

# Pan Roast Coley

## with Borlotti Beans

A coldwater fish similar to cod, coley is distinguished by its long streamlined body, with a slight blue tinge to its skin. Commonly only available as fillets, coley is seen as a good-value option which brings a fine flavour to the pallet when eaten as freshly as possible.

### METHOD

In a pan heat a little oil and add the onion, carrot and fennel. Lightly sauté without colour and add the garlic and borlotti beans. Cover the beans with stock or the liquor from the hock, bring to the boil and then reduce to a simmer. Cook gently to reduce the stock by a third then add the ham hock to warm through. Finish the beans with the butter by dropping in a little at a time and swirl the pan to incorporate it, add the parsley and season as required.

If you choose to cook your own ham hock, place it in a pan of cold water with onion, carrot, bay leaf and peppercorns. Bring to the boil (skim if necessary) reduce to a simmer and cook for around 3 hours or until the meat will easily pull away from the bone.

Heat a little oil in a pan, season the coley with salt and pepper. Carefully lay the fish into the pan, flesh side down and cook over a moderate heat for 2 minutes. Turn the fish over and cook for a further 2 minutes before placing into a pre heated oven (gas 8, 220°C) for 6 minutes.

Whilst the fish is cooking make a batter, place the flour, cornflour and pinch of salt in a bowl and slowly whisk in the sparkling water until it resembles the consistency of single cream.

In a deep pan pour in the oil, fill to about one third of the pan. Gently heat the oil, to test when the oil is hot enough to fry drop a little batter into the oil and it should come straight back to the surface bubbling (never leave a pan of oil unattended). Dip the langoustine tails into the batter and carefully lay them into the oil, followed by the spring onions. Deep fry for 2 minutes or until the batter is crisp and golden turning if necessary, remove them from the oil and place onto kitchen paper to drain.

### TO SERVE

Spoon the beans onto warm plates, place the coley onto the beans and top with the langoustines and spring onion, finish with wedges of lemon and pea shoots.

### Sustainability Checklist

- ✓ Coley stocks are healthy and fluctuating around Maximum Sustainable Yield, the gold standard for sustainable fishing
- ✓ Coley stocks are now under long term management plans which set out safe conditions
- ✓ The development of highly selective fishing gear is well underway and in use aboard most fishing vessels
- ✓ Many fisheries are now under some form of certification scheme, the best known of which is the Marine Stewardship Council
- ✓ Fishing has a significantly lower ecological footprint than other forms of food production

## The Magnificent SEVEN OF SUSTAINABLE SEAFOOD

### COLEY

PAUL GILDROY



Paul Gildroy is the Head Chef of the world famous Magpie Café in Whitby, North Yorkshire and also acts as the main seafood and shellfish buyer for the business.

### INGREDIENTS

#### Main dish:

- 4 x 200g coley fillets (skin on)
- 400g cooked borlotti beans
- 1 cooked ham hock (stripped)
- Vegetable stock or the liquor from the hock
- 2 medium carrots (finely diced)
- 1 medium onion (finely diced)
- 1 fennel (finely diced)
- 1 clove garlic (crushed)
- 50g unsalted butter cut into cubes
- Chopped parsley
- Salt and pepper

#### For the garnish:

- 8 langoustine tails (shelled and deveined)
- 4 spring onions
- 100g self-raising flour
- 1 teaspoon cornflour
- Pinch of salt
- Chilled sparkling water
- Oil for deep frying (rapeseed or sunflower)
- Lemon and pea shoots for serving

