

HADDOCK FISH BURGER

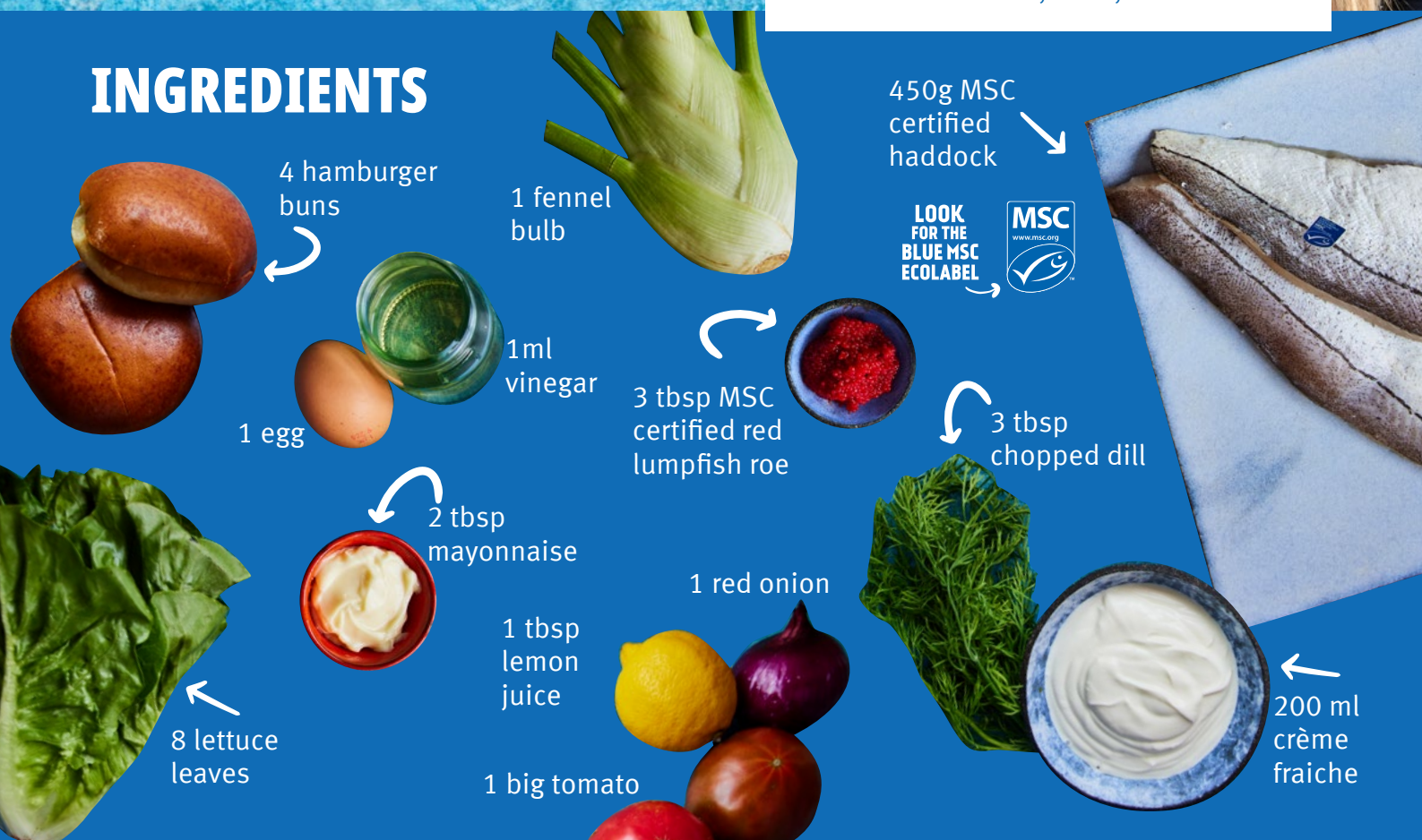
GOOD FOR YOU AND THE OCEAN TOO.



CHEF STINA ALGULIN

“Choosing MSC certified fish is one of the easiest, yummiest ways to actively contribute to a more environmentally friendly world!”

INGREDIENTS



HADDOCK FISH BURGER



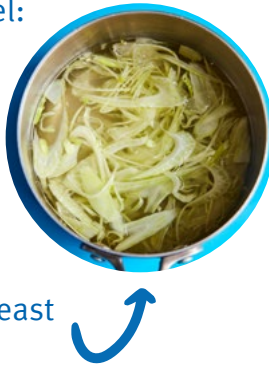
Chef Stina Algulin

This delicious haddock burger is packed with flavour and makes a great, light alternative to the traditional burger that the whole family can enjoy.

METHOD

SERVES

- 1** To make the pickled fennel: First mix together the vinegar, sugar and water to make the syrup. Heat and let it boil. Stir and let cool. Cut the fennel thinly using either a knife or mandolin. Place fennel in the syrup to pickle for at least 30 min before serving.



- 2** Roughly dice the haddock fillets and then in a blender, mix them to a batter with eggs and spices. Shape into 4 patties.



- 3** Roe sauce: Mince or finely dice the red onion and dill. Mix all ingredients in a small bowl and add salt and pepper to taste.



- 4** Cut potatoes in half. Top with rapeseed oil and salt. Then cook in oven at 200 degrees until they are golden brown.



CHOP,
CHOP!

- 5** Pan fry your haddock patties in butter for 2-3 minutes on each side. Then start to build your burger firstly with a generous layer of roe sauce on one half of the bun.



- 6** Add the lettuce, tomato, haddock burger and fennel. Serve with potatoes if you wish.



ENJOY!

INGREDIENTS CHECK LIST

For the pickled fennel:

- ☐ 1 fennel bulb
- ☐ 1ml vinegar
- ☐ 1/2 tsp sugar
- ☐ 300ml water

For the haddock burgers:

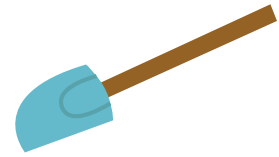
- ☐ 450g MSC certified haddock
- ☐ 1 egg
- ☐ 3 tbsp chopped dill
- ☐ 1 tbsp salt
- ☐ 1-2 pinch of black pepper
- ☐ 4 hamburger buns
- ☐ 8 lettuce leaves
- ☐ 1 big tomato
- ☐ 600g potatoes to bake in the oven (optional)

For the roe sauce:

- ☐ 200 ml crème fraiche
- ☐ 2 tbsp mayonnaise
- ☐ 3 tbsp MSC certified red lumpfish roe
- ☐ 1 red onion
- ☐ 2-3 tbsp chopped dill
- ☐ 1 tbsp lemon juice
- ☐ 1 pinch salt



COOKING QUIZ



1 Who is this recipe suitable for?

- ☐ people with a dairy allergy
- ☐ pescatarians
- ☐ people who like fresh herbs

2 How could you prepare the fish burgers without a blender?

3 Which two safety precautions would you take while cooking this dish?

- ☐ Taking care while using a knife to thinly slice the fennel
- ☐ Using gloves to shape the fish mixture into patties
- ☐ Using oven gloves to take the potatoes out of the oven

4 What sauces would you choose to put in your haddock burger?

5 Haddock is:

A source of protein

☐

TRUE

☐

FALSE

High in fat

☐

TRUE

☐

FALSE

A source of vitamins B

☐

TRUE

☐

FALSE



HOW MUCH DO YOU KNOW ABOUT HADDOCK?

Haddock are found in cold waters in the North Atlantic part of the ocean. They live at the bottom of the ocean and can grow up to a metre long. Each year, female haddock can produce up to 3 million eggs! She lays them at the bottom of the ocean but then they float to the surface and once they hatch, the baby haddock live at the surface for a few months before diving to the ocean depths again. Haddock eat animals that live on the sea floor, like sea urchins, starfish and molluscs. Haddock are a favourite food for grey seals.

6 Haddock tend to swim near the surface of the ocean ☐ TRUE ☐ FALSE

7 Haddock are apex predators, meaning no other ocean creatures eat them
☐ TRUE ☐ FALSE

8 Lots of the haddock we eat is caught in the ocean around
☐ Nigeria ☐ Norway ☐ New Zealand

Answers: 1. The recipe is not suitable for people with a dairy allergy because of the crème fraîche. It is suitable for pescatarians because it contains fish and for people who like fresh herbs because it contains fresh dill. 2. You could chop the fish finely and mix together with the egg and spices by hand. 3. Taking care while using a knife to thinly slice the fennel and using oven gloves to take the potatoes out of the oven. There is no need to use gloves to shape the fish mixture into patties (as long as you have washed your hands!). 4. The recipe is not suitable for people with a dairy allergy because of the crème fraîche. It is suitable for pescatarians because it contains fish and for people who like fresh herbs because it contains fresh dill. 5. True / False / True. 6. False, they live near the seabed. 7. False – seals and other fish eat haddock. 8. Norway.