

# Nage of Fish and Shellfish

Serves 4

Ingredients:

*30g of each: Monkfish, Brill, Lemon sole, Salmon, cut into large chunks*  
*2 Red Mullet fillets, cut into large pieces*  
*200g Cockles /Mussels or Clams*  
*400ml Vegetable Nage (see recipe)*  
*Cream, butter and lime juice to finish sauce*

For the Garnish:

*Small bunch Coriander, leaves picked*  
*100g Cucumber, salted strips*  
*Wakame seaweed*  
*Caviar*

1. Lightly salt the cucumber and freeze for 1 hour. Remove and rinse under cold water. Re-hydrate the seaweed in cold water.
2. Strain the Nage and bring to the boil. Add some cream to taste then whisk in some diced cold butter, correct the seasoning with salt and cayenne, then add the lime juice. This is now ready to poach the fish in.
3. Always start with the largest/meatier fish (Monkfish then Brill, Salmon, Lemon-sole, Red Mullet, Scallop). Overall you should be cooking for about 3 minutes (depending on size of cut). Remove the fish onto a tray and place into your bowls. Correct the seasoning and pour the liquid over the fish. Garnish with the cucumber, seaweed, caviar and coriander.

#### Chef's Note:

If using Clams or Mussels, rinse thoroughly to remove sand place in a separate pan with a small amount of Nage covering the bottom and boil for 2 minutes with a lid on. Discard any that don't open after 2 minutes.