



POACHED QUENELLES OF GURNARD PRAWN BISQUE SAUCE (For that special occasion)

Serves 4

Ingredients

| Fish | Prawn Bisque |
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| 25gm butter | for the prawn bisque |
| 150ml milk | 250gm prawns heads and tails |
| 50gm breadcrumbs | 750ml fish stock |
| 350gm gurnard fillets, skinned and boned | 1 bay leaf |
| 2 tsp lemon juice | 1 tsp ground black pepper |
| 1 egg | 1 tsp ground sea salt |
| 120ml double cream | 1 garlic clove, crushed |
| salt & pepper | 1 tsp lemon zest |
| | ½ red onion, chopped |
| | ½ tsp smoked paprika |
| | 1 tbsp tomato paste |
| | ½ tsp sugar |
| | 100ml cream |
| | 1 egg yolk |

Directions

1. Make the Prawn Bisque in advance.
2. Place the prawn heads and tails in a pot with the stock, bay leaf, black pepper, salt, lemon zest and garlic. Bring to the boil, cover and allow to simmer for 30 minutes.
3. In a separate pot, melt a little butter and fry the onion until soft. Add the smoked paprika, tomato paste and sugar. Allow to fry for 30 seconds and add to the prawn stock.
4. Allow to simmer for 20 minutes and remove from the heat. When the mixture has cooled, blend everything in a food processor until all broken up. Pass through a sieve (or muslin cloth for ultra smooth sauce) into a clean pot to make sure there is no grit or bits in the sauce.
5. To make the Gurnard Quenelles, melt the butter and mix with the milk and breadcrumbs to form a coarse paste. Cover and chill for 30 minutes.

6. Cut the Gurnard fillets into small pieces and put in a food processor with the breadcrumb mix, lemon juice, egg and seasoning. Blend for about 1 minute or until a very smooth paste.
7. Transfer the mixture to a large bowl sitting inside a bowl of iced water. Add the cream a little at a time so the mixture becomes light and thickens. Cover and chill for 30 minutes.
8. Place the Prawn Bisque Sauce mixture over a low heat and bring back to heat slowly, add $\frac{1}{2}$ of the cream and allow to thicken slightly. Keep warm.
9. Bring a wide shallow pan of lightly salted water to the boil then reduce the heat to a simmer. Mould the fish mixture into quenelle shapes and drop into the simmering water. Poach for 3-4 minutes turning them over halfway through then remove with a slotted spoon on to a clean towel and leave to drain.
10. Divide the quenelles between 4 individual dishes or 1 large dish.
11. Whisk the egg yolk and remaining cream and stir into the sauce. Stir over a low heat until thick but don't allow it to boil. Pour the sauce over the fish quenelles and grill for one minute until golden brown.