

Recipes for Padstow Festival 2016

Whole Baked Plaice, Cider Onions, Tarragon and Anchovy Butter

Serves 2

1 plaice, at least 1kg, gutted
50ml olive oil
2 white onions, finely sliced
2 bay leaves
200ml cider
Salt and pepper

Butter

200g unsalted butter, softened
2 shallots, finely chopped
1 bunch of tarragon, picked and chopped, saving some good leaves for presentation
4 salted anchovy fillets, chopped
Salt and pepper
1 lemon, cut into wedges

Heat your oven to 220C. In a roasting tin add the oil, onions, bay leaves and cider. Place in the oven for 20 minutes. Meanwhile place the butter, shallots, salted anchovies and chopped tarragon into a bowl and mix well. Season with salt and pepper and reserve until ready to cook. Season the plaice all over and remove the onions from the oven. Place the fish on top of the onions and then put the tray into the oven and cook for 15 minutes. To check for 'doneness', make an incision into the thickest part of the fish and see if the flesh is pulling away from the bone. Slice the butter, lay it across the fish and then pop the whole lot back into the oven for 2 minutes. Serve it in the tray so that you can help yourselves. Serve simply with some of the cider onions and a wedge of lemon.

Sunday

Roasted Whole Mackerel, Rosemary and Orange Butter and Pickled Vegetables

Serves 4

4 whole mackerel about 400g in weight, scaled, gutted and all fins cut off
8 sprigs of rosemary, washed for cooking
2 tbsp chopped rosemary
1 chopped shallot
2 chopped garlic cloves
zest of 1 orange, chopped
250g unsalted soft butter
salt and pepper to taste
Olive oil for cooking

To make the butter put the chopped rosemary, shallot, garlic and orange zest into a bowl then add the softened butter and mix together until incorporated. Season with salt and freshly ground black pepper.

Roll out a 20cm length cling film onto a work surface and spoon the butter onto it. Bring both ends of the cling film together and form a sausage shape. Roll it up and tie the ends of the cling film tightly. Place into the fridge for 2 hours to chill.

Heat your oven to 220C. Take the mackerel and score the side of each fish with your knife at 2cm intervals along the fillet. Take 2 sprigs of rosemary per fish and stuff them into the belly. Oil the fish all over and season with salt and freshly ground black pepper. Place the fish onto a tray and cook in the oven for 8 minutes each side then remove from the oven and rest for a few minutes.

Remove the butter from the fridge, unwrap it and cut into 16 slices. Place 4 slices of butter onto each fish then return them to the oven for a further minute.

Place each fish onto a warmed plate, not forgetting to spoon over the lovely melted butter! Serve immediately with some pickled vegetables.

This recipe can also be cooked over a barbeque.

Pickled Vegetables

2 banana shallots, peeled and sliced finely
3 carrots, peeled and sliced finely
1 bulb of fennel, peeled and shaved on a Japanese mandolin
2 sticks of celery, peeled and sliced
100ml white wine vinegar
100g caster sugar
100ml white wine
100ml water
1 sprig of thyme
1 garlic clove, peeled and crushed
Salt and freshly ground black pepper

Place the vegetables and thyme into a bowl. Place all the liquids and the sugar into a pan and bring to a simmer over a medium heat. Simmer for 1 minute and pour over the vegetables. Transfer the whole lot to an airtight container and leave for 12 hours before draining and serving. Stored in the fridge these vegetables will be good for 1 month.