



Roasted John Dory with Norfolk mussels, celeriac, apples and chives

Serves 4

Ingredients

2 800g John Dory, filleted
100g of butter
2 shallots, sliced
2 garlic cloves, sliced
2 celery sticks, sliced
250ml of dry cider
100ml of double cream

1 small celeriac
40 mussels, cleaned and de-bearded
1 tbsp of olive oil
500g of spinach, stalks removed and washed
25g of butter
2 Granny Smith apples, cut into 5mm dice
10 chives, finely sliced
salt

Method

Cut the John Dory fillets straight down the centre so you have 8 pieces, then score the centre of each piece. Chop the bones, remove the gills from the head and wash the bones and head under running water for 20 minutes. Drain and set aside.

Put the butter into a pan and melt gently. Sweat down the shallots, garlic and celery until soft but not coloured. Add the bones and sweat for a couple of minutes.

Add 200ml of the cider and enough water just to cover the bones. Bring to the boil and cook very slowly for 15 minutes.

Strain through a sieve lined with a muslin cloth into a pan. Reduce the stock over a medium high heat to 250ml. Add the double cream, re-boil and set to one side.

Cut the celeriac into 5mm dice and cook in boiling salted water. Refresh in iced water then drain and set to one side.

Heat a pan with a lid and add the cleaned mussels. Pour in the remaining cider and cover with the lid so that the mussels steam open very quickly.

When the shells have opened, tip them into a colander set in a bowl to retain the liquid

Remove the mussels from the shells and put to one side. Pass the liquid through a sieve lined with six layers of muslin cloth and set aside.

To cook the fish, get a large non-stick pan and add the olive oil. Place the fish into the hot oil skin side down and pan fry gently until half cooked.

Turn the fish over and remove the pan from the stove, the fish will cook through in the residual heat.

Wilt the spinach in a little butter and season with salt.

Bring the sauce up to the boil and add some of the mussel stock to taste. Add the celeriac, apple and mussels, bring back to the boil then add the chives.

Divide the spinach between four bowls, arranging it in mounds in the centre of each bowl.

Pour the sauce around and arrange the apple, celeriac and mussels around the bowls.

Place two fillets of John Dory per portion on the spinach and serve immediately.

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