

RECIPE CARD

PLAICE, SUMMER VEGETABLES AND CHICKEN SAUCE

SERVES 4

INGREDIENTS

- 2 leeks, very finely sliced
- 1 shallot, diced
- Slug dry white wine
- 200ml fresh chicken stock
- 60ml double cream
- 250g unsalted butter
- 4 baby courgettes
- 200g fresh peas or broad beans, shelled
- 4 plaice fillets
- 2 tbsp capers
- 1 lemon
- Oil for frying and little extra butter
- Sea salt black pepper

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METHOD

1. Gently fry the leeks and shallot in a little oil on low heat for 10–15 minutes until soft.
2. Add the wine and chicken stock & increase heat, simmer until reduced by half, then stir in the cream and cook for 2 more minutes.
3. Strain to discard leeks & shallots, return the sauce to the pan, and whisk in the butter on a low heat a little at a time until smooth and glossy. Season with salt & pepper to taste.
4. Thinly slice the baby courgettes and cook in a hot pan with a little oil and salt until lightly browned on both sides. Remove and keep warm.
5. Sauté the peas or broad beans in a little butter for 1–2 minutes until just cooked. Fry the capers in hot oil until crisp and golden, then drain on kitchen paper.
6. Heat a non-stick frying pan on high heat with a splash of oil and cook the fish skin-side down for 1–2 minutes until crisp. Turn and cook for a further minute, then transfer to serving plates.
7. Top the fish with the courgettes, peas or broad beans, and crispy capers. Spoon over the sauce and finish with a squeeze of fresh lemon juice.
8. Serve with boiled new potatoes, a simple salad, or crusty bread.