



# CHAR GRILLED JOHN DORY, SLOW ROAST TOMATOES, POTATO GALETTE AND CURRY OIL

Serves 4

4 x 200g John Dory fillets, skinless  
12 spring onions  
2 large Maris piper potatoes  
50g butter, diced  
Oil for cooking  
1 tspn chervil, chopped  
1 tspn chives, chopped  
Half a lemon

## For the slow roast tomatoes

4 whole ripe plum tomatoes  
2 sprigs of thyme  
1 clove of garlic  
2 strips of orange zest, removed with a potato peeler  
Salt & pepper  
Sugar

## For the curry oil

1 star anise  
5 cardamom seeds  
½ tspn coriander seeds  
½ tspn fennel  
1 tspn curry powder  
100ml olive oil

2 days in advance, Lay the orange zest and thyme on a plate and leave in a warm place to dry out for 24 hours. You can check if the zest is dry by snapping it between your fingers, when it is place it and the thyme into your pestle and mortar and grind them to a fine powder.

Remove the stem of the tomatoes with the tip of a small knife, then cut each tomato's in half down though the centre. Place the halves on a baking rack on top of a baking tray.



Sprinkle each tomato half with a pinch of the orange and thyme powder, two pinches of salt, one pinch of pepper and one pinch of sugar. Thinly slice the clove of garlic and place one slice on each half. Then place the tomatoes in the oven at 100°C for around four hours (or some where warm for up to 24 hours). The tomatoes should begin to dry out but not cook. Remove from the oven, allow to cool then place in an air tight container for two days, until ready to use.

One day in advance place all the spices in a dry frying pan and slowly increase the heat until lightly toasted. Then pour them into a glass jar and cover with olive oil. Seal the jar and leave in a warm place for 24 hours.

Remove the outer layers and roots from the spring onions and blanch in boiling salted water for 30 seconds. To make the potato galette you will need a medium sized frying pan that can be placed in the oven. Begin by preheating the oven to 200°C. Peel, grate and season the potatoes but do not wash, the starch will hold the galette together. Place the frying pan on the heat and when hot add a thin layer of oil. Squeeze the grated potato in a clean tea towel to remove the excess liquid. Then spread the potato over the base of the hot frying pan. Use a fish slice to press the potato evenly into the base of the pan, then place the diced butter around the edges of the pan. Cook on a medium heat for around ten minutes and then place in the oven, after ten minutes remove from the oven and flip the galette onto the other side. Put the pan back on the stove for a further five minutes to colour the other side, and then return it to the oven to finish cooking for 5 minutes. Turn the galette out onto a plate and allow the oil and butter to drain away and cut into four wedges pieces.

Place the potato galette wedges and the slow roast tomatoes in a low oven to warm through. Take your char grill and place it on the hob to heat up. Lightly oil and season the John Dory fillets and drained spring onions. Place the fish and the onions on the smoking hot char grill and leave to cook for 30 seconds before turning over. Remove from the grill and put them straight onto a baking tray and cook in the oven for a further three minutes. Take a small saucepan and gently warm four tablespoons of the curry oil. Add the chervil, chives and a squeeze of lemon juice.

Place the warm galette in the centre of your plate, top with two halves of slow roasted tomato, a few spring onions and top with the fillet of John Dory. Pour the left over juices from the fish and the onions into the curry oil, stir and finish by spooning the oil over the top of the fish.