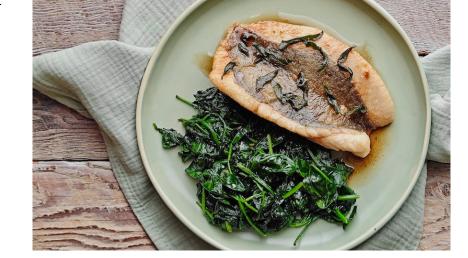


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Pan-fried John Dory with Sage

This pan-fried john dory recipe has a cross-cultural heritage. It's a pescatarian-friendly take on the Roman veal dish saltimbocca alla Romana inspired by classic French à la meunière. La meunière is the miller's wife, and à la meunière is anything cooked with a dusting of flour (which a miller's wife always has on hand); it's an especially popular way to cook flat fish. Whether it's veal or fish, the flour adds a crisp coating and a lovely golden colour.

Serves 2



INGREDIENTS

- 2 x 180g dory fillets, skin on (6½oz)
- Plain flour, for dusting
- Salt flakes and freshly ground black pepper, to taste
- · 8 sage leaves
- 30g butter (1oz)
- Spinach with Lemon, for serving

METHOD

- 1. Remove fish from the fridge about 30 minutes before cooking.
- 2. Trim off any thin edges or skin flaps and set aside to come to room temperature.
- 3. Combine flour, salt and pepper in a plastic bag.
- 4. Add the fish and shake to coat well.
- 5. Heat butter in a large frying pan over medium-high heat.
- 6. Let the butter cook until the foam subsides and it starts to turn brown then remove frish from bag, shake off excess flour and place into the pan, skin side-down; if fish starts to curl, hold down firmly with a fish slice or spatula.
- 7. Sprinkle with salt and cook for a minute, then turn, sprinkle with salt and cook for a further 30–60 seconds, until browned.
- 8. Remove from the pan to a warm plate.
- 9. Add sage and cook for 15 seconds or so, until crisp.
- 10. Arrange spinach on 2 warm serving plates and place the fish alongside.
- 11. Pour the sauce over and serve pan-fried john dory immediately.