

REEL TALK – JULY 2023



Official newsletter of the Surf Casting and Angling Club of WA (Inc)



Surf Casting and Angling Club of WA (Inc)

Reel Talk – July 2023 Contents

Cover picture – Ron Thomas with a giant 6.8kg herring

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CLUB COMMITTEE

September 2022 – August 2023

All club emails should be sent to secretary@scac.net.au and all correspondence posted by mail should be addressed to:

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dee.ron1946@gmail.com

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Chris Stickells

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treasurer@scac.net.au

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secretary@scac.net.au

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Peetwessels@gmail.com

Website coordinator

Peet Wessels
Peetwessels@gmail.com

Assistant Field Day Officer

Peet Wessels
Peetwessels@gmail.com

General Committee Members

Gary Parkinson



SCAC Life Members

Ian Cook, Bob Henderson, Terry Fuller, Mal Head, Peter Osborne

Deceased life members:

Vic Davis, Doug Edward, Lloyd Dunn, Dudley Brown, Noel Knight, Les Shand, Ron Kildahl, Bob Klein, Jim Strong, Eric Parker, George Holman

Note from the Editor

Wasn't our presentation night wonderful! Has everyone who attended sent their feedback on the new winter menu option? If you haven't, please send your comments through. It was also lovely to see some people that can't always attend our regular meetings come along and enjoy fellowship with other members.

The upcoming field day will be held on July 15 – 16, and is open for anywhere in WA; if you intend to fish please advise Ron Thomas as interim Field Day Officer, or our club secretary. Possible fish together locations will be discussed at the upcoming meeting on July 12. Unfortunately, we have no report available this month for the June field day, but we have plenty of photos from the presentation night for you to enjoy instead!

Some reminders for all members: first, that the Annual General Meeting will be taking place on August 9 in conjunction with the regular monthly general meeting; second, please review the proposed changes to the club rules and handbook and send through any feedback before the club votes on these changes; and third, that club membership fees are due as of July 1 - these can be paid in person to the club treasurer, or by bank transfer. A separate email has been sent out with these details. Also, please consider taking on a committee position for the upcoming club year before the Annual General Meeting in August.

When you are fishing please keep in mind the open competition; if you catch any eligible fish please let the club know. Simply take a photo with a length and weight and send it to Peet Wessels or the club secretary, John Curtis, until further notice.

Helen Carnell; Editor

JULY GENERAL MEETING

Wednesday 12 July 2023

Address: Croatian Club in Wishart Street, Gwelup

Doors open no earlier than 6:45pm

Meal at 7.00pm with meeting at 8.00pm

Please RSVP to secretary for catering purposes by **NOON SUNDAY 9 JULY**



July birthdays

George Matrakis

July 2

Peter Osborne

July 7

FISHING CALENDAR

Competition year June 2023 – May 2024

Field day dates have **mostly** been set as the weekend immediately following each General Meeting
Long weekends have been noted

DATE	VENUE	BOUNDARIES
July 15 – 16	Open anywhere in WA New moon – July 18	Open – no boundaries. Please fish together for safety
August 19 – 21	Rottnest Island and open New moon – August 16	Open – no boundaries. Please fish together for safety
September 23 – 25 King's Birthday LWE	Lucky Bay / Wagoie and local Full moon – September 29	Local boundaries will be determined at the general meeting before the field day
October 14 - 15	Swan & Canning Rivers Full moon – October 29	Including the inside (harbour side) of North and South Moles
November 11 – 12	Tim's Thicket / Preston Beach and local Full moon – October 27	Local boundaries will be determined at the general meeting before the field day
December 16 – 17	Open anywhere in WA New moon – December 13	Open – no boundaries. Please fish together for safety
January 13 – 14 Australia Day LWE Friday 26	Wilbinga / Guilderton and local Full moon – January 26	Local boundaries will be determined at the general meeting before the field day
February 17 – 18	Cervantes / Hill River and local New moon – February 10	Local boundaries will be determined at the general meeting before the field day
March 2 – 4 Labour Day LWE	Reef Beach and open New moon – March 10	Open – no boundaries. Please fish together for safety
March 30 – April 1 Easter LWE Anzac Day April 25	Bluff Creek and open Full moon – April 25	Open – no boundaries. Please fish together for safety

Standard weekends

Lines down Saturday 0600
Lines up Sunday 0900

Long weekends and Rottnest

Lines down Saturday 0600
Lines up Monday 0900

Suggested local boundaries

The south side of Mandurah Cut to South Mole
North Mole to Two Rocks Marina
Cottesloe Groyne to Quinns Rocks
Yanchep to Lancelin
Swan and Canning River upstream from railway bridge
Ledge to Wedge Island
Seabird to Lancelin
Penguin Island to Mullaloo Point
South side of Mandurah Cut to north side of Bunbury Cut

Moore River mouth to Three Mile Reef
North Mole to Two Rocks Marina
Preston Beach to Mandurah Cut
North side of Peel Estuary to North Mole
Yanchep to Ledge
Cervantes to Jurien (LWE)
Floreat Groyne to Yanchep
Swan and Canning River including the inside (harbour side) of the North & South Moles
Seabird

DRY CASTING RESULTS

June 11, 2023

Name	DHA	H/C	SCORE	SHA	H/C	SCORE	TOTAL
VETERANS							
Gary	137	0	137	31	5	36	173
Mal	107	35	142	20	9	29	171
Ron	113	18	131	28	0	28	159
Mark	110	29	139	22	3	25	164

NAME	56 g	H/C	SCORE	ART/BAIT	H/C	SCORE	112 g	H/C	SCORE	TOTAL
Gary	139.68	11	150.68	110.68	9	119.68	144.55	15	159.55	
	140.34	11	114.84	9	123.84	142.39	142.39	15	157.39	1035.48
Mal	99.00	50	149.00	86.31	39	125.31	102.21	52	154.21	
	93.90	50	143.50	93.74	39	132.74	89.00	52	141.00	1016.76
Ron	141.01	0	141.01	122.53	0	122.53	144.33	0	144.33	
	142.88	0	142.88	122.21	0	122.21	152.58	0	152.58	984.54
Mark	108.80	32	140.80	86.80	35	121.80	-	-	-	
	-	-	-	-	-	-	99.42	41	140.42	567.02

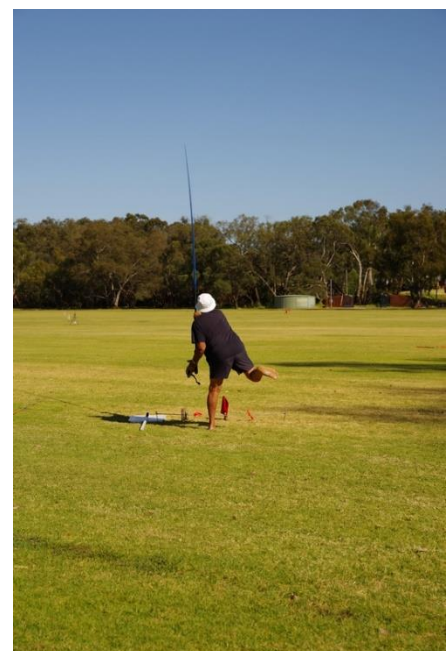
Overall Winner with handicap: Gary; score 1035.48

Ron Thomas; Dry Casting Officer

Dry casting is held once a month at:

Perth Polo Club
Meadow St
Guildford WA 6055

Please contact Ron Thomas if you are interested in joining in



CLUB ELECTIONS

Surf Casting & Angling Club of WA Inc.

ANNUAL GENERAL MEETING

To All Members;

The Annual General Meeting is due to be held on August 9th 2023. At this meeting we will elect a new committee to manage the affairs of the club for the forthcoming year.

All positions will be declared vacant and we will need to elect members to the following positions;

President
Vice-President
Secretary
Treasurer and Public Officer.

The functions of these positions are defined in the Rules. They form the Executive of the Club. These positions are required to be filled under the requirements of the Associations Incorporations Act 2015. Without them being filled the club cannot operate.

We will also require persons to fill the following vacancies;

Field Day Officer - this person is in charge of Field Days and recording captures on Field Days.
Asst. Field Day Officer – this person assists with the field day and recording duties.
Dry Casting Officer – this person is in charge of, and coordinates the Dry Casting competition.
Asst. Dry Casting Officer – this person assists with the Dry Casting competition.
Web Site Coordinator – this person is responsible for maintaining the club's web site.
Two Committee positions. – these positions provide support to the committee.

This gives a total of 11 positions on the committee. Last year we tried to run with reduced numbers on the committee and it didn't work.

Other non-committee positions include;

Club Recorder – responsible for maintaining the club's records.
Reel Talk Editor – responsible for producing the monthly newsletter.
Social Organizer – responsible for organizing social events of a non-fishing nature
Property Officer – responsible for ensuring club property is maintained and appropriately stored.

Please consider putting your hand up for any of these positions. The work is not onerous and is very rewarding. An active committee will see the club progress and attract more members. Without an effective and active committee, the club will decline and wither.

Please consider your position and if you are prepared to help, ensure that you nominate or are nominated for a position on the committee. Nomination forms will be available shortly and will be sent to all members.

PRESENTATION NIGHT AWARDS

June 14, 2023

DRY CASTING

Recipient
Veterans Dry Casting
Ron Thomas

Certificate
Longest 56 g cast
Longest Artificial Bait cast
Longest 112 g cast
Highest D H A Score
Highest Single Handed Accuracy Score
Overall Winner S H A.
Overall Winner (with Handicap) - Veterans

Gary Gildersleeves

Senior Dry Casting

Mark Hansen

Most Bullseyes – 4
Longest 56 g cast
Longest Artificial Bait cast
Longest 112 g cast
Highest Double Handed Accuracy Score
Highest S H A Score Overall Winner (with Handicap)

FISHING

Open Fishing Competition - Fish caught out of club competition.

Vince Tomazin	Section 9 – Best Pink Snapper – 3.1 Kg.
Greg Harvey	Section 11 – Best Mackerel – 20 Kg
Shane Wignell	Section 15 – Best Black or Yellowfin Bream – 0.6 Kg
Shane Wignell	Section 18 - Best fish caught on a lure on 4Kg line – Black Bream – 0.6 Kg. RMG Scorpion lure

CLUB RECORD CERTIFICATES

Martin Wearmouth	Horseshoe Leatherjacket – 1.05 Kg
Peet Wessels	Shark, Spotted Wobbegong - 12 Kg.
Mark Hansen	Common Bullseye - 0.19Kg

FIELD DAY SECTIONS

Martin Wearmouth	Section 4 – Best Mulloway – 2.63 Kg Section 6 – Best Salmon – 5.62 Kg Section 11 – Best bag of scale fish – 42.85 Kg Section 14 – Best fish on a single handed rod – Mulloway 2.63 Kg
Peet Wessels	Section 3 – Best Shark – Wobbegong – 12.0 Kg
Dale Coates	Section 5 – Best Tailor – 3.00 Kg
Mark Hansen	Section 7 – Best skipjack trevally 1.96 Kg - tied with Oliver Wessels
Oliver Wessels	Section 2 – Most Meritorious fish as selected by the Committee Skipjack Trevally – 1.96 Kg Section 7 – Best skipjack trevally 1.96 Kg – tied with Mark Hansen
Reel Talk	

July 2023

CLUB PERPETUAL TROPHIES

DRY CASTING TROPHIES

Veterans

Ron Kildahl Memorial Trophy - Veterans Single Handed Accuracy

Ron Thomas

Jim Strong Trophy – Veterans Dry Casting Winner plus handicap.

Gary Gildersleeves

Mens

Winner Mens Dry Casting - Perpetual Trophy

Mark Hansen

CLUB AWARDS

Field Day Officers Award

Martin Wearmouth

2313.6 points

Hans Wytenburg Memorial Trophy (Bluff Creek)

Mark Hansen

Ken Matthews Trophy Biggest Fish 1st 6 months

Ron Thomas - Goldspot Trevally – 8.06 Kg

Ken Matthews Trophy Biggest Fish 2nd 6 months

Martin Wearmouth - Australian Salmon – 5.62 Kg

Club Person of the Year:

John Curtis

Junior Club Champion

Oliver Wessels

Ladies Club Champion

Sandra Wessels

345.6 points

Sportsperson of the Year – Fishing and Casting

Ron Thomas

CONGRATULATIONS
TO ALL RECIPIENTS

Photos – trophy recipients and award winners



Ron Thomas receiving the Ron Kildahl Memorial trophy shield from Peet Wessels



Gary Gildersleeves receiving the Jim Strong trophy from Ron Thomas



Mark Hansen receiving the Men's Dry Casting perpetual trophy from Ron Thomas



Mark Hansen receiving the Hans Wytenburg memorial trophy from Peet Wessels



Ron Thomas receiving the Ken Matthews perpetual trophy from Peet Wessels



Sandra Wessels receiving the Ladies Club Champion trophy from Peet Wessels



Oliver Wessels receiving the Junior Club Champion trophy from Peet Wessels



Ron Thomas receiving certificates from John Curtis



Vince Tomazin receiving certificates from John Curtis



Mark Hansen receiving certificates from John Curtis



Dale Coates receiving certificates from John Curtis



Gary Gildersleeves receiving certificates from John Curtis and Ron Thomas



Oliver Wessels receiving a certificate and prize for Most Meritorious Capture from Ron Thomas and Peet Wessels



John Curtis receiving the trophy for Club Person of the Year from Ron Thomas

Photos – attendees



Peet Wessels



L-R: David and Oliver Wessels



L-R: David and Clare Wessels



L-R: Grace and Clare Wessels



L-R: Gary Parkinson and Vince Tomazin



Dale Coates



L-R: Sam Allia and John Crompton



George Matrakis



L-R: David Trainer and Vince Iozzi



L-R: Helen Carnell and Chris Stickells



L-R: Vix Alexander and Malcolm Harris



L-R: Wendy and Mark Hansen



L-R: David Trainer, Vince Iozzi, Vix Alexander, and Malcolm Harris



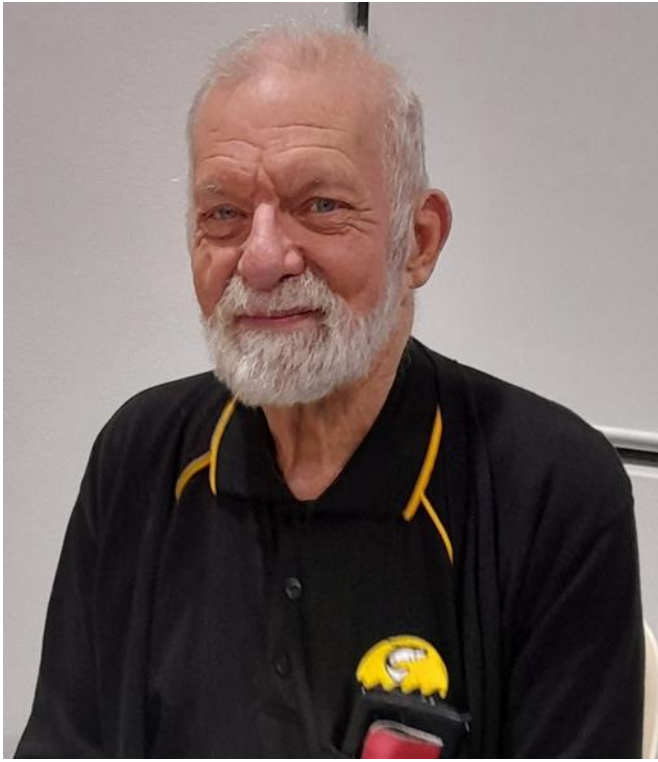
L-R: Wendy and Mark Hansen, Helen Carnell, and Chris Stickells



L-R: Jenny and Mal Head



L-R: Morris Kolman and Naumce Vojdinoski



John Curtis, secretary



Ron Thomas, acting president



Ian Cook



Gary Gildersleeves



Klaus Dieter Schönwolf



Bob "Hendo" Henderson



Two of the lovely ladies who take such good care of us at the venue, Gwelup Croatian Club



Hendo helping himself to some of the delicious curry proposed as part of an alternative winter menu

Blast From The Past

Freo Wharf

Bob 'Hendo' Henderson

During my junior years I had the opportunity to have access to ALL of the Freo wharf (both north & south sides), because my Dad was a "lumper" who did shift work. On many a Friday night I was allowed to go to work with him so it was a quick rush home from school, load up my fishing tackle, grab some tea & a drink & head for whatever part of the wharf that Dad had been rostered. Under strict orders to never venture under the wharf, I was assigned to the floating landing platforms used as drop off points for the workers.

Being a bit on the short side (aged about 9) my Dad use to tether me via a harness that only allowed me to go so close to the edge & not fall in, but still able to land and handle any fish. Every now & then I would collect a thick ear when caught without that bloody rope around me, but being an adventurous sort of lad the urge to venture into restricted areas became a challenge too good to miss.

What hidden treasures where under there? Were there any old bottles, coins or bounty to be collected? I decided It had to be checked out.

The sun had gone down; my damp hessian bag held a few tailor, herring & slimy mackerel which were taken up and stowed in the boot of Dad's car. The tea break was over & I had promised my Dad I was only gunna hang around till I went to sleep on the back seat. BUT - with torch in hand I slowly ventured down into the underbelly of the wharf. Head down bum up I was soon into the backblocks of the wharf. On hands & knees I was crawling along a narrow plank close to the water's edge. Dark as a draughthorse's bum, I was suddenly confronted by a gigantic apparition that had "DEATH" all over its ugly mug.

It had a body as big as a dog and a bloody huge head with fangs that flashed in my torch beam & sent fear trembling through my body. Those humungous whiskers were so long "IT" used them to balance that ugly head...

OHGAWD - I was about to die!

Can't go back... Can't go forward... And the cold dark depths are below me...

The Monster moved towards me - me daks start to fill, fear has gripped my voice-box, petrification sets in - me knees are wet??? Somewhere in the back of my mind a squeaky voice prays "HELP DAD."

"IT" takes another step towards me, rattling sounds reverberate thru the plank due to my vicelike grip on it, fear tremors rattle the air about me.

"THAWACK" came the noise...

"SPLATT" did that huge ugly head go...

"SPOOLOOSH" did that body go as it hit the water...

A LIGHT FLASHES...

A voice calls out..."GOT THE BUGGER"...fear factor goes into overdrive cos now I was gunna get killed.

"WOCHA DOOIN JUNYA" was the call from the darkness. The deep voice was full of menace, me brain wasn't working, me jaw kinda moved an' a squeaky voice emitted a "NUFFIN..."

"YA KOOD GET LOST UNDA ERE" was the reply. "Now piss off!"

Now there comes a time in one's life where you just can't explain what, why or how it happens...

I took off outa there like a rat outa a drain pipe & in 7 seconds flat I was topside running for my Dad. Spluttering an' a shaking like jelly I somehow blurted out my story & looked for some sympathy to calm my shattered nerves... forgot to duck & collected a fair clip under the ear then a stern tongue lashing... & the humiliation of the laughter from his fellow workers.

Yer see, many a "vagrant" lived under the wharf & there was many a tale of nasty things happening (mainly rumours). They were known to scavenge old bottles, pick up the odd coin or two, knock off the rats for food, collect mussels to sell etc etc... and they were renowned for their prowess with the old shangi (gings/slingshots).

It took a couple of years before I ventured under that wharf again but I had a couple of mates with me next time. We ran into a couple of old farts who were down on their luck and after chatting for a time learnt that some people travelled different directions to get on in life. I definitely realised that I had it good and it was up to me to progress forward in life.

You wouldn't believe me if I told you that under the Freo wharf live the biggest of bream because they can't be touched by recreational fishermen now. New era laws covering "terrorism" stifle any chance of access.

It's the only place where cobbler still habituate. The mussels are huge. Untouched for the past 10 to 12 years.

OOH - ARR. I can feel a fishing sortie starting to eventuate, but will I survive the laws of today?

NOT GUNNA CHANCE IT!

HENDO

The Angler

John Chalkhill

O the gallant fisher's life,
It is the best of any!
'Tis full of pleasure, void of strife,
And 'tis beloved by many;
Other joys
Are but toys;
Only this
Lawful is;
For our skill
Breeds no ill,
But content and pleasure.

In a morning, up we rise,
Ere Aurora's peeping;
Drink a cup to wash our eyes,
Leave the sluggard sleeping;
Then we go
To and fro,
With our knacks
At our backs,
To such streams
As the Thames,
If we have the leisure.

When we please to walk abroad
For our recreation,
In the fields is our abode,
Full of delectation,
Where, in a brook,
With a hook,—
Or a lake,—
Fish we take;
There we sit,
For a bit,
Till we fish entangle.

We have gentles in a horn,
We have paste and worms too;
We can watch both night and morn,
Suffer rain and storms too;
None do here
Use to swear:
Oaths do fray
Fish away;
We sit still,
Watch our quill:
Fishers must not wrangle.

If the sun's excessive heat
Make our bodies swelter,
To an osier hedge we get,
For a friendly shelter,
Where, in a dike,
Perch or pike,
Roach or dace,
We do chase,
Bleak or gudgeon,
Without grudging;
We are still contented.

Or we sometimes pass an hour
Under a green willow,
That defends us from a shower,
Making earth our pillow;
Where we may
Think and pray,
Before death
Stops our breath;
Other joys
Are but toys,
And to be lamented.

Tips for Taking Better Photographs

John Curtis



Anglers are justifiably proud of their fishing prowess, particularly after the capture of a good fish. To enable the catch to be recorded for posterity, a good, clear photograph of the fish is required. This is achieved by taking a good clear in focus picture that fills the frame. If you are wanting to show your capture on the cover of the Club magazine you will need to shoot in portrait mode, leaving room for the 'banner' and other details such as edition and date.

Please photograph the fish against a neutral background. Digital cameras have gotten faster, cheaper, and a whole lot more powerful. Almost everyone owns a camera and therefore, everyone can be a photographer. Often when fishing, anglers only carry a simple 'point and shoot' style of camera, which is not suitable for taking a good clear photograph close up.

Most mobile phones are capable of taking a reasonably clear picture, some now have the capability to take photographs in reduced light with the aid of a flash. Just ensure that you fill the frame with the fish. However if the picture is to be printed and enlarged to a size bigger than A4, you will need to use a DSLR or mirrorless camera. The sensor in these cameras allows for a lot more detail to be recorded when the picture is in focus.

Another tip for anglers to learn is how to hold a fish for a better picture – we don't want a picture of grubby fingers with a fish in the background. Don't waste the shot by holding the fish awkwardly. Here is a foolproof method for getting the best shot of your fish:

- Drop your arms to your sides, face your palms out
- Now think about the fish resting on just the very tips of your fingers and letting your thumbs slide behind the fish, partially obscuring them from view. Don't lose details by covering up the gill cover and pectoral, pelvic, and anal fins
- Place your hands behind the head and in front of the tail. If the fish is larger and you need a little bit of elbow grease to hold it, simply switch the position of your tail hand to the front of the fish grasping with your entire hand around the front of the tail. This covers a bit more of the fish but still shows the tail and makes it a bit more manageable to control large fish.



For the photographer - **get closer to your subject. Fill the frame with the fish.** As a general rule, get twice as close as you normally would and take a couple of shots. In fact, take a bunch. With a digital camera you can always erase them.



An old photographers adage, "Keep the sun at your back" is still true with digital photography. Colours are typically much better if the fish is in sunlight rather than in shadow. Shooting into the sun will render anything other than the background as silhouette. Also by using a neutral background the colour of the fish will not be distorted.

When taking the picture, look for distractions. Things such as shadows in the foreground, distractions such as rod coming out of the anglers head or the shadow of the photographer on the ground. Most of these can be alleviated by taking a look before you shoot.

Take your pictures as soon as possible after the capture. Most fishes go through a colour change after death and you lose a lot of the vibrant colours if it is left for a time. Wash or wipe away any blood or sand that is on the fish as this detracts from the fish. If you want 'brag' photos, take a few moments to get the angler and fish set up correctly to show the fish in its best presentation.

Try to get good light on the subject (the fish) and remove sunglasses (hiding the eyes) and hats (shading the face) from anyone in the picture. Take several pictures on auto and also use manual settings and vary the aperture settings a couple of stops either side of the automatic settings. Yes this will under or over expose the picture, but it also may provide a perfect exposure.

Fill the frame. This is most important. The more fish in the frame, the less distractions can be included. After capture keep the fish moist and cool and flat. Lay the fish out straight with the dorsal pectoral and tail fins spread out as when the fish is swimming.

Other points to consider include:

- Place the fish in a position so that there are no shadows falling on the fish when you photograph it. There is no problem in taking the photo in subdued light
- Photograph the fish from directly above. If using a DSLR, use 'f' stops between 8 and 11 as this gives better depth of field - keeps more of the fish in focus
- Use a shutter speed 1/125th of a second or faster. This will help eliminate camera shake which blurs pictures.
- If fish is very thick through the body, then focus half way through the fish. Use the tail as the focus point
- If you have a light fish on a dark background, you may get over exposure. Similarly, a dark fish on a light background may be under exposed. You should take a photograph 1 stop either side of the indicated readings to ensure accuracy of exposure
- Use a flash to fill in. There are some advantages of using fill in flash. This will remove the possibility of any shadows being on the fish. It is only to enhance the photo, or for use on a very dull day. It is preferable to photograph in the morning or afternoon as the midday sun light is a little harsh
- Try not to photograph fish at night if possible. If photographing at night make sure the background is none reflective or poor exposure will result. You tend to get flare from the fish

So what you now need to do is to get out and catch a fish that is:

- a) A personal best;
- b) Will make a great picture; and
- c) Take the best photo you can then print and frame it so that you can brag about your prowess.

As an added incentive: I will offer a photo quality A3 print of photos submitted to me that follow these guidelines and turn out brag-worthy.

Recipes

Western Rock Lobster with Mandarin Butter

Published by The West Australian 02.04.2023



Ingredients

600g Western Rock Lobster (whole)
1 tbsp sunflower oil
30ml mandarin juice
30ml rice wine vinegar
200g unsalted butter (cubed)
Shredded nori (to serve)

Method

- Step 1** First grab your lobster and halve it from head to tail. Under cold running water, wash and clean out all the lobster coral and digestive tract. Place aside.
- Step 2** Preheat the oven to 180C (160C fan). Heat up an ovenproof pan on the stove. Once hot, add a tablespoon of oil. Place the lobster flesh side down. Place the pan in the oven for 7-9 minutes, depending on the size of the lobster. Once cooked, set aside and let rest for 2-3 minutes.
- Step 3** Heat up a saucepan, add mandarin juice and rice wine vinegar. Reduce by $\frac{1}{4}$. This is your base. Turn saucepan to low, slowly add butter in, one cube at a time into your base, constantly stirring with a whisk. Slowly emulsify butter with base until you have used all of your butter. Once all butter has emulsified with your base, your sauce is ready to be served. Serve the lobster inside its shell, but pull the protein away from the shell. Pour over the mandarin vinegar butter sauce and garnish with shredded nori to taste.

Grilled Fish and Shark Bay Prawns

Published by The West Australian 23.04.2023

Ingredients

4x 140g piece of your favourite fish
100g fregola (type of pasta from Sardinia)
100g cherry tomatoes
8 x large green Shark Bay prawns
1 tbsp butter
Splash white wine
2 tbsp chopped parsley
2 tbsp chopped mixed olives
Lemon zest and juice 1 lemon
Olive oil (as required)
Salt and pepper to season



Method

- Step 1** Take the fish fillets out of the fridge, leave covered and bring to room temperature. Preheat oven to 90C.
- Step 2** Cook the fregola, reading the instructions carefully. Once cooked, drain and toss the fregola in a mixing bowl with olive oil and set aside.
- Step 3** Cut the cherry tomatoes in half. Place on a small baking tray, toss with salt and pepper and a little olive oil, then place in the oven for 20 minutes. Peel and de-vein the prawns, and remove the head (a fishmonger can do this for you). Cut the prawns to be roughly the same size as the cherry tomatoes, and set to the side.
- Step 4** Preheat frypan to medium heat with a little olive oil and lightly season fish fillets with sea salt. Depending on thickness, cook for a couple of minutes each side until golden. Once cooked, remove from frypan and rest on a plate.
- Step 5** In the same frypan, add some olive oil and the butter, then sauté the prawns. Once the prawns are $\frac{3}{4}$ cooked, add a splash of white wine, the cherry tomatoes, the cooked fregola, chopped parsley, salt and pepper, mixed olives, lemon zest and juice.
- Step 6** To serve, place the fregola mix around the plate with the fish fillets on top and a lemon wedge on the side.

Reel Talk

July 2023