



Tommy Ruffs with a Salad of Radish, Lambs Tongue & Fennel

INGREDIENTS

Serves 6 as an entrée

- 6 double tommy ruff fillets
- 2 or 3 radishes (depending on size)
- ½ fennel bulb
- 1 punnet of lamb's tongue lettuce (or other soft salad greens)
- 2 tablespoons each of chervil and dill
- Approx 1 teaspoon lemon juice
- 2 tablespoons of extra virgin olive oil
- Salt & pepper
- Rice flour for cooking the fish

METHOD

Lightly dust the skin side only of the double (butterfly) Tommy Ruff fillets with rice flour.

Wash and finely slice the radishes, wash and dry the lamb's tongue lettuce.

Finely shave the fennel bulb having removed the outside layers (use a mandolin if you have one).

Pick the chervil and dill.

Mix the salad ingredients and put to one side.

Make the dressing by combining the lemon juice, one tablespoon of the olive oil (at a ratio of one part lemon juice to 3 parts olive oil), salt and pepper.

Put to one side to dress the salad just before serving.

Heat a non-stick pan to medium hot, put in the remaining olive oil.

Fold the double fish fillet skin side facing out and cook on one side until crisp and golden.

Turn and repeat on the other skin side.

The fillets will be cooked through and the inside moist.

Gently dress the salad, place on a plate and top with the cooked fish. Serve immediately.