



## Grilled whole plaice with brown shrimp and samphire butter

Plaice is a flat fish which is caught in many areas of the North East Atlantic. Plaice are commonly the cheaper and more abundant of the flat fish. They make an excellent menu item either whole or as fillets. Plaice have a defined season. They spawn from January to early April, so are best avoided during this time due to the effect this has on the yield and flesh quality. We always recommend serving seasonally to get the best quality fish to prepare and cook with.

This is such a simple dish using simple ingredients. Let us do the skilled preparation by removing the dark skin and head, whilst you use your cooking skills to serve a great tasting UK flat fish.

Preparation time **10 minutes** Cooking time **10 minutes**

### Ingredients (per person)

- Whole plaice 340-454g - 1 in number (order from us via code 01PLA34E00 PLAICE:WHOLE 340-454GM (EACH))
- Peeled brown shrimps - 10gm (order from us via code 04SHRB00E0Q SHRIMP: BROWN PEELED (100GM NETT PACK))
- Samphire - 10gm (order from us via code 01SAM00K00 SAMPHIRE (KG))
- Butter - 20gm
- Flour or gluten free flour for dusting plaice

### Instructions

1. Pass plaice through seasoned flour (or Gluten free flour) (ask us to remove the dark skin, skirt or head depending on your requirement)
2. Brush plaice with melted butter and place under a very hot grill. Allow to colour and place in the oven at 180°C
3. After 4 minutes, add brown shrimps and more butter. Allow butter to brown for a further 2 minutes
4. Add samphire and cook for a further 2 minutes.
5. Gently lift plaice onto a serving plate. Garnish with half a lemon and a twist of pepper and sea salt.

Contact your account manager for more information and to place an order

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