

SCOTT'S

RICHMOND

RECIPE OF THE MONTH SEPTEMBER



ROASTED BRILL, COOKED ON THE BONE *with cockles, cucumber and white wine velouté*

Ingredients *(Serves 4)*

1x brill, 2kg *(ask your fishmonger to quarter into four even size pieces)*
300g live cockles
½ glass dry white wine *(for the cockles)*
2 cucumbers, peeled, de-seeded and diced
1 bunch of chives, finely chopped
100g butter, diced
4 cloves of garlic, crushed
4 sprigs thyme
½ bunch of dill
1 lemon, sliced

White wine velouté

50ml olive oil
2 shallots, finely diced
¼ leek, finely sliced
¼ bulb fennel, finely sliced
4 sprigs thyme
6 white peppercorns
½ teaspoon fennel seeds
100 ml dry vermouth
200 ml clam stock, 500ml fish stock
300ml double cream
1 glass dry white wine
1 lemon, juiced

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Method

Cooking the brill & cockles:

- Ask your fishmonger to cut 4 tranches of brill, otherwise this recipe works perfectly with fillets, or the whole fish.
- Soak the cockles in salted water for 30 minutes to remove any sand, stirring occasionally. Change the water once, soak again, and rinse thoroughly under cold water. Meanwhile, preheat your oven to 180°C (350°F).
- Line a large baking tray with greaseproof paper. Place the brill on the tray, ensuring they don't touch. Arrange thyme, dill, garlic, lemon slices, and butter around and on top of the fish. Season with sea salt, pepper, and a drizzle of olive oil.
- Bake for 15-20 minutes, basting with the melted butter halfway through. The fish is done when it flakes easily from the bone.
- Meanwhile, heat a heavy-bottomed pan over high heat, adding the clams and white wine, then cover with a lid and cook until the clams open fully. Discard any that remain closed, strain the remaining clams, and reserve the clam stock for later.

White wine velouté:

- Heat some olive oil over a medium heat, then add the shallots, fennel, leek, thyme, and other aromatics. Cook for 5 minutes, stirring regularly, until softened.
- Add the vermouth and simmer until it evaporates completely. Repeat with the white wine, pour in the fish stock and reduce by half. Add the double cream and simmer for 3-5 minutes. Stir in a few tablespoons of the reserved clam stock and strain the sauce through a fine sieve. Finish the sauce with a squeeze of lemon juice. Cover and set aside while the fish finishes cooking.

To finish:

- While the fish rests, gently reheat the sauce, adding the cockles, diced cucumber, and chives. Adjust seasoning to taste and add a squeeze of lemon juice if needed.
- Plate the fish, spoon the cockle sauce over it, and drizzle with a little olive oil.
- We serve ours with a crisp green salad, buttered potatoes and a glass, or two, of Dilluvio Albariño from Rias Baixas.