



Jenny Bristow is a successful Northern Irish TV chef and cookery writer, locally recognised as one of Ireland's good food ambassadors.

Plaice is a species of flat fish with a subtle yet unique flavour. It is distinguishable by its bright orange spots, which also denote its freshness – the more vibrant they are in colour, the fresher the fish. Although available to buy year round, plaice is at its best and most succulent from summer to mid-winter.

It makes an ideal alternative to other white fish as it's inexpensive, in plentiful supply, and works equally well cooked whole or as fillets.

**INGREDIENTS**

- 4 x 150g fillets of skinned plaice
- 1 dsp pesto
- 50g Parmesan shavings
- 100g each of finely sliced spinach, scallions/spring onions, samphire and pak choi
- 1 dsp soy sauce
- 200g black bacon
- 50g butter
- 2 dsp olive oil.
- Freshly ground black pepper

*Soft Parmesan polenta*

- 375ml vegetable stock
- 200g polenta
- 25g butter
- 50g grated Parmesan cheese + 25g Parmesan shavings
- 1 clove of crushed garlic
- 1 sprig of lemon thyme
- 125ml cream

**TO SERVE**

- Parmesan shavings
- Seasonal fresh herbs

# Oven Roasted Fillet of Plaice

## with Irish Black Bacon and Soft Parmesan Polenta

This dish is all about contrast. The freshness and simplicity of a roasted plaice, balanced by the bite of the black bacon & scallions, with the sweetness of early summer vegetables.

### METHOD

Skin the plaice fillets and dry well. In a shallow pan cook two rashers of diced bacon with half of the finely sliced scallions/spring onions, samphire and spinach. Spread a little pesto on the fish fillets and roll up each fillet with a rasher of bacon and season.

Place in a dish, lightly dust with parmesan shavings and roast in a hot oven at 200°C (gas No. 6) for approx. 15 minutes.

To make the polenta, heat the stock with the garlic and sprig of lemon thyme for 10 minutes. Strain, then add polenta over a low heat and beat gently until it thickens (approx. 8 – 10 mins). Add the cream and parmesan and set aside.

With the remainder of the scallions/spring onions, spinach, samphire and pak choi, make a light stew of summer green vegetables in olive oil and soy sauce.

### TO SERVE

Arrange small spoonfuls of the soft parmesan polenta on a warm serving dish. Top with the roasted fish fillets, spoon the summer stew of vegetables over and around, finally garnish with fresh herbs.

### Sustainability Checklist

- ✓ Many stocks of plaice are now under long term management plans which set out safe conditions for each stock
- ✓ The development of highly selective fishing gears is well under way and in use aboard most fishing vessels
- ✓ Stocks of plaice are at or approaching maximum sustainable yield, the gold standard in terms of sustainable fishing
- ✓ Plaice stocks are closely monitored by scientists. Fishermen regularly work with the research institutes to ensure the stock assessments are accurate and based on complete data
- ✓ Fishing has a significantly lower ecological footprint than other forms of food production

