

Steamed brill with wild garlic, ginger and chilli broth

Ingredients

For the broth

450ml/¾ pint vegetable stock
100ml/3½fl oz coconut water
1 slice ginger
3 Jerusalem artichokes, peeled and cut into 1.5cm/0.5in pieces
1 large handful sea beet leaves
10 stems sea kale
10 wild garlic leaves
35ml/1fl oz white soy

For the chilli paste

2 small cloves garlic
5 dried chillies
sea salt

For the brill

5g flat leaf parsley, chopped
½ lime, zest only
olive oil, to bind
2 pinches bonito flakes
½ lime, kept whole
1 clove garlic
5 wild garlic leaves
2 slices ginger
2 brill fillets (100-110g each)
sea salt and freshly ground black pepper

To garnish

4 sprigs fresh coriander, chopped
2 fresh red chillies, sliced

Method

1. For the broth, place the vegetable stock, coconut water and slice of ginger in a pan and bring to the boil. Reduce the heat, add the Jerusalem artichokes and simmer until tender, around 10 minutes.
2. Meanwhile, crush the garlic, dried chilli and salt in a pestle and mortar to a paste.
3. For the fish, mix the parsley with the lime zest and a small amount of olive oil to combine and use to coat one side of the brill fillets. Place the fish on a piece of parchment paper in a steaming basket and set to one side.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 2

Make the most of seasonal wild garlic in this rich, spicy, garlicky broth that perfectly complements brill.

**By Ashley Palmer Watts
From Saturday Kitchen**

4. Pour 500ml water into a separate pan that your steaming basket fits on top of and add the bonito flakes, half a lime, the garlic clove, wild garlic and ginger, then bring to the boil. Place the steaming basket over the pan and steam for 5-7 minutes, until just cooked through.
5. When the Jerusalem artichokes are tender, add the sea beet leaves, sea kale, wild garlic and white soy to the broth and simmer for a further minute. Stir in the chilli paste to taste.
6. To serve, spoon some of the broth into a bowl and place the brill on top and season with salt and pepper. Spoon some of the sea vegetables on top of the fish and around the bowl, sprinkle with coriander and chilli and eat straight away.