

Ragoût of Turbot and Scallops

One of the excellent Mr Stein's creations from *Taste of the Sea*. I have actually never made this with the scallops; rather using the fillets from a whole chicken turbot which is plenty for four servings.

Planning

serves:	4
prep time:	
cooking time:	

Ingredients

350g turbot fillet
25g fresh tarragon (including stalks)
12 scallops
175 ml double cream
1.2 ltr fish stock
75g butter
50 ml Noilly Prat
1 head chickory, thinly sliced
100g white of leek, thinly sliced
100g button mushrooms, thinly sliced
1 tbs fresh chervil
juice ¼ lemon
salt & pepper

Method

Slice the turbot into 1 cm strips across the fillet. Strip off enough tarragon leaves to make 1 teaspoon of roughly chopped tarragon. Cut each scallop into three rounds.

Boil together the fish stock, half the cream and remaining tarragon until the volume is reduced by three-quarters. (Care is required to avoid boiling over.) Strain the liquid and discard the tarragon.

Place the butter and Noilly Prat in a wide, shallow, heavy-based pan. Add the chicory and leeks, cover and cook gently for about 5 minutes. Add the mushrooms and cook for a further minute. Place the turbot strips and the scallop discs on top of the vegetables, add half a teacup or so of the reduced fish stock and cream mixture, and season lightly. Simmer gently, covered, for about three minutes when the fish should be just cooked.

Lift out the fish and vegetables and keep warm. Add the remaining cream and chopped tarragon to the pan and boil vigorously for 3 - 4 minutes to reduce the volume and concentrate the flavours.

Divide the fish and vegetables between four plates, pour over the sauce and serve sprinkled with chopped chervil.