



“If you can’t beat em - eat em” Carp recipe booklet



Catchment Management
Authority
Lachlan

This publication includes over 30 recipes cooked, plated and judged at Lot 31 Restaurant & Bar in Cowra. Judging was conducted by celebrity chef Iain Hewitson, Keith Bell of K&C Fisheries, and Richard Morgan, Head Chef of Lot 31 Restaurant.

Foreword

I must admit that when I was first approached by the Lachlan Catchment Management Authority (Lachlan CMA) to become part of their new initiative in showing the community at large that Carp should be seen as a viable part of our diet, I was unsure. Because, like most Australians, I perceived Carp as a pest rather than as an eating fish. But, I'm now happy to say that any misgivings on my part (and the rest of Australia) were wrong. Because, after I had tasted 30 or so recipes featuring Carp in many guises, I was hooked (pardon the pun) and felt that the bad publicity was unwarranted, particularly when you consider that Carp is the most eaten freshwater fish in the world.

Sure, there are a couple of rules for getting the best out of Carp. First of all, the method of harvesting is important and Lachlan CMA's consultant, Keith Bell, is an expert on the subject and on page five shares his secrets with you. And, as far as the recipes themselves go, in most cases big and bold flavours are the way to go – not to obscure the flavour of the fish itself, just to add that bit of a kick.

Last but not least, it has been a pleasure to work with the highly professional Lachlan CMA staff developing this publication and I wish them well in their endeavours to open all our eyes to the possibilities of making Carp into a popular fish for our tables.



Note: While the Lachlan CMA endorse the humane removal of Carp through recreational fishing activities, the organisational focus remains that Carp are a pest species and this process is one of many alternative forms of removal from our waterways.

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Richard Morgan - Lot 3f

Introduction

The density of European Carp in the Lachlan catchment is among the highest of any catchment in NSW, making up 78% of fish biomass. This figure is indicative of the severity of this pest species infestation which threatens the Lachlan river, as Carp compete with native fish for food resources and cause immense environmental damage to the river system.

In March 2012 the Lachlan CMA launched the Carp recipe competition with a twist, "If you can't beat 'em - eat 'em!". Whilst recreational fishing alone will not have a significant impact on the population density of Carp in the Lachlan river, this initiative has been successful in raising community awareness and providing an alternate method of removal and disposal.

Over 30 recipes were cooked, plated, judged and photographed on Tuesday 22nd and Wednesday 23rd May 2012 at Lot 31 Restaurant & Bar in Cowra New South Wales. While the cooking was conducted by Richard Morgan, Head chef of Lot 31, the judging panel consisted of celebrity chef and Advocate, Iain Hewitson, K&C Fisheries, Keith Bell and Richard himself.

Recipes received by the Lachlan CMA through the duration of this competition form this recipe booklet which demonstrates that Carp can be prepared so they are just as tasty as any other fish you might catch in the river.



How to catch, prepare & cook Carp

Out of the water and into the ice!

The quicker you can stop the stress factor the quicker you can stop the histamine levels from rising. High histamine levels are the cause of Carp taking on a muddy taste.

How to fillet Carp

- Cut behind the gill plate by stabbing the fish through the scales then cut down from the top to the belly of the Carp.
- Put the knife in at the back of the shoulder of the Carp and run the knife right down the backbone of the fish. When you get behind the rib cage, poke the knife through and shave right down to the tail.
- Pick the fish up by the fillet, holding the fish up by the fillet and then shave the end of the knife over the rib cage. Shave right down to the belly and cut the fillet off at the belly flap.
- Once the fillet has been separated from the fish, the next step is to cut it up to get the nice pieces from the fish.
- Place the fillet, skin side down and starting from the tail, skin the Carp just like you would any other kind of fish.
- The most important part of the fillet is the piece that is over the rib cage. With the knife, cut down across the top of the rib cage and down the back of the belly. This the piece of fillet with no bones and you will use to cook.
- The red part of the leftover fillet contains the bloodline which is not eatable due to the taste.

To watch Keith Bells video on how to catch, prepare and cook Carp find out more on catching, preparing and cooking Carp, visit the Lachlan CMA's YouTube Channel at www.youtube.com/user/LachlanCMA and search for Carp or check out our website at www.lachlan.cma.nsw.gov.au

Enjoy!

Carp fillet with spicy topping

Rohini Dwyer of Condobolin

Preparation Time 25 minutes

Cooking Time 15 minutes - Serves 8

Ingredients

- 2 tbsp. olive oil
- 8 pieces Carp fillets bones removed skin on
- 280g green olives drained seeded and halved
- 4 cloves garlic sliced
- ¼ cup baby capers drained
- ½ cup white wine
- 1 stalk lemongrass chopped
- 2 tbsp. white wine vinegar
- 30g butter diced
- 2 tbsp. chopped parsley



Carp fillet with spicy topping

Method

1. Rub half the oil into the fish pieces and season well
2. Mix together olives, garlic, capers, lemon grass and remaining oil
3. Cook fish fillets on a preheated barbecue plate skin side down for 5-6 minutes turn and cook for a further 3 minutes
4. Cook olives, garlic, capers and lemongrass on hot plate stirring for 2-3 minutes until garlic is golden
5. Heat wine and vinegar in a small pan on high until boiling, boil for 5 minutes or until reduced by half. Reduce heat to medium
6. Add butter one piece at a time whisking constantly until all butter is incorporated and sauce is glossy
7. Remove from heat
8. Stir through parsley
9. Top fish pieces with olive mixture, spoon sauce over fish pieces to serve

Carp burger

Rosanne Jones of Parkes

Ingredients

- 500g boned Carp fillets
- 2 tsp. finely grated lime rind
- 2 green onions chopped
- 2 tbsp. chopped coriander
- ½ cup sour cream
- 3 tsp. store brought red curry paste
- 2 tbsp. sweet chilli sauce
- 1 tsp. fish sauce
- 1 cucumber
- 1 tomato
- 200g snow peas



Method

1. Place fish, curry paste, lime rind, fish sauce, salt and pepper in food processor and process until combined but still course
2. Mix through green onion and coriander
3. Shape into four large patties
4. Place on a baking tray lined with baking paper and chill for 10 minutes
5. Combine sour cream and chilli sauce in a small bowl cover and chill until needed
6. Heat a little oil in a non-stick frying pan
7. Cook Carp patties over medium heat for four minutes on each side or until golden brown
8. Remove and drain on paper towel
9. To serve spread both sides of four bread rolls with sweet chilli mixture and top with a Carp patty, cucumber, tomato and snow peas

Baked Carp with crust nuts

Rohini Dwyer of Condobolin

Preparation Time 15 minutes

Cooking Time 15 minutes – Serves 10

Ingredients

- ½ cup Pine Nuts chopped
- 1 ¼ cups Bread crumbs
- 1 cup Black Olives pitted and chopped
- 5 Spring Onions finely chopped
- 1 tsp. Dried Tarragon
- ½ cup Olive oil – salt to taste
- Juice of two lemons
- ¼ cup Dry white wine
- 1 Red onion sliced
- 10 Carp fillets – bones removed – skin on
- 500g Baby spinach leaves
- 2 cups tomatoes peeled, seeded and diced



Method

1. Preheat oven to 220° Celsius
2. Combine pine nuts and bread crumbs in a bowl
3. In a separate bowl combine olives, spring onions and tarragon
4. Stir in ¼ cup of the olive oil to make a spreadable paste, season with salt to taste
5. Lightly oil a large baking dish with half the remaining olive oil
6. Spread one side of each Carp fillet with about 2 tsp. of the olive paste and lightly press some of the bread crumb mixture on top
7. Place Carp crumb side up in baking dish and carefully pour the lemon juice and wine around the fillets
8. Bake for 6 – 10 minutes depending on the variety and thickness of the fish fillet
9. Heat remaining olive oil in a large frying pan and sauté onion until soft
10. Add spinach leaves and tomatoes and cook until spinach wilts
11. Season to taste
12. Spoon vegetables onto a serving plate top with fish and serve

Pesto wrap in Carp

Rohini Dwyer of Condobolin

Preparation Time 20 minutes

Cooking Time 30 minutes – Serves 8 - 10

Ingredients

- Carp fillets scaled and bones removed.
Leave skin on
- 1 ½ cups watercress sprigs
- 1 cup Baby rocket leaves
- ½ cup mint leaves
- ½ cup toasted pistachios
- 1 Tsp. grated lime rind
- ¼ cup olive oil



Method

1. Process watercress, rocket, mint, pistachios and lime rind in a food processor until chopped
2. With motor running add the oil in a thin steady stream until combined
3. Preheat oven to 200° Celsius
4. Place one Carp fillet skin side down spread with pesto top with remaining fillet skin-side up
5. Tie with string at 5cm intervals
6. Grease an oven tray
7. Place the Carp on the tray roast for 30 minutes or until cooked to your liking
8. Serve Carp with grilled lime halves and watercress sprigs

Pensioners Carp gourmet meal

Mervyn Jones

Preparation Time 15 minutes

Cooking Time 40 minutes

Ingredients

- 3 Onions
- 1 whole Carp

Method

1. Place three whole onions inside belly of fish
2. Skewer together
3. Cover in river mud
4. Cook in hot coals from campfire for about 40 minutes – Tastes like freshwater Crayfish

Fried Carp

Ann Pritchard of Lake Cargelligo

Ingredients

- 100g flour
- 1 tsp. lemon juice
- Salt and pepper to taste

Method

1. Thoroughly mix flour, lemon juice and salt and pepper
2. Dip Carp fillets in this mix and into milk three times
3. Dip in flour
4. Drop a knob of margarine into hot oil for shallow frying
5. Fry gently on both sides until golden brown



Carp mornay

Rosanne Jones of Parkes

Ingredients

- 1 cup grated cheese
- 3 cups cooked and Boned Carp
- Grated Cheese for topping
- Lemon Slices and Parsley for garnish

Cheese Sauce

- 6 tablespoons margarine
- 6 tablespoons flour
- 3¼ cups milk
- Seasoning to taste



Method

1. Place Cooked Carp into lightly greased ovenproof dish and cover with sauce and top with cheese
2. Bake in moderate oven until golden brown
3. Serve garnished with lemon slices and parsley

Cheese sauce

1. Melt butter
2. Remove from heat and add flour seasoning and then gradually add milk
3. Return to stove and cook on low heat till sauce thickens
4. Add cheese and heat through

Carp patties

Rosanne Jones of Parkes

Ingredients

- 1 cup minced Carp
- 1 cup mashed potato
- 2 eggs
- Salt, pepper and parsley
- Flour to bind

Method

1. Roll into small patties fry in saucepan until golden brown



Jade Carp

Shaoying Wang of Yarralumla

Ingredients

- 600g Carp fillets
- 100g carrots
- 100g baby spinach
- 20g rice vinegar
- Small amount of light soy sauce
- Finely chopped shallots

Method

1. Cut Carp into slices
2. Thinly slice carrots
3. Heat oil in wok add Carp slices, vinegar, salts, shallots and stir fry until half cooked
4. Add carrot slices, small amount of soy sauce and stir fry until nearly cooked
5. Add baby spinach stir until spinach is just cooked

NOTE: This is a Chinese recipe

Curry Carp

Marina Naude of Cumnock

Ingredients

- Carp fillets
- 4 onions diced
- 2 tsp. cumin
- 3 tbsp. red curry paste
- 1 tbsp. tumeric
- 4 tsp. salt
- ½ tsp. red pepper
- 6 bay leaves
- 1 cup sugar
- 3 cups brown vinegar
- ½ cup water

Method

1. Heat small amount of olive oil in a large saucepan and gently fry the onion, cumin, curry, tumeric and red pepper
2. Add salt and rest of ingredients and cook for about 5 minutes
3. Place small fish fillets in sauce and place lid on saucepan and simmer for 15 minutes until fish is cooked through



Whole Carp Polish style in jelly

Theresa Lambert of Molong

Ingredients

- 1 medium sized Carp scaled and clean
- 2 cubes vegetable stock
- 1 bay leaf
- 4 - 6 peppercorns
- ½ stick celery chopped
- 1 onion
- 1 glass dry white wine
- ½ tsp. ground ginger
- Juice of ½ lemon
- Thinly peeled lemon rind
- 3-4 cloves garlic
- 1 packet gelatine
- ½ cup malt or white vinegar
- 1 tbsp. sugar
- 4 tbsp. mustard oil
- 1 clove garlic



Method

1. Place fish in a pan cover with water and poach until eyes are cloudy
2. Drain off excess water into a saucepan with 2 cups extra water
3. Add all the above ingredients (except gelatine)
4. Simmer for approximately 15-20 minutes
5. Remove from heat and strain off liquid
6. To the liquid now add packet of gelatine stir until dissolved. Add salt to taste
7. Place fish gently on deep oval platter
8. Pour the prepared jelly stock over the fish and set in fridge overnight
9. Before serving pipe with mayonnaise add halved lemon slices making sure that a slice goes over the eye

Thai Carp cakes

Lydia Martin of Young

Ingredients

- 500g of Carp fillets
- 3 tablespoons of corn flour
- 1 tablespoon fish sauce
- 1 egg beaten
- ½ cup fresh coriander leaves
- 3 teaspoons red curry paste
- 2 spring onions finely chopped
- 1 teaspoon of finely chopped chilli (optional)
- ½ cup peanut oil



Method

1. Place fish in food processor for 20 seconds and process until smooth. Add 3 tablespoons of cornflour, fish sauce, beaten egg, coriander, curry paste and chilli. Process for a further 10 seconds
2. Transfer fish mixture to a bowl and add the spring onions – mix well. With wet hands get 2 tablespoons of mixture and form flat patties. Add additional cornflour if too runny
3. Heat oil over medium heat and cook 4 cakes at a time until they are brown on both sides. Drain on paper towels and serve immediately with Thai Dipping Sauce

Thai dipping sauce

- In a pan combine ½ cup sugar, ½ cup of water, ¼ white vinegar, 1 tablespoon fish sauce and a small chopped red chilli
- Bring to the boil and simmer uncovered for approximately 5 minutes or until it slightly thickens
- Remove from heat and cool slightly. Stir in ¼ seeded chopped cucumber, ¼ small finely chopped carrot and 1 tablespoon chopped roasted peanuts

Baked Carp

Ann Pritchard of Lake Cargelligo

Ingredients

- 1kg Carp fillets
- 1 lemon, juice and grated rind
- 1 large white onion sliced
- 2 large ripe tomatoes
- Salt and pepper

Method

1. Line baking dish with foil, oil well
2. Arrange Carp fillets in single layer in dish
3. Grate lemon rind over, sprinkle with juice and salt and pepper to taste
4. Arrange onion over fish and top with tomatoes thickly sliced
5. Sprinkle with seasoned pepper, cover with foil sealing at edges
6. Bake in moderate oven for about 40 minutes or until cooked



Latin Carp

Raelene Searle of Woodstock

Ingredients

- 3 Carp fillets
- 1 red capsicum sliced
- 2 stalks celery finely chopped
- 1 large Spanish onion finely sliced
- 1 hot chilli finely chopped (more to taste)
- ½ bunch coriander finely chopped
- Juice of 8 lemons
- Salt and pepper to taste



Method

1. Cut Carp into strips approximately 50mm x 20mm don't worry about bones
2. Put Carp into glass bowl add lemon juice refrigerate overnight
3. Add remaining ingredients season and chill for 1 hour
4. Serve as entrée or main course with crusty continental loaf

Stuffed Carp

Ann Pritchard of Lake Cargelligo

Ingredients

- 1 whole Carp
- 1 peeled green apple sliced
- 1 whole peeled lemon sliced

Method

1. Stuff whole Carp with apple and lemon
2. Hold in with skewers
3. Rub butter into slashes made in each side of the fish
then wrap in foil
4. Allow 45 minutes in a moderate oven for a 2kg fish

Five spice Carp

Shaoying Wang of Yarralumla

Ingredients

- 500g Carp (best with skin)
- 10g Sichuan pepper
- 10g Star anise
- 10g Cinnamon bark/powder
- 8g salt
- 10g sugar
- 100g shaoxing wine
- 50g soy sauce
- 25g vinegar
- 15g sesame oil
- 60g vegetable oil
- 50g shallots
- 50g ginger



Method

1. Cut Carp into small pieces (about 2cm in width and length) marinate in the mixture of ginger, shallot, salt, vinegar, soy sauce and shaoxing wine for 30 minutes
2. Heat vegetable oil in the wok, put in the marinated fish pieces individually, fry until golden and dish them out
3. Use the remaining oil in wok, when it's heated put in the star anise, cinnamon bark, sichuang pepper, stir briefly, then add ginger and shallots to stir then add suitable amount of soy sauce, shaoxing wine, vinegar, salt, sugar, and fish in the end add water (water level lower than fish)
4. High heat until boil then low heat to stew until the gravy thickens, dish the fish out
5. Add sesame oil to the gravy in the wok, pour onto the fish pieces, sprinkle chopped shallots over the top

NOTE: This is a Chinese recipe

Baked Carp

Ann Pritchard of Lake Cargelligo

Ingredients

- 500g Carp fillets
- 1 medium potato thinly sliced
- 1 medium onion thinly sliced
- 1 medium apple thinly sliced
- Juice of 1 lemon
- Nutmeg
- Butter
- Salt and pepper

Method

1. Grease casserole dish well
2. Arrange potato slices in base of dish
3. Cover with slices of Carp
4. Season with nutmeg, salt and pepper
5. Cover with onions and apple and another layer of potato
6. Add more nutmeg, salt and pepper
7. Over casserole add a few dabs of butter/margarine and the juice of 1 lemon
8. Cover well and bake in moderate oven until potato is tender



Pepes Ikan

Condobolin Multicultural Women's Group

Ingredients

- 1 kg whole fish Carp
- 1 chopped tomato
- 1 green onion
- 1 stalk lemongrass
- 5 bay leaves
- 50g kemangi leaves
- Salt
- 1 tsp. salad oil
- Banana leaves or aluminium foil to wrap

Spice paste:

Grind the following ingredients:

- 2 cloves garlic
- 4 shallots
- 2cm ginger
- 2 cm tumeric
- 50g fresh chilli pepper
- 5 candle nut
- 5g tamarind
- ½ tsp. salt
- 25ml water

Method

1. Scale and clean fish
2. Make 3 diagonal slashes on each side of the fish for spice paste flavour to immerse
3. Marinate fish with salt and tamarind for 15 minutes then wash the fish with a bowl of water to remove excess salt
4. Add cooking oil to the spice-paste and mix
5. Coat fish with spice paste
6. Put kamangi leaves, bay leaves and sliced lemon grass for flavour
7. Wrap the fish in banana leaves or aluminium foil
8. Steam with medium fire for 30 minutes. Use pressure cooker for faster cooking time and better taste
9. Let it cool and grill the wrapped fish over charcoal fire

Fried Carp

Marina Naude of Cumnock

Ingredients

- 500g Carp fillets
- 2 cups white vinegar
- 2 cups self raising flour
- 2 eggs
- Salt and pepper
- Chicken salt
- Oil to fry fish

Method

1. Soak fish in vinegar for ½ hour
2. Beat 2 eggs and keep aside
3. Heat oil in pan about 1 ½ cm deep
4. Drain fish and sprinkle with salt and pepper and roll into flour until covered
5. Dip in eggs and fry
6. Drain on plate with paper and sprinkle with a bit of chicken salt
7. Serve with fries and salad



Carp stew in beer

Shaoying Wang of Yarralumla

Ingredients

- 750g Carp fillets (best with skin)
- Chopped Capsicum
- tomatoes chopped
- chopped Garlic
- shallots
- Tofu
- 150g beer
- 100g Peanut oil (vegetable oil) 3 tbsp. oyster sauce
- salt to taste

Method

1. Cut Carp into pieces (about 3cm in length) heat oil in a wok, stir-fry Carp pieces until 80% cooked
2. Pan fry tofu still slightly golden
3. Put 100g peanut oil in wok heat until 60% hot, add chopped tomatoes stir to soften, add chopped capsicum till half done
4. Add Carp and tofu to the wok, add beer and salt, boil with medium heat for 10 minutes
5. Add oyster sauce, chopped garlic and shallots, boil for another 3-5 minutes until ready to serve



Cowra Carp cakes with cucumber relish

Lorraine Spear of Cowra

Ingredients

- 1.5 kg Carp fillets
- 4 tbsp. red curry paste
- 4 spring onions lower part only finely chopped
- 1 tsp. grated fresh ginger
- 3 med kaffir lime leaves finely sliced
- Sunflower oil for frying
- 100g green beans finely chopped
- 2 tbsp. chopped coriander leaves and roots
- 1 egg beaten
- 2 tsp. sugar and ½ tsp. salt



Method

1. Ensure the Carp fillets are skinned and bones removed
2. In a food processor blend the fish with the curry paste
3. Combine the blended fish and curry paste in a bowl with the rest of the ingredients. Use wet hands for this
4. Knead the mixture until it clings together and shape into patties about 4cm diameter
5. Deep fry a few at a time at 180 until golden brown

Cucumber Relish

- 1 small red onion finely chopped
- 1 small carrot finely chopped
- 1 lebanese cucumber finely chopped
- 1 tsp. chopped fresh mint
- ½ cup rice wine vinegar
- 200g sugar
- ½ tsp. salt and 3 tbsp. water

Method

1. In a small saucepan bring the vinegar, sugar, salt and water to the boil. Add the carrot and onion boil for 1 minute. Pour the vinegar mixture over the cucumber and mint in a bowl
2. Allow the relish to cool before serving with the fish cakes

Spicy Carp hot pot

Shaoying Wang of Yarralumla

Ingredients

- 600g Carp (best with skin)
- 100g Mushrooms (King oyster mushrooms or French horn mushrooms)
- 50g Ginger
- 6 Shallots
- ¼ tsp. white pepper powder
- Red chilli (to taste)
- 2 tbsp. oyster sauce
- 1 tbsp. rice wine
- ¼ tsp. salt
- Water



Method

1. Chop shallots to long sections, ginger into slices, chilli into big pieces, mushrooms into slices
2. Chop Carp into big slices
3. Fry shallots, ginger and chilli to crispy then fry fish pieces until golden. Put both aside for oil to drip
4. Get a wok and put the fried chilli, ginger and shallots at the bottom then add fried fish pieces and then mushroom pieces
5. Add oyster sauce, rice wine, white pepper powder and water, bring to boil then reduce to low heat for another 15 minutes till most liquid has vaporised
6. Ready to serve

Carp fish curry

Theresa Lambert of Molong

Ingredients

- 1kg Carp fillets
- Tumeric for marinating
- Lemon juice for marinating
- Chopped coriander for marinating
- 1 tbspc. cumin
- 1 tbspc. coriander
- 1 tbspc. paprika
- 1 tbspc. chilli paste
- ½ tsp. fenugreek powder
- ½ tsp. tumeric powder
- 1 tbspc. ginger
- 1 tbspc. garlic paste
- 1 tsp. panchphoram
- 2-3 tbspc. cooking oil
- 1 tbspc. tomato paste



Method

1. In a bowl add Carp fillet and marinate with tumeric, lemon juice, chopped coriander cover and leave in fridge for 2-3 hours
2. In a bowl add cumin powder, coriander, paprika, chilli paste, tomato paste, fenugreek, tumeric powder, ginger, garlic paste
3. In a heavy bottom pot add cooking oil. When hot add the panchphoram and remove from heat. Cover with lid to stop sizzling seeds spattering out
4. When the seeds have stopped popping return to heat and add the bowl of spices
5. Sauté for a few minutes and add approximately ½ cup of water
6. Add fish and stir gently with wooden spoon
7. Add salt to taste. Turn down heat and allow to simmer until water evaporates and the oil comes to the top
8. Serve with boiled rice

Carp Croquettes

Rosanne Jones of Parkes

Ingredients

- 1 cup milk
- 2 bay leaves
- 3 tbsp. butter
- 3 tbsp. flour
- 1 onion finely sliced
- 1 tbsp. sweet red capsicum
- 1 cup cooked boned Carp crumbed
- 1 beaten egg
- 2 beaten eggs
- 2 tbsp. chopped parsley
- 1 tomato
- 200g snow peas
- Breadcrumbs
- oil



Carp croquettes

Method

1. In a saucepan heat milk and bay leaves
2. Remove from heat and cool to lukewarm
3. In a frypan melt butter, add flour and cook a few minutes stirring constantly then remove from heat
4. Add milk (without bay leaves) to flour mixture then add onions and capsicum
5. Return to heat and cook until sauce thickens stirring constantly
6. Add crumbed Carp, beaten egg and parsley then pour into serving dish and let stand to cool for 1 hour in the fridge
7. Dredge hands with flour and shape fish into small sausage shapes dipping each croquette into 2 beaten eggs then into breadcrumbs
8. Fry in hot oil until golden brown

Red braised Carp

Shaoying Wang of Yarralumla

Ingredients

- 750g Carp (with skin)
- 100g peanut oil
- 2g sesame oil
- 25g Water starch
- 5g Shallot stems
- 5g Ginger
- 15g mushrooms (Pleurotus eryngii Quell, called king oyster mushrooms or French horn mushrooms)
- 25g Soy Sauce
- 25g Shaoxing wine
- 1.5g salt
- 1g Sichuan pepper powder
- 1g Chilli powder



Method

1. Cut Carp into long fillets (ideally cut several opening into the thick fillets for flavour absorption)
2. Cut shallots and mushrooms into fine shreds, slice ginger to pieces
3. Apply high heat to peanut oil in wok pan-fry both sides of the fillets to golden add shaoxing wine then add in the order of chilli powder, mushroom shreds, salt, soy sauce, ginger and bring to boil
4. Low heat to braise then add shallot stems then add water starch to thicken the gravy add sesame oil and pepper powder
5. Dish out and serve

Carp Vindaloo curry

Theresa Lambert of Molong

Ingredients

- 1 kg Carp meat cut into pieces
- tumeric
- 1 tbsp. Pathaks Vindaloo paste
- 1 tbsp. cumin
- 1 tbsp. coriander
- 1 tbsp. paprika powder
- Chilli powder to taste
- 1 tsp. tumeric
- 1 tsp. fenugreek powder
- 1 tbsp. ginger
- 1 tbsp. garlic paste
- 1 tbsp. tomato puree
- ½ cup malt or white vinegar
- 1 tbsp. sugar
- 4 tbsp. mustard oil
- 1 clove garlic



Method

1. Marinate Carp with tumeric and leave for two hours
2. In a cup add ½ cup malt or white vinegar and sugar
3. Mix well and taste (this should have a sour/sweet taste. Adjust if not)
4. In a bowl mix Pathaks Vindaloo paste, cumin, coriander, paprika powder, chilli powder, tumeric, fenugreek powder, ginger, garlic paste and tomato puree
5. Add malt/white vinegar mixture
6. In a heavy based cooking pot on moderate heat pour in mustard oil
7. Add clove garlic and let sizzle until golden brown
8. Remove garlic and the oil is now ready to cook in
9. Fry in hot oil until golden brown
10. Add the bowl mixture
11. Add Carp and make sure they are well coated with mixture
12. Turn heat down to low cover with lid and allow to simmer until the oil rises over the curry
13. Do not stir from here in but simply tilt/move the curry gently to avoid sticking or breaking up cooked fish
14. Serve with Naan or boiled rice

Carp pancakes

Rosanne Jones of Parkes

Ingredients

- 1 ½ cups flour
- 3 eggs
- 1 ½ cups milk
- ½ tsp. salt
- 1 tsp. oil
- 1 ½ cups white sauce
- 350gms cooked Carp
- ½ cup chopped shallots
- 4 tbsp. grated cheese

Method

1. Blend flour, beat eggs, milk, salt and oil and beat until smooth
2. Allow to stand for 1 hour
3. Cook thin pancakes in greased pan
4. Mix Carp, sauce and shallots, season to taste
5. Fill and roll pancakes with Carp
6. Place in ovenproof dish, sprinkle with cheese
7. Place in low moderate oven for 25 minutes
8. Serve with side salad



Spicy Carp hot pot

Rohini Dwyer of Condobolin

Ingredients

- 1 tbsp. oil
- 1 Onion sliced
- 1 Garlic clove crushed
- 1 Birdseye chilli halved lengthways
- 2 cups Passata
- 1 cup Fish stock
- 1 Tsp. capers drained
- ½ tsp. paprika
- ½ cup green olives
- 500g Carp fillet pieces skinned and boned
- ¼ cup chopped parsley

Method

1. Preheat oven to moderate 180° Celsius
2. Heat oil in large flameproof casserole dish on high
3. Sauté onion, garlic and chilli for 2-3 minutes until tender
4. Stir in paprika
5. Stir in passata and stock bring to boil then reduce heat to medium
6. Stir in fillet pieces, olives and 2 capers
7. Bake covered for 15 minutes
8. Serve with rice or garlic bread



Special sweet and sour Carp

Shaoying Wang of Yarralumla

Ingredients

- 750g Carp
- Chopped ginger (for flavour)
- Shallots (for flavour)
- Garlic (for flavour)
- 100g vinegar
- 175g sugar
- 10g soy sauce
- 3g salt
- 1750g Peanut oil (for deep frying)
- 150g Water starch



Method

1. Cut Carp into long fillets and make several cuts (1.5cm deep) into the thick fillets, lift the fillet cuts open, sprinkle salt into cuts and fillets, apply a layer of wet starch over the fillets and into the cuts
2. Curl the fillet so that the fillet has the cuts open
3. Put peanut oil into the wok apply high heat until oil 70% hot deep fry the curled fillets until golden then put on a plate
4. Heat small amount of the remaining oil until 60% hot, put in shallots, ginger, garlic, vinegar, sugar, soy sauce and water and stir
5. Add water starch to thicken the gravy, pour over the curled fried Carp fillets

Gefilte fish

Rosanne Jones of Parkes

Ingredients

- 1kg boned fresh minced Carp
- ½ cup water
- 1 raw egg
- 2 carrots
- ½ cup matzo meal/or bread crumbs
- 1 large onion
- 1 tbsp. salt
- 1 tbsp. sugar
- ½ tbsp. pepper

Method

1. Mince all the ingredients using a hand mincer
2. Form fish mixture into logs about 3 inches wide and 12 inches long. Wrap tightly in foil and chill for 30 minutes
3. Remove foil
4. Drop them into boiling cooking sauce and allow to simmer for 2 hours
5. Let cool before removing fish logs from the sauce
6. Serve the Gefilte Fish with Horseradish on a bed of lettuce with a few slices of carrot for colour



Lot 31 Restaurant and Bar, Cowra NSW

Opened in 2011, Lot 31 Restaurant & Bar is a casually refined eatery in Cowra serving up a variety of lunches, mains and tapas plates alongside a wide selection of beverages.

Featuring a contemporary design with art and leather dining chairs, Lot 31 is a vibrant and comfortable with a relaxed atmosphere and friendly service.

About the chef - Richard Morgan

Richards passion of becoming a chef started at the age of 14 with his uncle inspiring him to start a career in the hospitality industry.

Richard began his career in the ACT at Belconnen Labour Club before moving to Cafe 3 and then La Brucetta. He moved to Cowra and began work at the Townhouse before heading to his current business, Lot 31. "I take pride knowing that my customers are happy".



Keith Bell of K&C Fisheries Global Pty Ltd

Specialising in fresh and frozen Carp, K&C Fisheries Global Pty Ltd is one of the largest Carp harvesting and Carp processing companies in the Southern hemisphere.

With a combined industry experience of 76 years, Keith and Cate Bell provide consultancy services to private companies, government departments, and/or agencies. These services include Mitigation of Carp infestations, fish processing and harvesting techniques, export processing facilities and documentation, Aquaculture development and research and development.

The Lachlan CMA would like to take this opportunity to thank everyone who participated in the Carp recipe competition with a twist.

“If you can’t beat ‘em - eat ‘em”

A big thank you also goes to Iain Hewitson, Richard Morgan of Lot 31 Restaurant and Keith Bell of K&C Fisheries as judges and supporters of the competition and resulting publication.



Richard Morgan, Iain Hewitson and Keith Bell



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