
SWORDFISH AND CUCUMBER SKEWERS

If swordfish isn't your thing use any firm fish that will hold up to being cooked on a skewer. This is not a recipe for the more delicate fish. Tuna and salmon are good here, as are prawns and scallops. Other possibilities are sardines, boned and rolled and threaded through like rollmops.

Serves 2

swordfish or tuna 300g

fennel 1 bulb

parsley a small handful, chopped

fennel seeds 1 tbsp

groundnut oil 4 tbsp

cucumber half

Put the roughly chopped fennel, the parsley, a little salt and pepper as well as the fennel seed and the oil in a food processor then blitz to a coarse, soft paste. Tip into a mixing bowl.

Cut the swordfish or tuna into large cubes and add to the fennel paste, toss to lightly coat the fish then leave to marinate for about 20 minutes, but not much longer. (Beware though – left too long, the fish might turn "woolly".)

Lightly peel the cucumber (I like to remove only the toughest layer of skin), then cut in half lengthways. Remove the seeds with a teaspoon then cut the cucumber flesh into thick chunks about the same size as the pieces of fish.

Toss briefly with the fish then thread on to skewers, alternating fish and cucumber as you go.

Cook the kebabs on a hot grill (or under an overhead grill, or in a shallow pan if you prefer). Turn the kebabs as they cook so that both sides are golden and lightly cooked. A few minutes on each side should do the trick.