

Veasey & Sons Fishmongers

South Coast Cod & Smoked Haddock Gratin

Serves 4

About the Ingredients

As we move into Autumn Cod starts to reappear in Eastbourne after their summer holidays! It is a great white fish that just about everybody has eaten before, it works really well with this dish and balances out the smoked haddock very well. Smoked haddock is a homely and comforting food welcomed on wet and windy evenings. Other fish and shellfish can be added to this dish, just ask for help in **Veasey and Sons** Gruyere is sweet but slightly salty, with a flavour that varies widely with age. It is often described as creamy and nutty when young, becoming with age more assertive, earthy and complex.

Ingredients.

- 400g cod fillets
- 400g Smoked Haddock Fillet
- 100g Gruyere Cheese
- 600ml chicken stock
- 70g Butter
- 20g plain Flour
- 50 ml White Wine
- 2 Shallots - Chopped
- 150ml Double Cream
- Lemon Zest and Juice
- Good pinch of paprika or cayenne pepper

Method

- Fry the onion in the butter until soft, at the same time warm the stock, add the fish and poach gently for about 10 minutes until it just starts to flake. Remove the fish and reserve the stock.
- Add the flour to the shallots and cook for about 1 minute. Slowly add the stock mixing constantly, bring back to the boil and add the wine and cream, simmer for about 10 minutes until it is thick enough to coat the back of a spoon. Season and then add the lemon and fish.
- Split this mixture between 4 shallow gratin dishes or similar. Grate the cheese over the top and sprinkle a little paprika or cayenne, and grill until golden coloured.
- Serve with some salad and crusty bread,

Wine Recommendation - Torrent Bay Sauvignon blanc 2013

Tasting Notes

Flavours of gooseberry, currants, fresh lime, crisp granny smith apples and notes of cut grass. The palate shows a harmonious balance of residual sugar and acidity.

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