



# Aromatic seafish, sea scented cream, lime and capers

NIBBLEDISH CONTRIBUTOR

## Ingredients

Your chosen fish ( Gurnard, turbot, skate, cod etc )

### **Aromatic stock**

1 chopped onion, carrot, leek, stalk of celery, clove of garlic

10 coriander seeds

1 bayleaf

1 sprig thyme

1 tsp white pepper

2 fl oz white wine vinegar

1 tbsp salt

2 pints water

### **Sea scented cream**

1 tsp dijon mustard

1 egg yolk

2 tbsp anchovy or tuna oil ( out of the tin or jar)

4 tbsp groundnut oil

---

---

lemon/lime juice

2 tbsp aromatic stock to loosen the mix

### **Garnishes**

Crispy croutons

Lime wedges

parsley sprigs deep fried or fresh

baby capers....or normal ones

Potato salad to serve

### **Instructions**

Make the aromatic stock , bring ingredients to the boil , skim and simmer for 30 mins.

Slide the pieces of your chosen fish in carefully. Take the pan off the heat and leave for 15 to 20 mins....the fish is ready now

Make the cream , whisk together the dijon , egg yolk, and slowly whisk in the oil in a thin drizzle until emulsified. Add citrus juice and salt / pepper to taste.

Loosen the mix with the aromatic broth.

### **To serve**

I like to serve this warm fish salad on a small amount of potato salad ( warm )

Garnish as in the photo with your little bits of sauce, capers , citrus , parsley and croutons