



Fish tarragon, pan-fried shimeji, cucumber pickle, wild rocket
By Chef Kerry Kilpin

4 x 200g Cape Bream
Olive oil
1 red onion chopped
100g wild rocket
100g pan-fried shimeji mushrooms

Tarragon Velouté

100ml fish stock
500ml cream
1 onion chopped
2T chopped fresh tarragon
1t chopped garlic
Lemon
Salt

Sauté the onions and garlic on a medium heat until soft, deglaze with the fish stock and boil for 2 minutes. Add the cream and cook for a further 2 minutes. Add the chopped tarragon, blend and season with a squeeze of lemon juice and salt.

Cucumber Pickle

50ml white wine vinegar
300ml water
1/2t mustard seeds
2 bay leaves
1 star anise
75g sugar
Salt
½ cucumber peeled into ribbons using a peeler

Combine the vinegar, water, sugar and spices in a pot. On a medium heat allow the sugar to dissolve and then bring to the boil for 2 minutes. Cool. Once the liquid has cooled down and warm to the touch, add the cucumber ribbons and a pinch of salt. Allow to pickle overnight in the fridge.

To Assemble

Season the fish with salt and pepper and pan-fry on a medium heat until nicely golden and cooked. Roughly 2 minutes per side depending on the thickness of your fish.

Place the fish on a bed of wild rocket in the center of the plate. Combine the cucumber pickle, mushrooms and red onion to form a salsa. Place this on top of the fish and sauce around with the tarragon velouté.

Optional: serve with corn and truffle croquettes.