



Fillet of Brill

NIBBLEDISH CONTRIBUTOR

Ingredients

4 Fresh fillets of Brill (from your Local Fishmonger allow about 200 gr of filet per person)
Large White Onion cut into 4 slices about 1 cm thick (Allow 1 slice per person)
Large Courgette cut into 1 cm slices (Allow 3 slices per person)
Large Aubergine cut into 1 cm slices (Allow 1 slice per person)
4 Medium potatoes peeled and sliced in Halve
Fresh Beetroot cut into 1 cm slices (Allow 1 slice per person) Optional
25 gr 1 oz Light brown sugar
Salt & Pepper
Freshly chopped Parsley/Chives to garnish
Butter to cook

Orange & Lime Jus
Juice from 4 Oranges
Juice from 1 Lime
50 ml water
Knob butter
6 Tbsp fresh cream

Mixed Salad for garnish

Instructions

Boil the potatoes in a small saucepan. Keep warm
Gently simmer the Onion/Courgette/Aubergine slices for about 2 mins in hot water

(Blanched) not fully cooked.

Place the Orange/Lime Juice and water into a small pot and simmer/reduce until slightly thickened (10 mins) then add the cream and stir in. Then add knob of butter and whisk in.

Cook the Brill fillets in a hot pan with butter for about 4 mins on each side (depending on thickness) and keep warm in the oven.

Put the Onion/Courgette/Aubergine slices onto the pan used to cook the Brill and add the Brown sugar, turn up the heat until the slices are nicely browned on each side and the slices are nicely coated.

On a heated plate add the following.

Mixed Salad for garnish as above.

Place the carmlised slices as follows, Onion on bottom, Aubergine next , Beetroot and then the Courgette on Top in a circle.

Place the Cooked Brill fillet on Top of this castle.

Pour the Hot Jus around this base and add the cooked potatoe

Garnish with either Chopped Parsley or Chives and a slice of Lime