

Skate with a Herb Crust

This recipe is from #The Fish Course# by Susan Hicks. Skate is a tasty, easy to eat fish courtesy of its flat bone (well, cartilage, really) structure. This dish has the added advantage of being reasonably healthy since the fish is steamed before being given its herb crust.

Planning

serves:	4
prep time:	15 mins
cooking time:	25 mins

Ingredients

2 skate wings
pepper
juice of 1 lemon
4 tbs olive oil
1 garlic clove, crushed
2 tbs fresh mixed herbs,
finely chopped
4 oz fresh wholemeal
breadcrumbs

Method

Wash the skate wings, dry them and sprinkle them lightly with the freshly ground black pepper. Prepare a suitable steamer and place the skate wings on the steamer platter. Since skate wings taper, it is a good idea to overlap them, thick end to thin end, to help them cook more evenly. Steam them for about 12 minutes depending upon thickness until barely cooked (they are to be finished under a hot grill).

Meanwhile, mix the olive oil with the garlic and one tablespoon of lemon juice. Also, mix the breadcrumbs with the chopped mixed herbs.

Preheat the grill. Line the grill pan with aluminium foil and brush it lightly with olive oil. When the skate has been steamed, remove it from the steamer, separate the wings and place them both in the grill pan. Brush each wing generously with the olive oil mixture and scatter the breadcrumb mixture on top. Drizzle over the remaining olive oil mixture and place them under the hot grill for 1 or two minutes until they are browned and sizzling.