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cornish clotted cream and white wine poached pollock



A beautiful dish perfect for a special night in.



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- 50g unsalted butter
 - 100g finely diced shallot
 - 200ml dry white wine
 - 400ml fish stock
 - 200g Roddas clotted cream
 - 4×180 g fillets of Pollock, skin on and scaled
 - Salt and pepper
 - Lemon juice

Melt the butter in a shallow dish, add the shallots, and allow to cook gently for 5 minutes until soft and without colour.

Add the white wine and increase the heat. Now allow the mixture to reduce by half, then add the fish stock and bring to a simmer. Next simply stir in the clotted cream, followed by the pollock fillets (placed skin side up).

Cook the fillets for approximately 5 minutes on a simmer. You can check to see if they are cooked by removing one fillet and seeing if it flakes easily.

Remove the fillets and reduce the sauce to a coating consistency. Finally you will need to check the seasoning, adding salt, white pepper and lemon juice to the required taste.

Pour the sauce back over the fillets and serve.

Click above to play video recipe.

Time: *30 minutes*

Makes: *4 servings*

<https://www.rodidas.co.uk/recipes/recipe/cornish-clotted-cream-and-white-wine-poached-pollock/>

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