

LOCAL PLAICE BRAISED IN NEW FOREST CIDER

Soft herbs, baby leeks, English asparagus, baby fennel and braising juices
(to serve four portions)

4 x 140g skin-off portions of plaice
1 bottle of New Forest cider
Chopped chives
Chopped chervil
Chopped tarragon
Chopped flat leaf parsley
8 baby leeks
8 baby fennel
8 English asparagus spears 400 g of raw spinach
Butter for the sauce

Method

Cook all the vegetables in boiling salted water until cooked.

In a hot non-stick frying pan seal the fish, once the fish has a nice colour turn it over and add the cider.

Cook for about four minutes (until the fish is three-quarters cooked), remove carefully from the pan, continue to cook the stock until it has reduced by half.

Once the sauce has reduced return the fish back to the pan and add the chopped herbs and coat the fish in the mixed herbs.

Reheat all the vegetables in a pan of boiling water, saute the spinach in butter, drain and season all the vegetables.

Serve and enjoy!

Created and expertly demonstrated by Nick Hewitt & Oliver Marlow at CookeryDemo.co.uk's Charity Chefs' Challenge on 12th July 2010.