



Whole plaice, beurre noisette, capers, cucumber & pickled mushrooms

Plaice

- 1x 400g plaice, skinned & head off.
- 50g gluten free flour
- 50g butter diced
- 15ml rapeseed oil

Beurre noisette

- 150g unsalted butter
- Half a lemon
- Salt

Garnish

- ½ cucumber
- 2 spring onions
- 30g lilliput capers (drained)
- 20g pickled Wild mushrooms (drained)
- Place the unsalted butter in a saucepan and boil until the colour starts to darken.
- Once a dark brown colour is achieved, squeeze the half of lemon into the mix, this will make it froth and spit so make sure you use a high sided pan.
- Pass the butter through a j-cloth and season- set aside.
- Use a mini melon baller onto the cucumber keeping the incisions as close as possible to minimize waste if a melon baller is not used slices or dice are fine.
- Slice the spring onions finely on the angle.
- Heat a frying pan, once hot, add the oil. Dust the plaice in the flour, shake off any excess and place away from you into the pan, cook on this side for around 4 minutes. Then flip over the fish and continue to cook, after two minutes on this side add the butter and start to baste the fish with the foaming butter.

- Add the spring onions, capers, mushrooms, and cucumber to a pan and add the Beurre noisette and bring back to warm.
- Remove the fish from the pan and drain on a j-cloth and season with sea salt.
- Place the fish onto the plate & spoon over the garnish and as much butter as desired.

### Denbigh plum clafoutis

#### Batter

- 50 g Plain flour
- 50 g Caster sugar
- 150 ml Double cream
- 2 Eggs
- 40 g of Butter, melted and cooled
- 2 Denbigh plums destoned and into 1cm pieces (fruit can be changed for berries/ cherries)
- Preheat the oven to 180°C/gas mark 4. Prepare a 20cm cake tin by greasing with butter, or a shallow pudding dish or you can even use individual tart tins.
- Melt the butter in a pan until it just starts to colour but don't let it burn. Leave it to cool.
- Into a large bowl, add the eggs, sugar, cream and whisk together. You could add some vanilla at this point if you want. Add the flour a little at a time and whisk it in to avoid any lumps. Finish the batter by adding the melted butter, again stirring well to combine all the ingredients.
- Scatter the fruit evenly over the base of the prepared cake tin, pudding dish, or individual tart tins. Pour the batter evenly over the fruit.
- Put the clafoutis in the oven and bake for 20 minutes, until golden. For individual servings, bake for 8-12 minutes until golden. Serve warm.