

Russell Brown, Sienna Dorchester
Together with Mat Follas, The Wild Garlic, Beaminster, Dorset

DORSET SEAFOOD FESTIVAL 2011

BREADED PLAICE WITH FLAVOURS OF TARTARE SAUCE AND PEA PUREE

This looks like a complicated recipe but all the elements can be prepared in advance and the assembly is quite simple as hopefully the demo has shown!

SERVES 4

PLAICE

4 x 75g pieces of plaice fillet, even-sized
1 egg beaten and strained
Seasoned flour and breadcrumbs for coating

PICKLED SHALLOTS

1 large banana shallot
25ml olive oil
25ml cider vinegar

OLIVE OIL EMULSION

100ml white wine
200g homemade vegetable stock
5g lecithin
50ml olive oil

SALAD

1tbs capers, rinsed
1 small bunch flat parsley
1 handful frisee lettuce

PEA PUREE

100g frozen petit pois
15g butter

Start by seasoning the plaice fillets and then pass through the flour, beaten egg and bread crumbs to coat evenly. Set aside in the fridge.

Next make the olive oil emulsion. Mix the lecithin with 50ml cold water and set aside. In a small pan reduce the wine by $\frac{3}{4}$ and add the veg stock. Reduce by $\frac{1}{2}$. Add then lecithin and blend with a hand blender, then gradually add 50ml of olive oil and season to taste with sea salt.

Prepare the pickled shallot rings by peeling the shallots, slicing into $\frac{1}{2}$ cm rounds and then sautéing in olive oil until just wilted. You want to retain some crunch. Add the cider vinegar, cook until dry and season with sea salt.

Pick the best, small leaves from the parsley, wash the frisee or rocket and toss together with the parsley and capers

Cook the peas in boiling water seasoned with both sugar and salt, drain and while still hot puree with the butter, adding a little water as necessary to get a smooth loose puree. Pass through a fine sieve and keep warm.

ASSEMBLY

Shallow fry the plaice fillets in olive oil until golden brown on both sides. Check with a cocktail stick; it should push through without being able to feel the fibres tearing. Drain on paper towel.

Toss the shallot rings with the salad and check for seasoning. Mound onto the plates and smear a spoonful of pea puree either side. Froth the olive oil emulsion with a hand blender, rewarming slightly if necessary. Spoon the emulsion over the salad and around the plate. Sit a plaice fillet on top of each salad.

For reservations and enquiries please telephone 01305 250022

Sienna Restaurant

36 High West St

Dorchester

DT1 1UP

www.siennarestaurant.co.uk

www.chefrussellbrown.co.uk

For reservations and enquiries please telephone 01308 861 446

The Wild Garlic

4 The Square

Beaminster

Dorset

DT8 3AS

www.thewildgarlic.co.uk