

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 47 – Fillets of Plaice with Shell Fish

**Preparation time: 30 mins – Cooking time: 25 mins**

#### Ingredients

6 plaice fillets (skinned)  
50gms baby clams  
50gms mussels  
6 oysters, shucked  
1 glass white wine  
½ glass whipped cream  
½ glass single cream  
1 tablespoon oregano  
50gms soft butter  
salt and pepper  
25gms beurre manie (see sauces)  
butter for greasing tray

#### Method

1. Heat pan with lid and put in 25gms of butter with the clams and mussels. Put lid on and cook over a fierce heat for 3 minutes. Strain and keep the liquor to one side.
2. Remove mussels and clams from their shells and place to the side with the raw oysters.  
Put plaice fillets in greased tray. Pour on top white wine, oregano, single cream, salt and pepper and the liquor from the shellfish.
3. Bring to the boil over a medium heat and place in very hot oven (230C) for 7 seven minutes.
4. Remove the fish onto plates and pour all the juices from the tray into a saucepan and bring to the boil over a hot heat.
5. Whisk in buerre manie until smooth then remove from heat.
6. Add shellfish and oysters to the sauce and bring back to the boil.
7. Whisk in whipped cream and butter.
8. Pour over fish and place under hot grill to glaze.

*Serves 3 – see next page for picture*

