

JOHN DORY WITH CRISPY LEEKS & MUSTARD SAUCE

SERVES 2

INGREDIENTS

500g John Dory, filleted and pin-boned

Olive oil

Butter

1 shallot, diced

100ml fish stock

100ml double cream

1 tsp wholegrain mustard

1 leek, julienned into 3cm strips



- Preheat a hot grill. Place the John Dory fillets, skin side up, onto an oiled and seasoned baking tray. Season the fish and drizzle with olive oil, then grill for 6–7 minutes, until cooked through.
- Put a knob of butter into a sauté pan then sweat the shallot over a moderate heat for 1 minute. Pour in the fish stock and reduce by half then add the cream and mustard, and reduce by half again. Set aside in a warm place.
- Heat a splash of olive oil in a small frying pan until it is very hot but not smoking. Add the leek strips and fry for 1–2 minutes, until crisp and golden. Remove and place on a piece of kitchen paper to soak up any excess oil. Season with a little sea salt.
- Divide the sauce between 2 prewarmed plates, stack the John Dory fillets on top and finish with the crispy leeks. Serve immediately with new potatoes or chips.