

# Recipes from our pub kitchen

## By Amanda Pritchett

### Roast haddock, lemon pickle, turmeric mash

This lemon pickle has a very assertive flavour, but for some reason it goes really well with white fish. I suppose although its strong, it has quite a clean taste. You could also use it with cod or hake. The mash is warming and takes the edge off – just add some greens. We usually use kale, or maybe some roasted hispi cabbage or sprouting broccoli.

#### Ingredients for 4

4 pieces of fresh haddock about 180g each, seasoning and a splash of oil for roasting.

#### Lemon pickle

2 large thick-skinned lemons

Spices – mix together - ½ tsp turmeric, ½ tsp black onion seeds, ½ tsp crushed fennel seeds, ¼ tsp mustard seeds, ½ tsp cumin seeds

20ml light olive oil

½ inch grated ginger

½ - 1 red chilli chopped

garlic – 1 or 2 cloves grated

1 tsp salt

#### Method

Halve and juice the lemons, reserve the juice, cut them again into quarters, prick the skins with a skewer and cook in simmering salted water for about half an hour – or until the skins are tender. Then drain and cool.

Scrape the soft flesh from the skins, chop it and put aside, do the same with the skin, chopping it into ½ cm chunks.

In a pan, heat the oil, add the spices and lightly fry. Then add and quickly fry the ginger, chillies and garlic before adding the lemon juice and 1 tsp salt.

Reduce for couple of minutes, then mix in the chopped lemon peel and half the chopped flesh.

Transfer to a jar and leave to cool.

This will make more than enough, but it will keep for a few weeks if chilled.

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### Turmeric mash

1kg potatoes

100ml cream

100ml whole milk

25g butter

80 -100ml potato cooking water

Heat the milk, cream and butter with the turmeric, 2 tsp salt and black pepper, whisk and as soon as it simmers, turn off the heat and leave to infuse.

Boil the potatoes in salted water, then drain, keeping some of the water, pass through a mouli- legumes or mash them.

Beat in the turmeric milk and enough cooking water to make a soft mash, then check the seasoning.

### To serve

Heat the oven to 220c.

Dry the fish and season it, then brush all over with olive oil and place on a parchment lined baking tray.

Roast for about 10 minutes more or less depending on the thickness of your fillet.

You can if you like, sear the skin side in a hot pan before roasting to get a deeper colour.

Serve with the mash, some greens and a spoon of lemon pickle on top.