

Pollock with Saffron Gnocchi and a warm tomato and caper vinaigrette

Serves 4

4 pieces of Pollock (approx 200g each)

Gnocchi:

500g starchy potatoes (such as Desiree)
150g plain flour
1 small egg beaten
Pinch of saffron strands, soaked in 1 tbsp boiling water
Pinch of salt

Young fresh basil shoots (garnish)
Salt and freshly ground black pepper

Vinaigrette:

4 shallots, finely chopped
150ml olive oil
8 anchovy fillets, drained and rinsed
12 ripe plum tomatoes, blanched, refreshed in cold water, skinned and roughly chopped
4 garlic cloves, crushed
1 tsp fennel seeds
½ tsp ground coriander seeds
1 tsp dried mixed herbs
2 pinches crushed chilli flakes
1 tbsp miniature capers

Gnocchi:

Warm the oven 100C. Place the potatoes in a pan, cover with cold water. Bring to the boil, then simmer gently for 45-60 minutes, until soft. Remove from the water and place in the oven briefly to dry out. While the potatoes are cooking get the other ingredients ready - it is important to make the gnocchi while the potatoes are still hot. Scoop the flesh from the skin of the potatoes and place in a bowl. Add the flour and salt and mix briefly. Mix the saffron water with the egg, then beat into the potato mix to form a smooth, soft dough. Divide the dough into 4 and roll into long sausage shapes. Cut these into small walnut-sized pieces and roll into dumplings. Cook the gnocchi in a pan of boiling water until they float to the surface (approximately 2 minutes) then remove and refresh in iced water.

Vinaigrette and Pollock:

In a heavy based pan, sweat the shallots in the olive oil until soft, then add the anchovies and continue cooking until they dissolve. Increase the heat and add the tomatoes. When the tomatoes are soft, add the garlic, fennel and coriander seeds, the dried herbs and the chilli flakes. Cover and simmer for 30-40 minutes, stirring occasionally.

When ready, the consistency of the sauce should be a thick vinaigrette (not too soupy). Season to taste and add the capers and gnocchi. Place the Pollock fillets on top of the vinaigrette, cover and simmer for another 10 minutes. This should cook the fish and heat the gnocchi through.

To serve, carefully lift the fish out of the pan and place on a warm plate. Spoon the vinaigrette into shallow soup dishes, flake the Pollock and scatter over. Drizzle with olive oil and garnish with the fresh basil shoots.

