

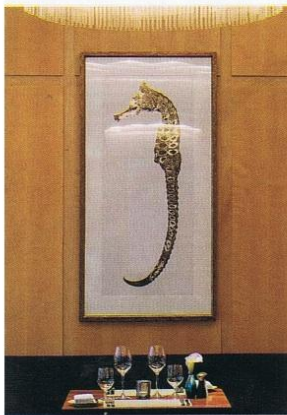
Most wanted

A relaxed menu from Nathan Outlaw's new London restaurant makes fish the star ingredient

Recipes NATHAN OUTLAW Photographs MING TANG EVANS

MENU FOR FOUR

- * Red gurnard fish soup
- * Grilled lemon sole with English mustard dressing and brown shrimp
- * Espresso custard tart



Nathan Outlaw (left) discovered his passion for seafood while working for Rick Stein at The Seafood Restaurant, Cornwall, and he has since won two Michelin stars at Nathan Outlaw in Rock. In October 2012, he opened Outlaw's at The Capital Hotel in London, which reflects the menu and style of Outlaw's Seafood and Grill in Rock. Head chef Pete Biggs (right) mans the pans day to day. (capitalhotel.com)





Grilled lemon sole with
English mustard dressing
and brown shrimp



Red gurnard fish soup

1 hour 10 minutes ■ Serves 4 ■ EASY

rapeseed oil

onions 2, chopped

carrots 2, peeled and chopped

red chilli 1, deseeded and chopped

red pepper 1, chopped, seeds removed

garlic 4 cloves, crushed

gurnard 4 whole, approx 500g each, gutted,

washed and chopped into 4cm size chunks

tomato purée 1 tbsp good quality

ripe tomatoes 10, chopped

bay leaf 1

rosemary 1 sprig

oranges 2, 1 zested and juiced, 1 segmented

fish stock or **vegetable stock** 500ml

■ Heat a large saucepan on a medium heat. Add a drizzle of oil and the onion, carrot, chilli, pepper and garlic and cook for 5 minutes, stirring every minute to avoid the vegetables catching. Add the fish and tomato purée to the vegetables and cook for 5 more minutes, again stirring every minute. Now add the tomatoes, bay leaf, rosemary and orange juice and zest and cook for 5 more minutes, giving the mixture a good stir every couple of minutes. Add the fish stock, bring it to a simmer and cook for 20 minutes. Take a clean pan or bowl and using a mouli or a large potato ricer, pass the soup through it. When all the liquid has gone through, taste the soup and adjust the seasoning with salt and pepper. Keep the soup warm. Ladle into warmed bowls and top with a few orange segments and a drizzle of rapeseed oil.

■ **PER SERVING** 284 kcal, protein 42.2g, carbs 20g, fat 3.5g, sat fat 0.8g, fibre 6.5g, salt 0.9g

MATCH FISH SOUP WITH VINHO VERDE

With light aromatic fruit, **Tercius Alvarinho 2011, Vinho Verde, Portugal, 12.5%** (£9.99, M&S) has the style and weight to accompany this flavoursome soup.

66 olive

Grilled lemon sole with English mustard dressing and brown shrimp

25 minutes ■ Serves 4 ■ EASY

Serve this with a side of seasonal greens such as kale or purple sprouting broccoli.

lemon sole fillet, 240g per person, skin on, trimmed

baby leeks 6-8, trimmed, washed and halved

cooked brown shrimps 90g

chives chopped to make 3 tsp

olive oil

MUSTARD DRESSING

shallot 1 small, finely chopped

garlic 1 clove, finely chopped

English mustard 1 tsp

cider vinegar 1 tbsp

sunflower oil 100ml

■ To make the dressing, put the shallots, garlic, mustard and vinegar into a bowl. Whisk in the oil and season with salt.

■ Heat a griddle pan on a high heat (you can use a normal pan if you haven't got a griddle pan). Oil the pan and wipe off the excess. Put the halved leeks onto the griddle and cook on each side until chargrilled and softened a little. Keep warm.

■ Season a non-stick baking tray with salt and add a little oil. Lay the fish onto the tray skin-side down and cook under a hot grill for 3 minutes. When the fish is cooked, leave it on the tray for 1 minute - this will allow the residual heat in the tray to finish cooking the fish. Pour any juices from the tray into the dressing.

■ Warm the mustard dressing in a small pan and whisk to combine. Divide the leeks and fish between plates. Mix the brown shrimps and chives with the dressing and spoon over the top.

■ **PER SERVING** 488 kcal, protein 48.2g, carbs 3.7g, fat 31.1g, sat fat 3.9g, fibre 3.8g, salt 1.2g

MATCH LEMON SOLE WITH SAUVIGNON BLANC

Match this dish with the refreshing, crisp, citrus-charged flavours of **Dourthe La Grande Cuvée Sauvignon Blanc 2011, Bordeaux, France 12.5%** (£7.99, Waitrose).

Espresso custard tart

1 hour 40 minutes ■ Serves 4 ■ EASY

plain flour 175g

cocoa 10g

icing sugar 60g

butter 100g, chilled and diced

egg 1, plus extra for glazing

CUSTARD

double cream 300ml

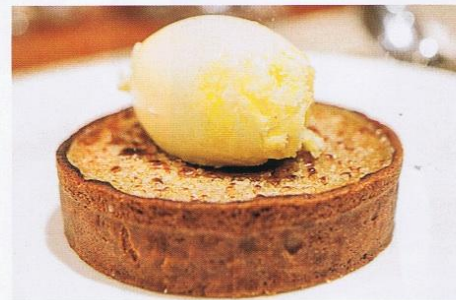
espresso 4 tbsp

egg yolks 5

golden caster sugar 50g

■ To make the custard, whisk the double cream and espresso together and bring to the boil. Whisk the egg yolks and sugar together. When boiling, pour the cream over the egg mixture and whisk at the same time. Allow the mixture to cool slightly and skim off any foam that's on top.

■ To make the pastry, whizz the flour, cocoa and butter to fine crumbs in a food processor. Whisk together the icing sugar and egg and add it gradually to the flour mixture. Stop as soon as a dough forms. Wrap the pastry in clingfilm and rest for 1 hour in the fridge. Roll out the pastry to the thickness of a pound coin and line 4 individual tart rings or cases approx 8cm wide with the pastry.



■ Put the lined cases into the fridge for 30 minutes. Heat the oven to 200C/fan 180C/gas 6.

■ Fill the cases with baking beans and paper and blind bake for 15 minutes. Turn the oven down to 140C/fan 120C/gas 1. Brush the cases with egg wash and bake for a further 5 minutes. Add the custard mixture while the tart is warm and cook for a further 50 minutes or until the custard still has a small wobble in the centre. Remove from the oven and cool completely on a wire rack. Serve with clotted cream.

■ **PER SERVING** 924 kcal, protein 11.6g, carbs 60.1g, fat 70.6g, sat fat 41g, fibre 2.2g, salt 0.6g

MATCH ESPRESSO TART WITH SAUVIGNON BLANC

Aromatic notes of nectarines with a clean citrus finish **A Sticky End Noble Sauvignon Blanc 2011, Marlborough, New Zealand, 12%** (£15.99/37.5cl, Majestic) brings a luscious style to this dessert.

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