

# Butter steamed plaice,

warm tartare butter sauce, pickled cucumber salad with crunchy frickles.



## Ingredients

### Buttered plaice

- 4 Plaice fillets skinned
- 40g Jersey butter
- 60ml Dry white wine
- 100g Pickled cucumbers
- 400ml Warm tartare butter sauce
- 100g Tempura batter mix
- 80g Capers
- 100g Shallot banana

### Pickled Cucumber

- 110ml White wine vinegar
- 400ml water
- 2g Fennel seeds
- 1g Whole black peppercorn
- 1g Cumin seeds
- 2g White mustard seeds
- 40g Caster sugar
- 1pce Bb - Cucumber
- 5g Bb - Dill

### Warm tartare butter sauce

- 2 Eggs tray free range
- 40ml White wine vinegar
- 4ml English mustard
- 60g Jersey butter
- 20g Shallot banana
- 100ml Double cream.
- 100g Vegetable stock mix 800g
- Cornish sea salt
- 0.5g Whole black peppercorn
- 60ml Cold pressed rapeseed oil
- 12g Cocktail gherkins
- 2g Bb - Chive
- 1g Bb - Tarragon
- 2g Bb - Parsley flat
- 2g Bb - Dill



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### Methods

#### Buttered plaice

1. Butter sheets of greaseproof paper to fit inside a frying pan.
2. Place the plaice fillets on the paper butter side up and then put these into a hot frying pan- Allow the plaice to brown slightly before adding the white wine and cover with a lid to steam until cooked - 5-6 minutes.
3. Make the tempura mix and drop in the sliced shallots and capers then deep fry quickly until crunchy and cooked. -Keep warm
4. Drain the cucumber and warm the sauce.
5. Flood the plate with sauce then top with cooked plaice fillets, finish with pickled cucumber, crispy shallots and capers and fresh chervil

#### Pickled cucumber

1. In a saucepan add the vinegar, water, spices and sugar then bring to a boil and simmer for 10-15 minutes.
2. Remove from the heat and add the sliced cucumber and dill sprigs and allow to cool. - Leave overnight or for a few days for best results.

#### Warm tartare butter sauce

1. In a mixing bowl add 2 egg yolks, vinegar, mustard and whisk together.
2. Melt 20g of the butter and add the finely diced shallots then add the vegetable stock, double cream, salt & freshly cracked black pepper, bring to a simmer and cook until the shallots are softened.
3. Pour the shallot mix into the egg mix and whisk together then slowly add the oil and the remaining butter.
4. Add chopped gherkins & herbs to finish - Keep warm