



MAIN COURSE RECIPE 12: POLLACK FILLET WITH PESTO CRUSHED POTATOES



INGREDIENTS:

- 4 x 250g Pollack fillets, pin boned
- New Potatoes
- Tomato oil (can be home made)
- For the pesto
- 1 bunch of basil
- 150g Pine nuts
- 50g grated parmesan
- 200ml Olive oil
- Seasoning
- 1 x parsnip
- Serve with local oyster mushrooms and seasonal greens

SERVES 4

METHOD:

1. Make the pesto by placing all the ingredients into a blender and blitz for a few seconds until well mixed together. Set aside in the fridge until needed.
2. Cut the new potatoes in half and bring to the boil, set aside with the lid on so they continue to steam and soften.
3. rub the Pollack fillet all over with olive oil, heat a thick based skillet pan, when the pan has heated sufficiently place the seasoned fish skin side down in the pan, add a small amount of butter to brown the edges and make the skin crispy, after a few minutes turn over and cook the flesh side for another 2 minutes. Finish cooking at 170oc in the oven for 5min or until cooked through this can be tested by touch and the opaque colouring. Remove and set aside in a warm place to rest.
4. Pan fry your oyster mushrooms in olive oil and finish with butter.

To serve, drizzle tomato oil around your plates, mix the pesto well with the new potatoes with a fork and place in the centre, place the fish skin side up on top of the potatoes and top with pan fried oyster mushrooms.

Samways • Gore Cross Business Park • Corbin Way • Bridport • Dorset • DT6 3UX

T: 01308 422201 • F: 01308 423903
E: catering@samwaysfish.co.uk • W: www.samwaysfish.co.uk