

BAKED DABS WITH LEMON & GARLIC BUTTER

SERVES 2

INGREDIENTS

4 whole 300-400g dabs, gutted

Olive oil

2 garlic cloves, crushed

Butter

1 lemon, juiced



- Preheat your oven to 180°C/350°F. Place the dabs onto a roasting tray, score the flesh, then drizzle on the olive oil and sprinkle generously with sea salt.
- Place the garlic, butter and lemon juice in a food processor, and blitz together to create a garlic butter.
- Bake the dabs for 10–15 minutes, until cooked through. Remove from the oven, spread garlic butter on top and bake for around 2 minutes, until the butter has melted.
- Serve immediately with a light salad and a few new potatoes. And don't forget the bottle of Palmers Bridport ale.