



Chef: Rory Lovie

Hake Fillet, Venison Chorizo, Crushed Potatoes and Fennel, Lobster Sauce

serves 4

50ml Rapeseed Oil
4 Hake Fillets (skin on)
1 Fennel bulb (keep fronds for garnish)
200g Baby Potatoes
2tsp Grain Mustard
2 Venison Chorizo sticks
400ml Lobster Sauce

Lobster Sauce
1tbsp Rapeseed Oil
Lobster Shells from 1 whole lobster
250g Passata
2 Tomatoes
1 Onion
1 Celery Stick
1 Carrot
150ml White Wine
300ml Water
2 Star Anise
3 Lime Leaves
100g Creme Fraiche

Start with Lobster Sauce, roughly chop the onion, carrot, tomatoes and celery and bash the lobster shells up and add to the pot and sweat off with the oil. Add the star anise and lime leaves. Cook for 4-5 mins. Next add the white wine, water and Passata. Bring to the boil then simmer for around 20-30 mins. Once the time is up add all the mix to a high powered blender or you could bash it up with a rolling pin. Once the mix is all blitzed up pass it through a fine sieve in to a clean pot so you catch all the bits of shell. Bring the passed sauce to the boil and then add the creme fraiche and reduce it until the sauce coats the back of a spoon. Season to taste.

Boil the baby potatoes in salted water until just tender and leave to cool.

Thinly slice the fennel on a mandolin then sweat it off in a pan with 15ml of oil until lightly coloured then take the potatoes and chop them up roughly and add to fennel with the grain mustard and warm up. Season with salt and pepper.

Heat up the lobster sauce until just warm if you let it go cold after making.

Chop up the Venison chorizo in to nice size pieces and leave on the side. Take a frying pan and simply heat up the rest of your oil, season the hake then pan fry skin side down until nicely coloured and then flip over and cook for a further 5 mins until just cooked then add the chorizo to kind of just heat through now turn off the heat and the fish will continue to cook and rest until ready to plate.

To plate:

Place the crushed potato and fennel mix onto the middle of the plate. Place the chorizo around the potato mix then pour the lobster sauce until it nearly covers the chorizo. Place the hake on top and garnish with the fennel fronds left over from the fennel

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