

chef PAUL COLLINS



CASSEROLE OF SALMON, SHELLFISH AND BABY SPINACH

Ingredients

200ml fish or vegetable stock
50g unsalted butter
2 tbsp double cream
200g organic salmon fillet, cut into chunks
100g monkfish fillet or any other white fish, cut into chunks
20 local crayfish cooked and peeled
a handful of mussels
a handful of baby spinach
potatoes, cooked and sliced

Method

- Place a suitable pan on the stove and add the stock.
- Bring to the simmer and add the double cream and then straight away add the salmon and monkfish. At this point the liquid barely needs to be simmering. You do not want the fish to boil.
- Add the mussels and allow them to open about after 3-4 minutes. The beauty of this dish is at this point the dish is almost complete.
- Check that the seasoning is ok and adjust if necessary with a little salt and pepper and perhaps a squeeze of a lemon. Add the cooked potatoes and cooked crayfish tails which only need to be warmed through. Finish with the baby spinach and serve either in a big dish to let people help themselves or into individual bowls.
- You could add any number of other fish or vegetables to it depending on what you like personally. There is a similarity to a Provençal fish stew such as bouillabaisse or a bourride where all of the ingredients are cooked in the stock thus retaining all of the nutrients in the final dish.

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