



# Marrfish

## Caught & Delivered

*'Vessel owners and fishermen since 1870'*

### ROAST JOHN DORY WITH POTATO AND FENNEL DAUPHINOISE AND SALSA VERDE

#### Ingredients

- potatoes (such as King Edward or Maris Piper) 500g, peeled and cut into 2mm slices
- fennel 1 bulb (about 300g), thinly sliced
- garlic 4 cloves, sliced
- whole milk 200ml
- double cream 250ml
- John Dory 1 whole (about 600-800g), sharp spines removed
- olive oil 2 tbsp
- lemon ½, sliced

#### SALSA VERDE

- capers 2 tsp, chopped
- anchovy fillets in olive oil 2, drained and finely chopped
- flat-leaf parsley ½ a small bunch, finely chopped
- garlic ½ clove, finely chopped
- lemon ½, zested and juiced
- extra-virgin olive oil 3 tbsp

#### Method

##### STEP 1

Heat the oven to 200C/fan 180C/gas 6. Layer the potatoes, fennel and garlic with lots of seasoning in a round 35cm baking dish or ovenproof frying pan. Mix together the milk and double cream, and pour over the dish. Bake for 50 minutes, covering with foil if it browns too quickly.

##### STEP 2

Turn the oven up to 220C/fan 200C/gas 7. Put the fish on top of the dauphinoise, drizzle over the olive oil and season well. Put back into the oven for 30 minutes until the fish is cooked through (the flesh should come away from the bones easily).

##### STEP 3

Mix together the salsa verde ingredients. Scatter the lemon slices over the fish and serve with the salsa verde.

**SAVE 10% ON JOHN DORY**