

KATSU POUTING

Serves 2



Ingredient

- 4 fillets of British pouting
- 2 tbsp plain flour, seasoned
- 2 eggs, beaten
- 100g panko breadcrumbs
- Vegetable oil for frying

To serve:

- 100g Katsu curry sauce
- 4-6 spring onions
- Handful of spring Greens
- 1 tbsp sesame oil
- Juice of ½ lime
- Pinch of soy sauce
- Fresh coriander to garnish

Method:

1. Dredge your pouting fillets in a bowl of seasoned flour to coat and then dip in beaten egg. Next place into a third shallow bowl of breadcrumbs. Coat evenly in breadcrumbs and repeat the process by dipping in egg and more breadcrumbs for a thicker crumb.
2. Shallow fry the breaded fillets in hot oil for 5-6 mins turning halfway through cooking. Serve with warm katsu curry sauce, wilted greens and some chargrilled spring onions.



POUTING STIR FRY

Serves 2



Ingredient

- 4 fillets of British pouting
- 2 tbsp soy sauce
- 1 tbsp sesame oil, extra for stir frying
- 1 tbsp root ginger, finely diced
- 1 red chilli, deseeded and sliced
- 1 lemon, juice
- 2 tbsp chopped fresh coriander
- 250g stir fry vegetables, thinly sliced – carrot, onion, sprouting broccoli, pak choi and spring onions work particularly well
- 150g rice noodles

Method:

1. If time allows marinade the fillets of pouting for 30 mins in advance of cooking. Gently toss the fillets in soy sauce, sesame oil, root ginger, chilli, lemon and coriander.
2. Preheat a frying pan or wok with a little oil and add your fish and a mixture of finely sliced vegetables. Cook on a high heat for 3-4 mins.
3. Finish the dish by adding in cooked rice noodles and serve with more chopped coriander.



WHITING WITH HERB BUTTER

Serves 2



Ingredient

- 4 fillets of Whiting
- 1 lemon, sliced
- 1 fennel, sliced
- Sea salt and cracked black pepper to season

For the flavoured butter:

- 150g salted butter, softened
- 1 tbsp capers
- Zest of 1 lemon
- Bunch of Basil and parsley, finely sliced

To serve:

- 400g Gnocchi, boiled
- 1 tbsp pesto

Method:

1. Line a baking tray and arrange some sliced lemon and fennel on the tray. Place your Whiting fillets on top and season with salt and pepper.
2. Make a flavoured butter by beating softened butter with capers, lemon zest, chopped basil and parsley. Roll the butter into a cylinder and wrap in baking parchment to store in the fridge.
3. Cut a knob of butter to place on top of the fish fillets and cook under a hot grill for 5-6 minutes.
4. Boil the gnocchi in salted water for 3-4 mins and drain. Then toss in a hot pan with pesto and serve. Place the herby fish fillet on top of gnocchi. Garnish with fresh basil leaves and season to taste.



WHITING GRATIN

Serves 2



Ingredients

- 4 fillets of Whiting
- 200g sprouting broccoli, steamed
- 50g butter
- 1 shallot, finely diced
- 1 tbsp plain flour
- 175ml whole milk
- 1 tsp Dijon mustard
- ½ tsp grated nutmeg
- 150g grated cheddar
- 75g grated Gruyere
- 1 egg yolk
- 2 tbsp breadcrumbs
- 1 tbsp finely chopped chives

Method:

1. Preheat your oven to 200°C. Make a basic roux base by melting butter in a small pan and softening shallots. Then add in a tablespoon of flour and stir until smooth.
2. Pour in milk to slacken and stir the bechamel until velvety.
3. Flavour your sauce with mustard and nutmeg and then melt in all the grated cheese. Finish the sauce with an egg yolk and season to taste.
4. Place your steamed broccoli in a shallow casserole dish and then lay your whiting fillets on top. Cover the white fish with Mornay sauce and top with a sprinkle of breadcrumbs and chopped chives.
5. Bake for 14-15 mins or until the cheese sauce is golden and bubbling. Serve with new potatoes.

