

View from the Fridge – Recipes from Brian Donkin

Recipe # 15 – Skate with Black Butter

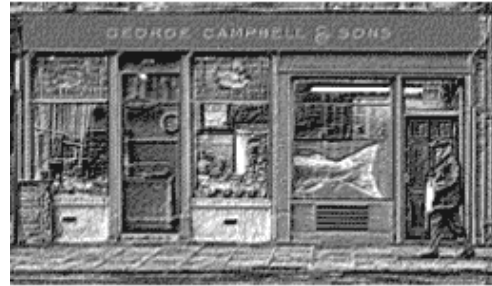
Preparation time: 3 mins – Cooking time: 20 mins

Ingredients

4 small skinned skate wings
1 medium size carrot
1 medium size onion
3 Bay leaves
20 black peppercorns
Level teaspoon of salt
2 oz (50 grams) of butter
1 oz (25 grams) of chopped parsley
1 pt (60 mlts) of water

All recipe seafood supplied by:

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Method

1. Peel and thinly slice carrot and onion
2. Place all ingredients, other than skate wings, butter and parsley, into pot
3. Boil for 12 minutes
4. Place skate wings in pot
5. Bring back to boil and simmer for 6 minutes
6. Remove from pot and place on plate
7. Make frying pan scorching hot
8. IMPORTANT - Ensure good ventilation in kitchen
9. Place butter in frying pan until it turns black
10. Pour over skate wings, sprinkle on parsley and serve

Suggested accompaniment – new boiled potatoes – see picture below:

Serves 2



