

SEARED JOHN DORY WITH CRUSHED NEW POTATOES AND OLIVE TAPENADE

Ingredients:

- 4 large John Dory Fillets
- Vegetable oil
- Juice of ½ lemon

For the Potatoes:

- 600g new potatoes
- 150g pitted black olives
- 4 shallots
- 2 tbsp chopped chives
- 2 spring onions
- 200ml olive oil
- 1tbsp sherry

For the Tapenade:

- 300g pitted black olives
- 2 tbsp grated parmesan cheese
- 2 tbsp olive oil

For the fish:

Add a little vegetable oil to a non stick frying pan. Cook the fish, skin side down first, for 3 minutes on each side. Season with salt and pepper and lemon juice.

For the potatoes:

Cook the potatoes in lightly boiling water until tender. Strain and lightly crush with a fork. Add all the other ingredients and season.

For the Tapenade:

Liquidise all the ingredients together until smooth.

To serve:

Place the potatoes on warmed plates and lay the fish on top, spoon the tapenade on top of the fish.

Tips:

1. *You can grill or poach the fish*
2. *Green olives are also fine for tapenade*
3. *Always use a good quality olive oil.*