

# JOHN DORY WITH CRISPY LEEKS & A MUSTARD SAUCE

SERVES 2

Though John Dory are more plentiful during the summer months, they start to appear on fishmongers' ice counters as early as March or April and their delicate, sweet taste is a perfect match for peppery spring leeks and buttered new potatoes. For this recipe, you need a fish that's as fresh as possible, so look out for ones with shiny, bulging eyes and skin that has a clean, wet sheen. It should have a faint, pleasant aroma of the sea rather than a strong fishy smell, which indicates it's been out of the water a little too long

## INGREDIENTS

2 500g John Dory fillets, scaled and pinned	100ml fish stock (see page 4)
Olive oil	100ml double cream
Butter	1 tsp wholegrain mustard
1 shallot, diced	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.
- 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 two prewarmed plates, stack the John Dory fillets on top and finish with the crispy leeks. Serve immediately with new potatoes or chips.

