

John Dory in Coconut and Curry Sauce

Serves 4

Cuisine: British

Preparation Time: 20 Minutes

Cooking Time: 45 Minutes

Ingredients:

600g	John Dory filets
12	Chantenay carrots – hulled and scraped – halve lengthways as necessary
12	Baby courgettes – topped and tailed and halved lengthways
½ bunch	Radish – halved or quartered depending on how big they are
1	Granny Smith apple
1	Onion, diced
12	Baby pearl onions, peeled and left whole
1	Long red pepper
100g	Fresh pineapple (about one thick slice from a fresh pineapple) or tinned chunks in their own juice
1	Fresh coconut
50g	Curry paste (Thai Green or Red curry paste gives a great flavour)
1 tbsp	Medium curry powder
2 x 400g	Cans of coconut milk
	Salt and pepper
	2 tbsp olive oil

Method:

1. Fillet the John Dory to produce the 3 filets from each side (each side produces a whole fillet which naturally can be pulled into three) Reserve the bones.
2. Sweat the fish bones in the olive oil until its starts to colour
3. Add the diced onion and half the apple cut into pieces, half the coconut flesh finely grated, and the large pieces of pineapple.
4. Add the curry paste, curry powder and the coconut milk.
5. Add a pinch each of salt and pepper.
6. Simmer for 45 minutes until reduced to a thicker consistency
7. Pour into a blender and blitz it, then pass it through a fine mesh sieve or chinois.
8. Put the carrots into salted water and bring to the boil – cook until al dente
9. Put the courgettes, pearl onions and radish into a separate pan and also bring to the boil – cook until al dente.
10. Slice the red pepper in fine shards and fry in olive oil just until the edges singe nicely.

11. Cut the other half of the coconut into fine slices and let dry out.
12. Cut the other half of the apple into fine slice
13. Cut the John Dory into bite-sized cubes and place into a bamboo or metal steamer over a pan of boiling water. Steam for 2 minutes

To Serve:

Ladle the curry sauce into bowls and then arrange the vegetables, peppers and John Dory attractively on top. Serve immediately. Delicious!!!

Chef's Notes:

If you don't have the fish bones or don't want to use them, put a fish stock cube into the coconut milk at step 5, instead.