

Fillets of whiting with a soft herb crust, grape and roasted garlic dressing

Member of the cod family. Highly versatile fish that can be matched with rich shellfish sauces to light delicate salads.

Serves 4

Cost per portion 2.25

4 whiting fillets, skinned
olive oil for cooking
salt and pepper

Grape & garlic dressing

150g butter
1 shallot finely chopped
1 garlic clove finely
chopped
100ml dry vermouth
20 seedless grapes,
halved
2 tsp chopped chervil

Roasted garlic

8 cloves of unpeeled
garlic

Soft herb crust

50g fresh herbs-parsley,
dill, tarragon & chives,
roughly chopped
50g gruyere cheese,
grated
50g butter, softened
125g fresh
breadcrumbs
salt

To make the soft herb crust, place the herbs in a food processor and blend for 2 minutes. Scrape down the sides then add the butter and cheese until combined. Add breadcrumbs, lightly season with salt and process until mixture comes together. Turn out onto parchment paper and mould into a rough rectangle shape. Cover with a second sheet and using a rolling pin, roll the crust out to a thickness of 3mm. Place in fridge until set. Remove and cut into individual portions the same size as the whiting fillets

To make the grape and garlic dressing, melt the butter in a pan over a medium heat and heat until it turns nut brown, then remove from heat. In a separate pan add a splash of olive oil. When hot add the shallots and chopped garlic and cook for 1 minute, until soft but without colour. Add the vermouth and reduce by two thirds. Add the grapes and remove from heat, but keep warm.

For the roasted garlic, pre heat the oven to 200c. Cook the unpeeled garlic cloves for 20 minutes, until soft. Keep warm

To cook the fish, pre heat oven to 200c. Drizzle a little olive oil onto an ovenproof dish and place in the whiting fillets. Lightly season and cover each fillet with a soft herb crust. Roast for 4 to 6 minutes depending on the thickness of the fillets.

To present your dish, Add the brown butter to the grapes and warm up. Add the chopped chervil to the dressing. Spoon some of the grape dressing into the centre of your plates, carefully placing a whiting fillet on top. Place two roasted garlic cloves on each plate and spoon the rest of the dressing over the top of the soft herb crust.