



**CORNWALL**  
**GOOD**  
**SEAFOOD**  
**GUIDE**

## Tranche of Plaice

with saffron and  
Madeira sauce



8





**Guy Owen** St Enodoc Hotel, Rock 2020



This dish pairs a traditionally, pan seared, cut of sustainable Cornish plaice cooked on the bone with a delicate but rich saffron and Madeira sauce with subtle tarragon notes.

Cooking time – 3 hours – to be enjoyed and not rushed, Guy recommends you take your time, relax, have a beer and enjoy the cooking experience, this dish is a special treat that deserves the time.

## Tranche of Plaice

with saffron and Madeira sauce

### Ingredients

**Cooking time: 3 hours**  
**Serves: up to six**

1 chunky cut of Cornish plaice per person, gutted and skinned – left on the bone.  
Splash of Cornish rapeseed oil  
Some Cornish butter

**For the Sauce:**  
(enough for 6 servings)  
3 banana shallots  
5 cloves of garlic  
25g tarragon (whole)  
1g saffron  
100ml Madeira  
150ml white wine  
1 litre fish stock  
300g double cream  
12g Cornish Sea Salt

### Method

**For the sauce:** take a saucepan and pre heat for two minutes on a low heat (induction 2). Add a little vegetable oil and then add sliced banana shallots. Cook for around 30 minutes. Add sliced garlic and cook for a further 30 minutes. Add the tarragon and cook for 20 minutes. Add the Madeira and white wine and turn the heat up to number 4, cook for 20 minutes, then add the fish stock and saffron, cook for 30 minutes and then add the cream and cook for 20 minutes, finally add the salt and taste. Remove from the heat and leave to stand for 20 minutes, then blend and sieve the sauce.

**To cook the plaice:** use a non-stick frying pan and get it really hot, add a splash of Cornish rapeseed oil, fry the fish for two minutes on each side to colour the flesh. Add a generous chunk of butter to the pan and spoon the melted butter over the plaice repeatedly basting it and imparting the brown butter flavours to the fish. Then transfer the fish to an oven tray and bake for five minutes at 110°C (fan oven). You want the core temperature of the plaice fillet to reach 55°C ideally.

After cooking leave the plaice for five minutes to rest before serving. Being on the bone this cut of plaice will retain its moisture, and is so easy to eat as it flakes straight off the central bones really easily, and has a robust firm texture.

Serve with some seasonal steamed vegetables such as runner beans, kale, or green beans.



Follow the QR code overleaf to find out lots more about Cornish Plaice and its sustainability, and for lots more recipes.

Cornwall Good Seafood Guide is a website that aims to help us all make good seafood choices, by providing detailed sustainability information on all of Cornwall's seafood.

[www.cornwallgoodseafoodguide.org.uk](http://www.cornwallgoodseafoodguide.org.uk)

Funded by:



A project of:



Cornwall