

Smoked East Coast Haddock
mixed summer greens, poached egg,
SandHutton herbs fish cream

Serves 4

Ingredients:

- 2 fillet of Whitby smoked haddock cut in half to make 4 portions
- 4 Yorkshire free range eggs
- 100gr blanched green beans
- 100gr blanched mange tous
- 100gr savoy cabbage
- 50gr blanched sugar snaps
- 1ltr fish stock
- 500ml cream
- 75gr mixed chopped Sandhutton herbs
- 250gr blanched new potatoes
- Salt/pepper for seasoning
- Vegetable oil for frying
- 20gr butter
- 30ml white wine vinegar (for poaching)

Method:

For the fish cream:

In a sauce pan bring the fish stock to the boil and reduce by half, add the cream and reduce by half again or until the sauce reaches a thick creamy consistency, season to taste and add the chopped herbs.

To serve:

Turn your oven on to 180°C

Boil some water and vinegar to poach the egg

Place the haddock portions onto a baking tray with a bit of oil to avoid sticking, then place in the oven for 10minutes.

While the fish is cooking...

Sauté the new potatoes in a frying pan with a bit a vegetable oil and half the butter until golden brown, position the new potatoes on the plate.

In a frying pan melt the last 10gr of butter with a bit of vegetable oil, fry the green vegetables and season to taste, place the green vegetables onto the centre of the plate.

Start poaching your eggs in the boiling water, the egg should be ready after ± 4minutes. When ready place the eggs on the plates

Place the cooked fish on top of the green vegetables and finish by pouring the sauce over the fish and the egg

Enjoy.....