

ROAST POLLOCK IN A SHELLFISH STEW

SERVES 2

A wonderful winter warmer, this recipe is packed with some seriously stunning flavours. The mussels, king prawns, langoustines and clams in the stew provide a wonderfully robust base for the more delicate-tasting pollock fillets, and the result is a dish that showcases the very best the Dorset coast has to offer at this time of year. Here at The Hive, we're big believers in 'shell on', and the stew will taste better if the cases are left in. But if you're not keen on getting your fingers messy, then feel free to use pre-peeled shellfish.

INGREDIENTS

8 mussels	Pinch saffron
Butter	1 lemon, juiced
2 shallots, sliced	8 clams
1 garlic clove, peeled and sliced	4 langoustines
1 small glass white wine	2 king prawns
400g good-quality tinned plum tomatoes	2 200g pollock fillets
Handful parsley, chopped	Olive oil
Handful basil, chopped	

- Preheat your oven to 180°C/350°F. Prepare your mussels according to the instructions on page 4. Wash them in cold water and discard any that do not close when tapped.
- Warm a frying pan and put in a knob of butter. Cook the shallots and garlic until soft, then add the white wine, tomatoes, parsley, basil, saffron and lemon juice, and bring to the boil. Simmer gently for 10–15 minutes.
- Put all the shellfish into the pan, then cover and cook gently for around 10 minutes, until all the clams and mussels have opened, and the langoustines and prawns are cooked through. Discard any clams or mussels that remain closed, and set the stew aside in a warm place.
- Place the pollock fillets onto a roasting tray, then drizzle with olive oil and season. Roast for 10–15 minutes, until the flesh has changed colour and cooked through. Check the meat next to the bones with a small knife.
- Divide the shellfish stew between two large bowls and place a roasted pollock fillet on top of each. Serve immediately.

