

John Dory with Beer, Bacon and Lettuce

An unusual one from the eminent Mr. Stein - eminent when it comes to fish cookery. John Dory may be delicious but it can be tricky to source so some other flavoursome skin-on suitable substitute would be worth a try, such as Bream or Sea Bass.

Planning

serves:	4
prep time:	25 mins
cooking time:	30 mins

Ingredients

4 x 175g fillets of john dory
or gurnard, skin on
50g butter, melted
750g cos lettuce, shredded
2 tbsp sunflower oil
75g rindless smoked streaky
bacon
1 leek, finely chopped
1 garlic clove, finely chopped
300ml chicken stock
300ml hoppy pale ale
handful parsley, chopped
Salt & pepper

Method

Place the fish fillets on a plate and sprinkle generously with salt. Leave for about 15-20 minutes, then rinse off and pat dry with kitchen towel. Brush the fish with a little of the butter and season with pepper.

Heat a little butter in a frying pan and add the bacon and fry until golden and crisp. Add the remaining butter, the leek and garlic and fry gently for 5 minutes, until softened. Then add the beer and chicken stock to the pan and reduce the volume of liquid by $\frac{3}{4}$ over a high heat. Turn down as much as possible and cover to keep warm.

In a separate pan heat a little oil over a medium heat and cook the fish skin side down for about 6-7 minutes until the skin is crisp and the fish is opaque. Back to the original pan, stir the shredded lettuce into the sauce and allow it to wilt then stir in the chopped parsley and season if needed with salt and pepper. Divide the lettuce and bacon between 4 plates and top with a piece of fish and spoon the sauce around. Serve immediately.