

Turbot Coco Beans

By Clare Smyth

Serves: Four

Ingredients

Shellfish

200g Razor clams

200g large mussels debearded

200g clams

100g small diced mirepoix

150ml white wine

For the Turbot Broth

1 carrot

3 shallots

2 sticks of celery

1 clove of garlic

1 bay leaf

1 sprig of thyme

1/2 bottle of white wine

1ltr fish stock

Turbot

1x3kg wild turbot

1lt water

100g fine sea salt

100g dulce

100g sea lettuce

100g butter

500ml turbot stock

Coco beans and purée

300g fresh coco beans

350 ml chicken stock

250 ml water

1 bouquet garni (garlic, thyme, bay and black peppercorns)

100ml double cream

10ml Barolo vinegar

20ml olive oil

Lovage Oil

2 bunch lovage

250ml olive oil

Salt to taste

Sugar to taste

Sea Vegetables

50g rock samphire

50g marsh samphire

30g sea beet

30g sea purslane

Garnish

12 nasturtium leaves

12 borage shoots

12 bronze fennel shoots

12 Penny wort shoots

Method

1. First prepare the shellfish. Wash all the shellfish under running cold water for 20 minutes. Drain off the water. Place three small lidded pans on the stove and get them really hot. Divide the mirepoix between the shellfish. One at a time, add the shellfish to the pans with the mirepoix and 50ml of white wine in each quickly, replacing the lids. Cook on high heat until the shellfish open. Once open, strain off the liquids and chill, along with the shellfish, quickly. Set aside in the fridge until later.
2. Remove the shellfish from the shells and clean and trim them. The razor clams need to be cut on the diagonal, usually 5 slices per clam. Set aside in the fridge.
3. Next make the broth. Wash and finely slice the veg. Place all the ingredients into a pot and bring to the boil. Turn the heat down and simmer till reduced. To finish the broth, use the shellfish cooking juices, strain and cool as quickly as possible.
4. Now prepare the main component – the turbot. Wash the turbot and, using scissors remove the fins, tail and skirt. With a serrated knife, cut from the tail to the head along the spine and down either side of the head, remove the roe and any blood and wash again.
5. Portion the fillets with the serrated knife into 200g portions. Now mix the water and salt together and brine the turbot portions for 20 minutes. When complete, remove the fillets from the brine and pat dry with a towel.
6. To cook the turbot, seal off the fish in olive oil until golden on both flesh sides and then add butter. Baste and add the turbot stock until an emulsion is formed. Braise for 1 minute, turn the fish over and cook gently for another minute.
7. Remove the fish and place in a large square of fata paper or aluminium foil on top of the seaweed, with the liquid of the pan and tie tightly at the top. Place in the oven at 180°C for 5 minutes to finish cooking.
8. Remove from the foil or fata paper but reserve the liquid for the glaze, remove the skin from the turbot and fillet from the bone, then glaze with the sauce.
9. Next prepare the beans and puree. Place all the ingredients in a cocotte and bring to the simmer. Season and cook gently until the beans are tender. Once ready, take 100g of the beans and blend with the cream, oil and vinegar until you have a silky purée, cool the rest of the beans in the liquor and store in the fridge until later.
10. Next the lovage oil garnish. Wash and pick the lovage. Place all the ingredients into a Thermo Mix or blender and blend on full speed for 3 minutes at 70°C if using a thermomix. Or if using a conventional blender place in a pan and heat gently. Season and cool down over ice bath. Once cool, hang in muslin cloth for 12 hours in the fridge. Vacuum pac or place in a sealed jar and save for later.
11. Wash, trim and pick the sea leaves and blanch in boiling water. Chill in ice water and set aside until you're ready to serve.
12. To Finish the dish, lightly warm through the coco beans and shellfish and add the blanched sea veg. Season and finish with a little lemon juice and fresh zest.
13. Arrange the garnish in the centre of a bowl. Place the glazed fish on top and garnish with the fresh herbs and shoots. Bring the broth to the boil and finish with a good amount of lovage oil.
14. Serve and relax with a large glass of wine!