

Megrim sole, crushed pink fir apple potatoes, green olive and seaweed tartar

Megrim is a species of flat fish found in Europe. Also known as whiff, it is consumed and appreciated more in Spain than in the UK. It is preferred to some other flat fish, due to its softer flesh and thin skin, which can be readily crisped, offering a more unique experience than most other flat fish dishes.

METHOD

1. Preparing and brining the fish

Begin by preparing the sole, fillet, skin and trim each fish or ask your fishmonger to do this for you.

Prepare the ingredients for the Brine ensuring that all of the salt has dissolved into the water before adding the ice. Place the trimmed fish fillets into the solution for 12 minutes.

After 12 minutes remove from the brine and wash in fresh cold water patting dry with a clean towel. When all the fillets are dry place two similar sized fillet on top of each other and wrap in cling film. Continue this process with all of the remaining fillets of fish. Refrigerate until required.

2. Cooking the potatoes

Wash any dirt from the potatoes and place all of the ingredients into a suitable sized pan with a lid. Bring to the boil then turn down to a low simmer for approx. 20 minutes depending upon the size of your potatoes. They are cooked when tender and there is little or no resistance from a knife. When cooked remove from the heat and allow to cool. Once cool strain off the water and peel the skins off the potatoes with a small knife.

3. Miso nage

Place the Rapeseed oil, shallot, garlic, leek, ginger, lemongrass and salt into a small pan and sweat on a medium heat until soft around 4 minutes. Add the water, tarragon and rosemary, bring back to the boil. Once boiling cook for one minute then remove from the heat place a tight fitting lid on top or cover the pan with cling film and allow to steep for 15 minutes. After 15 minutes of steeping pass the stock through a sieve into another small and add the remaining ingredients. Bring back to the boil to cook out the arrow root and thicken the nage. When thickened remove from the heat and allow to cool, reserving in the fridge until required.

4. Seaweed and green olive tartar

Place all of the prepared ingredients together and combine, check the seasoning adding a little more seaweed powder or oil to your taste. Reserve in the fridge until required.

The Magnificent SEVEN OF SUSTAINABLE SEAFOOD

MEGRIM SOLE

DAVE WATTS



Dave Watts has a rich culinary background having worked in some of the UK's best restaurants, including spending eight years training with Raymond Blanc at Le Manoir aux Quat' Saisons. Now at the Kings Head, a fabulous property bursting with character and charm, he has been keen to get stuck in and lead the team in creating tasty, uncomplicated food

INGREDIENTS

Megrim sole

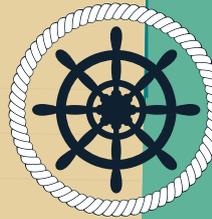
- 4 fish (1 per portion)
- Brine for the fish
- 500gm water
- 50gm table salt
- 150gm ice

Pink fir apple potato

- 600gm pink fir or other new season mid potato
- 3 x sprig thyme
- 5gm lemon zest (3 x peeled strip)
- 10gm lemongrass (crushed with the side of a knife)
- 6gm garlic (crushed)
- 9 table salt
- 1.5 litres water

Miso nage

- 30gm banana shallot (peeled and finely sliced)
- 4gm Garlic (peeled and crushed)
- 30gm leek (green top, finely sliced)
- 16gms ginger fresh (peeled and sliced)
- 8gm lemongrass (crushed with the side of a knife)
- 30ml rapeseed oil
- 4gm table salt
- 8gm/4 sprigs tarragon
- 4gm/2 sprig rosemary
- 400ml water
- 30ml mirin
- 20ml sake



Megrim sole, crushed pink fir apple potatoes, green olive and seaweed tartar

5. Leek fondue

Place a medium sized pan onto a medium high heat, add the oil, finely sliced leek and the salt. Continue to cook quickly stirring the leeks all the time until they are soft and tender but still bright green. Spread these out onto a tray and allow to cool slightly then cover and place into the fridge to chill completely.

6. To finish

Place the potatoes into a suitable sized pan and crush slightly with the back of a fork, add 40ml of rapeseed oil, place onto the stove to reheat on a gentle heat stirring occasionally. Place a large non-stick frying pan onto the stove and allow to preheat, place a little oil into the pan to just cover the base, unwrap the fillets of fish and start to place them into the pan. Cook the fish in two batches as you will loose to much heat from the pan and will not be able to colour the fish enough. Cook on one side only until golden brown then remove from the pan and place onto an oven proof tray coloured side up. Repeat with the remaining fillets of fish.

Place the nage into a small pan and allow to reheat gently. To finish the potatoes add the leek fondue a grind of fresh black pepper, 50ml of the nage a few pinches of seaweed power powder and the finely chopped chives.

7. To plate

Pre heat the oven to 180c or pre heat the grill. Place the seaweed tartar onto your plates, put the tray of fish under the grill or in the oven to reheat and finish cooking, spoon your finished potato onto your plates. Squeeze a little lemon juice over the fish and place on top of the potato and seaweed tartar, dress the sea vegetables in the juices from the fish tray and arrange around the fish. Whisk the nage with a milk frother to create aeration and dot around the plates to finish, finally spooning a little of the fish juices from the tray over each fillet of fish and serve.

Sustainability Checklist

- ✓ Many stocks of Megrim 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 Megrim are at or approaching maximum sustainable yield, the gold standard in terms of sustainable fishing
- ✓ Megrim stocks are closely monitored by scientists. Fisherman 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

The Magnificent SEVEN OF SUSTAINABLE SEAFOOD

MEGRIM SOLE

DAVE WATTS

INGREDIENTS

- 8ml grain vinegar (Mizcan)
- 10ml Japanese light soy sauce
- 30gm light miso paste
- 10gm arrowroot

Seaweed and green olive tartar

- 10gm banana shallot (finely diced)
- 3gm leek (bright green young middle, finely diced)
- 25gm green olives pitted (finely chopped) I use Petit luc
- 1gm lemon zest (micro planned)
- 10ml mirin
- 5ml grain vinegar (Mizcan)
- 10gm Dulce seaweed (blanched for 1 minute and refreshed in ice/cold running water then finely chopped)
- 3 pinches seaweed powder (powdered Nori seaweed sheets)
- 10ml rapeseed oil

Leek fondue

- 100gm leek (bright green young middle finely sliced)
- 30ml rapeseed oil
- Small pinch table salt

Finishing garnishes

- 30gm sea purslane
- 30gm rock samphire
- 30gm marsh samphire
- 20gm sea aster
- 10gm chives finely chopped
- 40ml rapeseed oil plus extra for cooking the fish
- ¼ of a lemon for the fresh juice to finish the fish cooking

