- 5 Dredge each fish fillet lightly in flour, shaking off any excess.
- 6 Dip the floured fish into the batter, ensuring it is well coated. Allow excess batter to drip off.
- 7 Carefully lower the fish into the hot oil.
- 8 Fry for 6–8 minutes or until the batter is golden brown and the fish is cooked through.
- 9 Remove with a slotted spoon and drain on kitchen paper.
- 10 Keep warm in a low oven (90°C / Gas Mark ¼) if required.

Serve immediately with chips and peas.



ACC TIP



Keep the oil at the right temperature – too cool and the batter will be greasy, too hot and it will brown too fast. For extra crispiness, use sparkling water in the batter and cook in small batches. Always drain well before serving.

CHEF'S NOTES

- A firm favourite across the Services.
- Use high quality fish for the best results.
- Keep batter cold before use for extra crispiness.
- Ideal for feeding large numbers.



FIELD KITCHEN NOTES

- Prepare batter just before cooking.
- Maintain oil temperature for consistent results.
- Use a thermometer to monitor the oil.



HISTORICAL NOTES

Battered fish has been a staple in British military cooking for over a century. Simple, hearty and filling – it continues to boost morale around the world.



SERVE WITH PRIDE



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SERVE WITH PURPOSE

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★ CREATED BY ★
Paul Baldry
MASTER CHEF ACC

GOOD FOOD – STRONG TROOPS
READY FOR ANYTHING





BRITISH ARMY CATERING CORPS



★ FISH RECIPE CARD 009 ★

BREADED FISH GOUJONS

★ *with Tartar Sauce* ★

CRISPY OUTSIDE, TENDER INSIDE & DELICIOUS

Crispy, golden breaded fish goujons –
perfect for dipping! A family favourite that's
quick to cook and always a winner.
Great with chips, salad or peas.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (8 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
White Fish Fillets (4–6oz each)	10.00 kg	White Fish Fillets (4–6oz each)	8 fillets
Plain Flour	1.50 kg	Plain Flour	4 tbsp
Breadcrumbs	3.00 kg	Breadcrumbs	200 g
Eggs (beaten)	1.50 litres	Eggs (beaten)	2
Milk	1.00 litre	Milk	4 tbsp
Lemon Juice	200 ml	Lemon Juice	1 tbsp
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste
Vegetable Oil (for frying)	as required	Vegetable Oil (for frying)	as required

NOTE: Use firm white fish such as Cod, Haddock, Pollock or Hake.
Ensure all bones are removed before cooking.

CHEF'S NOTES

- Keep oil at the right temperature for
- best results.
- Don't overcrowd the fryer.
- Extra crispy? Double coat the goujons for more crunch!



FIELD KITCHEN NOTES

- Prepare and bread in advance.
- Keep breaded goujons chilled until ready to cook.
- Cook from chilled for best texture and shape.



HISTORICAL NOTES

Fish has always been a staple in the British Army ration. Quick to cook and full of energy – it kept troops fighting fit around the world.



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PREPARATION TIME
15 mins



COOKING TIME
15 – 20 mins



DIFFICULTY
EASY

ARMY YIELD:
100 PORTIONS
HOME YIELD:
8 PORTIONS

METHOD

- 1 Pat the fish fillets dry and season lightly with salt and pepper.
- 2 Cut each fillet into goujons (finger-sized strips).
- 3 Set up a breading station: place flour in one bowl, beaten eggs mixed with milk and lemon juice in a second bowl, and breadcrumbs in a third.
- 4 Coat each goujon in flour, shaking off excess.
- 5 Dip into the egg mixture, allowing any excess to drip off.
- 6 Finally, coat in breadcrumbs, pressing gently so they stick well.
- 7 Heat oil in a deep fryer or large pan to 180°C (350°F) or Gas Mark 4.
- 8 Fry the goujons in batches for 4–5 minutes, turning once, until golden brown and cooked through.
- 9 Drain on kitchen paper.
- 10 Serve hot with tartar sauce and lemon wedges.

Serve immediately with chips or salad.



TARTAR SAUCE



Mayonnaise	200 g	Gherkins, finely chopped	2 tbsp
Capers, chopped	1 tbsp	Lemon Juice	1 tbsp
Fresh Parsley, chopped	1 tbsp	Black Pepper	to taste

Mix all ingredients together. Chill until ready to serve.



BRITISH ARMY CATERING CORPS



★ FISH RECIPE CARD 010 ★

FISH CAKES

★ *with Tomato Sauce* ★

★ SIMPLE, COMFORTING & DELICIOUS ★

Flaky fish, potato and herbs shaped into golden cakes and served with our rich, homestyle tomato sauce. A classic favourite – perfect with vegetables or mashed potatoes.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (8 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
White Fish (4–6oz each)	10.00 kg	White Fish (4–6oz each)	8 fillets
Potatoes (floury)	6.00 kg	Potatoes (floury)	1.2 kg
Onions, finely chopped	2.00 kg	Onion, finely chopped	1 medium
Breadcrumbs	2.00 kg	Breadcrumbs	200 g
Fresh Parsley, chopped	200 g	Fresh Parsley, chopped	2 tbsp
Eggs	20	Eggs	2
Milk	1.00 litre	Milk	100 ml
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste
Oil (for frying)	as required	Oil (for frying)	as required

NOTE: Suitable fish include Cod, Haddock, Pollock or Plaice.
Ensure all bones are removed before flaking.



PREPARATION TIME

20 mins



COOKING TIME

20 – 25 mins



DIFFICULTY

EASY

ARMY YIELD:
100 PORTIONS

HOME YIELD:
8 PORTIONS

METHOD

- 1 Pat the fish dry and poach in simmering water or steam until just cooked. Drain well and flake, removing all bones and skin.
- 2 Boil the potatoes in salted water until tender. Drain and mash until smooth.
- 3 Sauté the onions in a little oil until soft and translucent. Allow to cool.
- 4 In a large bowl, combine the flaked fish, mashed potatoes, onions, parsley, eggs, milk and seasoning.
- 5 Add breadcrumbs a little at a time until the mixture holds together.
- 6 Shape into cakes (about 70–80g each).
- 7 Coat lightly with breadcrumbs.
- 8 Heat oil in a frying pan or large griddle.
- 9 Fry the fish cakes in batches for 3–4 minutes each side until golden brown and heated through.
- 10 Meanwhile, heat the tomato sauce (recipe below).
- 11 Serve the fish cakes hot with tomato sauce and vegetables or mashed potatoes.

Serve hot with tomato sauce, vegetables or mashed potatoes.



TOMATO SAUCE (HOME RECIPE)



- 2 tbsp oil or butter
 - 2 cloves garlic, crushed
 - 2 x 400g tins chopped tomatoes
 - 1 tsp Worcestershire sauce
 - 1 onion, finely chopped
 - 1 tsp sugar
 - 1 tsp vinegar
 - Salt & pepper to taste
- Sauté onion and garlic until soft. Add tomatoes, sugar, Worcestershire sauce and vinegar. Simmer gently for 15 minutes. Season to taste.

CHEF'S NOTES

- Do not overmix – this keeps the cakes light and tender.
- Chill the mixture for 30 mins for easier shaping.
- Cook in small batches for the best colour and texture.



FIELD KITCHEN NOTES

- Poach fish in bulk ahead of service.
- Keep cooked fish and mashed potatoes chilled.
- Form cakes just before cooking for best results.



HISTORICAL NOTES



Fish cakes have long been a thrifty way to stretch good fish into hearty meals for working families and soldiers alike – simple ingredients, big on flavour.

SERVE WITH PRIDE



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BRITISH ARMY CATERING CORPS



★ FISH RECIPE CARD 011 ★

MUSSELS MARINIÈRE

★ SIMPLE, ELEGANT & DELICIOUS ★

Fresh mussels cooked in white wine with shallots, garlic, butter and parsley.

A classic French favourite that's light, flavoursome and perfect with crusty bread.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (8 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Fresh Mussels (in shells)	10.00 kg	Fresh Mussels (in shells)	2 kg
Shallots, finely chopped	1.00 kg	Shallots, finely chopped	2
Garlic, crushed	300 g	Garlic, crushed	2 cloves
White Wine	3.00 litres	White Wine	300 ml
Butter	500 g	Butter	50 g
Fresh Parsley, chopped	300 g	Fresh Parsley, chopped	2 tbsp
Lemon Juice	200 ml	Lemon Juice	2 tbsp
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste

NOTE: Use only live mussels (shells tightly closed or close when tapped). Discard any that remain open after cooking.



PREPARATION TIME
15 mins



COOKING TIME
10 – 12 mins



DIFFICULTY
EASY

ARMY YIELD:
100 PORTIONS

HOME YIELD:
8 PORTIONS

METHOD

- 1 Rinse mussels thoroughly under cold water, scrubbing shells and removing beards.
- 2 Discard any open mussels that do not close when tapped.
- 3 In a large heavy-based pot, melt the butter over medium heat.
- 4 Add shallots and garlic and sauté gently for 2–3 minutes until soft and translucent.
- 5 Pour in the white wine and bring to the boil.
- 6 Add the mussels, cover with a lid and cook for 6–8 minutes, shaking the pot occasionally.
- 7 Cook until all mussels have opened. Discard any that remain closed.
- 8 Stir in lemon juice and most of the chopped parsley. Season with salt and black pepper.
- 9 Serve immediately with the remaining parsley sprinkled on top.

Serve hot with crusty bread or chips.



ACC TIP



A good dry white wine is key to great flavour. Do not overcook – mussels should be tender and juicy, not tough. Add a knob of butter before serving for extra richness.

CHEF'S NOTES

- Mussels are at their best in autumn and winter months.
- Do not add extra water – mussels release their own liquor.
- Perfect as a starter or light main dish.



FIELD KITCHEN NOTES

- Cook in large batches in a heavy boiler.
- Use a tight-fitting lid and shake well to ensure even cooking.
- Serve as soon as cooked for best results.



HISTORICAL NOTES

Mussels have long been a staple of coastal communities. This classic French preparation, Marinière, celebrates simple ingredients and the natural flavour of the sea.



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★ FISH RECIPE CARD 012 ★

PRAWN & FISH CURRY

★ *Aromatic, Spicy & Delicious* ★

A FRUITY, FLAVOURSOME CURRY THE WHOLE FAMILY WILL LOVE

Succulent prawns and tender pieces of white fish simmered in a fragrant, mildly spiced sauce with tomatoes, coconut milk and warm curry spices.

Perfect with rice or naan bread.

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)

INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
White Fish Fillets (cubed)	10.00 kg	White Fish Fillets (cubed)	800 g
Prawns (raw, peeled)	5.00 kg	Prawns (raw, peeled)	400 g
Onions, finely chopped	3.00 kg	Onion, finely chopped	1 large
Garlic, crushed	200 g	Garlic, crushed	3 cloves
Ginger, grated	200 g	Ginger, grated	2 tsp
Curry Powder	300 g	Curry Powder	2 tbsp
Ground Cumin	100 g	Ground Cumin	1 tsp
Chopped Tomatoes (tin)	6.00 kg	Chopped Tomatoes (tin)	800 g
Coconut Milk	3.00 litres	Coconut Milk	400 ml
Vegetable Oil	500 ml	Vegetable Oil	2 tbsp
Fresh Coriander (chopped)	200 g	Fresh Coriander (chopped)	small bunch
Salt	to taste	Salt	to taste
Black Pepper	to taste	Black Pepper	to taste
Lemon Juice	200 ml	Lemon Juice	2 tbsp

NOTE: Use firm white fish such as Cod, Haddock, Pollock, Hake or Plaice. Prawns can be added whole or cut for easier serving.



PREPARATION TIME

20 mins



COOKING TIME

25 – 30 mins



DIFFICULTY

MEDIUM

ARMY YIELD:
100 PORTIONS

HOME YIELD:
8 PORTIONS

METHOD

- 1 Cut the fish into bite-size pieces. Pat dry and season lightly with salt and pepper.
- 2 Heat the oil in a large pan or pot. Add onions and cook until soft and golden.
- 3 Add garlic and ginger. Cook for 1 minute, stirring.
- 4 Stir in the curry powder and cumin. Cook for another minute to release the flavours.
- 5 Add the chopped tomatoes and stir well.
- 6 Pour in the coconut milk and bring to a gentle simmer.
- 7 Add the fish pieces and simmer gently for 10–12 minutes until just cooked.
- 8 Add the prawns and cook for a further 3–4 minutes until pink and opaque.
- 9 Season with salt, pepper and a squeeze of lemon juice.
- 10 Stir in most of the chopped coriander, reserving some for garnish.
- 11 Simmer for another minute, then remove from heat.

Serve hot with rice or naan bread,
garnished with fresh coriander.



ACC TIP

For extra depth of flavour, add 1 tsp garam masala at the end of cooking. Adjust the spice to taste – add a pinch of chilli flakes for a little heat. Leftovers taste even better the next day!

CHEF'S NOTES

- Do not overcook the fish or prawns.
- A gentle simmer keeps the fish tender and juicy.
- Fresh coriander adds brightness and colour – add just before serving.
- Great with basmati rice or naan.



FIELD KITCHEN NOTES

- Prepare all ingredients before cooking.
- Use large batch pans for even cooking.
- Stir gently to avoid breaking fish.
- Keep the curry at a gentle simmer to maintain quality.



HISTORICAL NOTES

Curry has been a staple in British military kitchens for generations, influenced by the rich culinary traditions of the British Empire. A comforting favourite around the world.



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