

View from the Fridge – Recipes from Brian Donkin

Recipe # 63 – Pan-fried Turbot with Pilaf Rice, Ratatouille and Sauce Bernaise

Preparation time: 4 min – Cooking time: 8 mins

Ingredients

6 fillets of Turbot
Flour for dusting
Salt, pepper
2 tbsps oil and 2 tbsps butter
Ratatouille (see side dish recipes)
Sauce Bernaise (see sauce recipes)
Pilaf Rice (see side dish recipes)

Method

1. Dip fillets of turbot into the flour covering both sides
2. Heat frying pan and add the oil, butter and fish together
3. Fry until golden brown, turn over
4. Finish in hot oven (200 degrees) for 4 mins
5. Take out and serve immediately with rice, ratatouille and sauce bernaise

Serves 3

