

John Dory with courgette shoestring fries

Ingredients

For the courgette shoestring fries

1 litre/1¾ pint vegetable oil, for deep-frying
6 large courgettes
500ml/18fl oz cold milk
500g/1lb 2oz plain flour, seasoned with salt and pepper
large pinch of fine salt

For the John Dory

extra virgin olive oil, for frying
4 x John Dory fillets
1 garlic clove, thinly sliced
1 large handful of mixed herbs (mint, dill, basil and sage), finely chopped
50ml/2fl oz fish stock
70ml/2½fl oz lemon juice
70ml/2½fl oz orange juice
1 small handful of pink and green peppercorns
1 small orange, cut into slices (optional)
flaky sea salt and ground black pepper

Method

1. For the zucchini shoestring fries, add the oil to a deep-fat fryer and heat to 190C (CAUTION: hot oil can be dangerous. Do not over-fill the pan or leave unattended).
2. Meanwhile, slice the courgettes lengthways using a mandoline to create 4mm thick strips.
3. Carefully dredge the courgette strings in the milk and shake around in the seasoned flour to lightly coat.
4. Lower the courgette fries into the deep-fat fryer and cook for 3 minutes or until light golden-brown. Remove using a slotted spoon and leave to drain on kitchen paper. Sprinkle with fine salt and keep warm until ready to serve.
5. Meanwhile for the John Dory, drizzle a generous glug of olive oil into a large shallow pan with a lid. Carefully add the John Dory fillets skin-side down with the garlic and a pinch of salt and pepper. Scatter the chopped herbs over the fish and place the pan over a medium heat. When the pan starts to sizzle, add the stock, lemon juice and orange juice and cover with a lid. After no more than 4 minutes, remove the fillets and place on warm plates.
6. Turn the heat up to high, add the peppercorns and boil the juices until the volume of liquid starts to reduce (about 2 minutes). Take off the heat and pour the reduced juices onto the John Dory fillets. Garnish each fillet with a slice of orange, if using, and serve with the courgette fries alongside.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 4

Orange, herbs and pink peppercorns add zing to simply fried John Dory fillets.

Equipment and preparation: for this recipe you will need a mandoline.

By Russell Norman
From Saturday Kitchen

7. To serve, put the John Dory onto a serving plate and the fries on the side.

Recipe Tips

Warm your plates before you start cooking.