

# TURBOT WITH CRISPY POTATO SCALES, BABY ARTICHOKE AND FENNEL BARIGOULE

## WHAT YOU'LL NEED

- 8 Ratte potatoes
- 4 Turbot Fillets
- Salt and pepper
- 50-80grms Fecule for dusting
- 120grms Clarified butter
- 1 tsp Fennel seeds
- 2 Star anise
- 1 tsp Pink peppercorn
- 1 tsp Coriander seeds
- 2 Cloves
- ½ Onion finely sliced
- 1 Shallot finely sliced
- 300 mls Chicken stock
- 20 mls Olive Oil
- 1 bulb Fennel finely sliced
- 1 Carrot finely sliced
- 1 Baby artichoke bottoms
- 100grms Butter cubed
- 2 tbsp Peas
- Parmesan crisps for garnish

## WHAT TO DO

1. Slice the potato using a mandolin and having been cut with an apple corer into small discs. Blanch the discs in a cool set fryer, season the fish fillets and dust with the fecule. Then arrange the potato on top of the fish to resemble fish scales. Brush with clarified butter and place in fridge to set.
2. Coarsely grind the fennel seeds, star anise, pink peppercorns and coriander seeds and wrap in a muslin cloth.
3. Sweat the onion and shallots until soft; add the carrot, fennel, chicken stock and spices. Cover with a cartouche and simmer for 30 minutes. Strain the cooking liquor and reserve the vegetables. Poach the artichoke in the strained juices and reserve.
4. Fry the fish in a non stick pan potato side down, then turn and cook the other side.

5. Place the fennel, onion, shallots and carrots on a plate. Whisk the cubed butter into the stock to make a sauce. Stir in the peas and pour over the vegetables.
6. To serve – arrange the fish on top of the vegetables, top with the artichoke and garnish with the parmesan crisp.



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