



MAIN COURSE RECIPE 11: GURNARD FILLET, PEA PUREE, WHITE WINE SAUCE

SERVES 4

METHOD:

INGREDIENTS:

- Gurnard fillets

Pea puree

- 30g butter
- 1 x shallot, finely diced
- 250g cooked peas
- 1 tbsp goat's cheese
- 8 x mint leaves, finely chopped
- 2tsp chicken stock
- Cayenne pepper

White wine sauce

- 60g butter
- 1 x shallot, diced
- 4 x button mushrooms
- Half a leek white part diced
- 100ml white wine
- 200ml fish stock
- 4 sprigs tarragon
- 200ml double cream
- Lemon juice

1. For the pea puree, sweat the diced shallot; mix with all other pea puree ingredients in the blender and season, can be heated later.
2. Prepare a shallow pan of vegetable oil for the parsnip crisps.
3. For the white wine sauce, heat the butter; cook the shallots, mushroom, leek until soft, add the fish stock and tarragon reduce to 3 tbsp, pour through a sieve. Add the cream bring to the boil and season to taste.
4. Rub the gurnard fillet with grape seed oil and place in the oven to cook for 8 — 10 mins until cooked through, set aside to rest.
5. Thinly slice the parsnip with a mandolin and shallow fry until crisp serve with new season potatoes.

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