

HOST A FUNDRAISING FISH SUPPER THIS AUTUMN

13-15 OCTOBER 2017

THE LIFEBOAT FUND
Helping the RNLI save lives at sea



THE RNLI
FISH SUPPER

RNLI crew members drop everything when their pagers go off - even a home-cooked meal with the family. Will you host a Fish Supper to support The Lifeboat Fund's appeal to fund a new lifeboat for RNLI Wells Lifeboat Station?



THELIFEBOATFUND.ORG.UK



Lifeboats

STEP UP TO THE PLATE

Thank you for signing up to host your own Fish Supper for The Lifeboat Fund's 150th Anniversary Appeal! We're excited to have you onboard with this year's event as we raise vital funds that will help reach our target. The Lifeboat Fund is an official charity of the Civil Service and exists solely to support the work of the RNLI. Any funds raised in excess of the £1.1M target will be used to benefit the work of the RNLI.

From 13–15 October, get your colleagues and friends together for a night of delicious food, laughter and games. Alternatively, arrange lunch at one of your favourite fish restaurants.

This pack has tips and recipes to help make your event a big success.

Don't worry if you can't host yours during the event weekend. You can hold a supper at any time – just remember to send in your fundraising money by 30 November 2017.



What fish can perform operations?



A Sturgeon



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THE RNLI
FISH SUPPER



PHOTOS: RNLI/Steve Lowe

JOIN US AT OUR

FISH SUPPER

PLEASE HELP THE LIFEBOAT FUND
SAVE LIVES AT SEA

WHAT:

WHERE:

WHEN:



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The Communications and Public Service Lifeboat Fund is a registered charity in England and Wales (248421) and Scotland (SC041904). Patron HRH The Duke of Kent.



A RECIPE FOR SUCCESS

For starters

Before you pick up that wooden spoon and don your apron, please join us in supporting and serving sustainable fish. 6–13 October 2017 is Seafood Week and you can find lots of sustainable seafood recipes on FishIsTheDish.co.uk. Look out for the Marine Stewardship Council label when you buy fish and get tasty tips at MSC.org/cook-eat-enjoy/fish-to-eat.

For main

The following mouthwatering recipes are a sample from the RNLI's Fish Supper recipe library. You can find more from RNLI friends and families at [RNLI.org/Fish Supper](http://RNLI.org/FishSupper).

For the trimmings

This pack includes instructions on how to make a paper lifeboat with an orange napkin for table decorations. Visit RNLI.org/FishSupper for more ideas to help you plan your event.

HOW TO ASK FOR A CONTRIBUTION

In conversation

When you invite your guests, explain it's for a good cause and suggest a small donation. For example, you could say: 'I'm asking everyone to bring £10.'

If dining out, add a donation to the price of the menu at your local restaurant.

To inspire them, point them to thelifeboatfund.org.uk to find out more about the appeal.

At the event

Most hosts like to get the money bit out of the way, so just pass a hat around to people over drinks and nibbles. Don't be embarrassed – everyone knows what to expect and will be in good spirits.

Share your supper

Whether you want to share your culinary creations or your nautical napkins, we'd love to see a slice of your supper. Share your photos on Twitter.

@FundLifeboat



JONATHAN'S FISH CAKES



THE RNLI
FISH SUPPER



'There's no doubt about it: the RNLI do amazing things and Fish Supper is a great way to support them. These are an interesting variation on a classic fish cake. Delicious.'

Jonathan Stewart, RNLI supporter, Bournemouth

SERVES 4



FAIRLY EASY/MODERATE

Ingredients

To make the dill mayonnaise
125–175ml of mayonnaise, depending on how much you want to make
small bunch of dill, finely chopped
1 small shallot, very finely chopped to ensure a smooth texture
salt and pepper to season
squeeze of lemon juice

To make the fish cakes
450g sustainably sourced salmon, cooked and deboned
300ml water
350g cold mashed potatoes (not too smooth)
200g cooked king prawns
1 tbsp chopped chives
1 tbsp chopped parsley
200g garden peas
1 egg
a little plain flour
85g semolina
85g white breadcrumbs (fresh or bought – matzo meal also works well)
4 tbsp olive oil

How to make

PLEASE SHARE YOUR IDEAS AND PHOTOS ON @FUNDLIFEBOAT 

- First, you'll need to make the dill mayonnaise so it's ready when your fish cakes are cooked. Add the mayonnaise to a mixing dish, then stir in the finely chopped dill and shallot, followed by the salt and pepper. Then add the lemon juice and stir thoroughly again. Once mixed, set aside.
- Add a little of the water to the frying pan, then put your salmon into it and pour over the rest. You'll want to cover with the lid and simmer for 3–4 minutes until steaming. Once that's done, turn the heat off and let the hot water poach the fish right through for 10 minutes. Be careful not to poach it for too long. Once poached, set onto a plate.
- Break the salmon up into small chunks. Put your cold mashed potatoes into a bowl and mix in the chopped prawns, parsley, chives, garden peas, followed by the salmon and seasoning. Work the ingredients by hand until they are evenly distributed through the mixture, but don't overdo it.
- Beat your egg in a shallow bowl, then sprinkle a little flour over a dinner plate or chopping board. Dip your hands in the flour and divide the mixture into four rounded cakes.
- Spread the breadcrumbs or matzo meal on a baking sheet with the semolina and mix together. I love using matzo meal here because it gives them a crunchier texture.
- Dip each cake into the beaten egg until it is coated, then dab them into the crumb mixture until they're lightly covered. (Don't use too much!)
- Once all four are coated, put them on a plate and pop them in the fridge for about 20 minutes. You can prepare them the day before if you like, but I find they cook better when they're only lightly chilled.
- Put the oil into a frying pan on a medium heat. Quickly add the fish cakes and fry for about 5 minutes on each side to cook them through. You'll know when they're ready because they will smell gorgeous and they will be a lovely golden brown.
- Serve with the dill mayonnaise, a handful of rocket salad and some chips or sweet potato wedges.



TINA'S FISH PIE



THE RNLI
FISH SUPPER



'I love the sea and I'm a big RNLI supporter. I'm very excited to make this pie for my Fish Supper. Tarragon, chives, dill and capers add another level of taste to a satisfying dish that everyone loves.'

Tina Williams, RNLI supporter, Devon

SERVES 6-8



INTERMEDIATE



FAMILY SECRET

Ingredients

To make creamy mash

1kg floury potatoes, peeled and chopped
100g butter or dairy-free spread
150-200ml milk (depending on how smooth you want it)
pinch salt and pepper

To make the fish pie filling

1 litre milk
350g diced cod
300g diced smoked haddock
250g salmon, skinned, deboned and diced
2 bay leaves
100g butter
100g plain flour
2 tbsp finely chopped parsley
1 tbsp chives
1 tbsp tarragon
1 tbsp dill
½ tbsp capers
75g grated cheese (optional)

How to make

To make the mash

- Put your chopped potatoes into a large pan of salted cold water – enough to cover them – and bring to the boil. Reduce the heat and let them simmer for about 20 minutes. You'll know when they're ready because they will slide off the fork easily. If they don't, the mash will end up lumpy and a little tough.
- Once the potatoes are cooked, drain and mash firmly. There should be no lumps. Add the butter and let it melt a little before mashing it in. Then add the milk, season with salt and pepper, and stir. Preheat the oven to 180°C.

To make the fish pie and filling

- Pour the milk into a large saucepan and put it on the hob on a medium heat. Bring it to a gentle simmer, then add the cod, haddock, salmon and bay leaves. Simmer for 2 minutes to cook.
- Once cooked, take the fish out and press into a large baking dish. Leave the milk in the pan for your delicious tartare sauce and discard the bay leaves.
- Put your butter into a medium saucepan on a low heat until it melts. Don't let it burn. Stir in the flour slowly and keep it moving to stop it from burning. Add the milk you set aside moments ago and simmer. While it simmers, keep stirring occasionally.
- After 20 minutes, mix in the parsley, chives, tarragon, dill and capers. Once the sauce is mixed, pour over the fish in the baking dish and mix through. Cover with the creamy mash and some cheese (if you like) and bake in the oven for 20 minutes.
- Serve with seasonal vegetables or classic carrots and peas.



PLEASE SHARE YOUR IDEAS AND PHOTOS ON @FUNDLIFEBOAT



VEGGIE FISH AND CHIPS (VIA DELISHABLY)



THE RNLI
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'I spend the majority of my time around the coast, so I'm passionate about the RNLI and what we do. This is what I'll make for my Fish Supper. It's veggie and I actually prefer it to the real thing.'

Katie Smith, RNLI Heritage Engagement Manager, London

SERVES 4



CHALLENGING



VEGETARIAN

Ingredients

1–2 packets halloumi cheese
125g plain flour
1 tsp baking powder
¼ tsp white pepper
¼ tsp salt
125ml warm milk and water – about half and half
Vegetable oil – enough to cover the halloumi as it fries and a few drops for the batter
400g potatoes

For an extra crispy batter mixture, add an extra spoonful of baking powder to the dry ingredients.



How to make

- Preheat your oven to 180°C. Sift the dry ingredients into a bowl. Make a well in the middle of the flour, then add the oil and a small amount of the warm half milk, half water mixture. Stir slowly, bringing down more and more of the flour mixture until it is all combined. Beat well until it is very smooth – you can do this by hand or use an electric beater.
- Wash the potatoes but do not peel. Cut them into wedges or chunky chip shapes and spread them out onto a lightly greased baking sheet. Sprinkle them with salt and pepper to taste. Place the baking sheet onto the middle shelf of the oven. They will take approximately 40 minutes to cook, depending on how chunky you have made your wedges. Once the wedges are cooked and golden, turn the oven down as low as it will go and leave the wedges to keep hot. They won't burn but will stay hot and crispy until you are ready to serve them.
- Cut the halloumi into either thick finger shapes, wedges cut to resemble fish fillets or simple chunks. Pat the cheese shapes dry with kitchen towels or a clean tea towel and then dip them into the batter mixture making sure that they are completely coated.
- This dish is best cooked in a deep fat fryer. But if you don't have one of those, you can use a large heavy-based saucepan instead, or even a shallow frying pan. Heat the oil to 150°C. Be very careful not to overfill it because the hot oil can bubble over easily.
- Drop the battered cheese pieces into the hot oil one at a time. It's better to cook the cheese in batches than risk it burning or sticking to the pan. Once cooked, drain well on absorbent kitchen paper. You can always put the cooked pieces onto a tray and keep them hot in the oven with the wedges or chips.
- Serve with mushy peas or a nice tossed green salad, and garnish with fresh parsley, lemon wedges and a little tartare sauce. Delicious.

PLEASE SHARE YOUR
IDEAS AND PHOTOS ON
@FUNDLIFEBOAT 



What do you call a fish with no eyes?



ENTERTAINING YOUR GUESTS

PLAY SOME GAMES

Once supper is over, the fun doesn't have to stop. Games are a great way to get your guests involved in the fun and the fundraising. Happy guests are usually generous guests and we've got a fish-themed quiz that will keep them entertained after dinner.



COOK UP YOUR OWN CREW NAME

Do this activity together to fill in your place cards – just add your birth month to your first initial.

Your birth month

- | | |
|----------------------|------------------------|
| January..... Rocky | July..... Slippery |
| February..... Stormy | August..... Misty |
| March..... Foggy | September..... Salty |
| April..... Windy | October..... Choppy |
| May..... Thundery | November..... Frosty |
| June..... Squally | December..... Blustery |

Your first initial

- | | | |
|-------------------|--------------------|------------------|
| A..... Anchovy | K..... Kipper | U..... Urchin |
| B..... Barracuda | L..... Lobster | V..... Vimba |
| C..... Cuttlefish | M..... Mullet | W..... Winkle |
| D..... Dogfish | N..... Nemo | X..... X-Ray |
| E..... Eel | O..... Oyster | (OK we made |
| F..... Flounder | P..... Pollock | that one up) |
| G..... Guppy | Q..... Quahog | Y..... Yellowfin |
| H..... Halibut | R..... Razor Clam | Tuna |
| I..... Icefish | S..... Swordfish | Z..... Zebrafish |
| J..... Jellyfish | T..... Tiger Prawn | |

'Say Chips!'





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TURN YOUR NAPKIN INTO A LIFEBOAT

Can't get hold of orange napkins? Use orange paper instead to make lifeboat table decorations.

If using a napkin, start here. Make sure your fold is at the top.

If you're using a piece of paper, lay it out flat.

Fold in half so the fold is at the top.

Fold corners down to the centre.

Fold lower strip up.

Turn the boat over.

Fold the lower strip up.

Fold both corners over the triangle's edges.

Bring the bottom two corners together.

Press flat to make a square.

Fold the bottom corner up.

Turn over.

Fold bottom corner up to meet the top.

Bring the bottom two corners together to form a square.

Turn 90 degrees and pull the top corner apart.

Ta-da! All shipshape and ready to go.

Share pictures of your napkin creations on:

@FundLifeboat





FISH SUPPER QUIZ

Name:

ROUND ONE: TRIVIAL TASTERS

1. What is the largest fish in the ocean? 1.
2. What is a baby fish called? 2.
3. What is the study of fish called? 3.
4. What is the most venomous fish in the world? 4.
5. Where do goldfish originate from: New Zealand, the Netherlands or China? 5.
6. What is the collective name for a group of trout? 6.
7. How many legs does a crab have? 7.
8. Where would one find a fish's caudal fin? 8.
9. What is the fastest fish in the world? 9.
10. To which family of fish do sardines belong? 10.

ROUND TWO: FOOD

1. What are the three most popular fish to eat in the UK? 1.
2. What fish does caviar come from? 2.
3. When was the first fish and chip shop opened in the UK: 1823, 1860 or 1904? 3.
4. True or false, fresh fish is always healthier than frozen fish? 4.
5. Most of the health benefits of eating fish are thought to come from which group of fatty acids? 5.
6. Certain seafood products have been shown to contain high levels of what heavy metal? 6.
7. Traditionally considered the finest dish in Japanese cuisine, what dish consists of raw seafood, sliced thinly and served with a dipping sauce? 7.
8. Name the dish originating from Spain that is a mixture of seafood, rice and seasonings? 8.
9. How long should you cook fresh fish (per inch of thickness)? 9.
10. Which species of fish is smoked to make the breakfast favourite, kippers? 10.





FISH SUPPER QUIZ

ROUND THREE: FILMS

1. Who was the lead actress in the film *A Fish Called Wanda*?
2. In what year was the original *Jaws* film released (point if answer within 2 years)?
3. What type of South American freshwater fish was the title of a 1978 film in which the fish bit and ate humans?
4. Featuring fly fishing, which Hollywood actor played the lead role in the film *A River Runs Through It*?
5. Who voiced the character Dory in the animated film *Finding Nemo*?
6. What was the name of the film starring George Clooney and Mark Wahlberg about a fishing vessel that was lost at sea?
7. Who was the lead actor in the film *The Life Aquatic*?
8. The film *Titanic* won how many Oscars at the 1998 Academy Awards?
9. Ewan McGregor starred in the film *Big Fish*, but who directed the film?
10. What was the name of the lobster in the film *The Little Mermaid*?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

ROUND FOUR: ANAGRAMS

Decipher the anagrams below to reveal the species of fish.

- | | | |
|--------------|------------|-------------|
| 1. CLEMERAK | 5. KAEH | 9. DOCKDAH |
| 2. SHAINSELF | 6. VYNHOCA | 10. HERGRIN |
| 3. DARNIES | 7. TUROT | |
| 4. GERTSONU | 8. BAILHUT | |

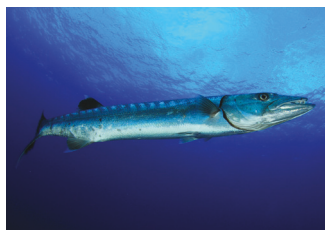




FISH SUPPER QUIZ

ROUND FIVE: PICTURE ROUND

Name the types of fish pictured below.



1.



2.



3.



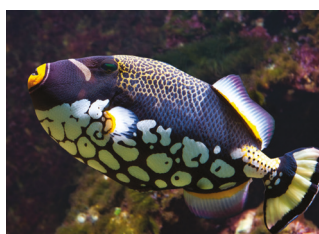
4.



5.



6.



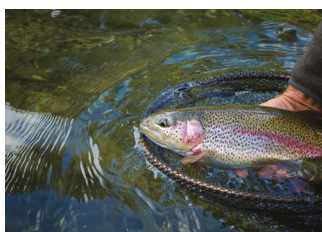
7.



8.



9.



10.

FINAL SCORE

50

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FISH SUPPER QUIZ

ANSWERS

ROUND ONE TRIVIAL TASTERS

- 1) Whale shark
- 2) Fry (or larvae)
- 3) Ichthyology
- 4) Reef stonefish
- 5) China
- 6) Hover
- 7) 10
- 8) Tail
- 9) Sailfish
- 10) The herring family

ROUND TWO FOOD

- 1) Tuna, salmon and cod
- 2) Sturgeon
- 3) 1860
- 4) False
- 5) Omega-3
- 6) Mercury
- 7) Sashimi
- 8) Paella
- 9) 10 minutes
- 10) Herring

ROUND THREE FILMS

- 1) Jamie Lee Curtis
- 2) 1975
- 3) *Piranha*
- 4) Brad Pitt
- 5) Ellen DeGeneres
- 6) *The Perfect Storm*
- 7) Bill Murray
- 8) 11
- 9) Tim Burton
- 10) Sebastian

ROUND FOUR ANAGRAMS

- 1) Mackerel
- 2) Angelfish
- 3) Sardine
- 4) Sturgeon
- 5) Hake
- 6) Anchovy
- 7) Trout
- 8) Halibut
- 9) Haddock
- 10) Herring

ROUND FIVE PICTURE ROUND

- 1) Barracuda
- 2) Clownfish
- 3) Yellow tang
- 4) Lionfish
- 5) Moray eel
- 6) Parrotfish
- 7) Triggerfish
- 8) Pufferfish
- 9) Hammerhead shark
- 10) Rainbow trout

Knock Knock
Who's there?
Fish!
Fish who?
Bless you



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THANK YOU



Photo: RNLI/Nigel Millard

YOU'RE ALL LIFESAVERS

Together we raised

£



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