

Smoked Haddock with Dugléré Sauce



Serves 2

Prep 15 mins

Cooking 15 mins

Easy

Ingredients

2 x 150g - 170g fillets of undyed smoked haddock, skin on

For the Dugléré sauce:

1 tomato (about 85g), skinned

30g butter 1 small shallot or 1/2 banana shallot, finely chopped

50ml dry white wine

2 tsp plain flour

200ml chicken stock

50g cold butter, cubed

Small handful parsley, chopped

Salt and black pepper

1. Put the smoked haddock fillets, skin-side down, in a pan & cover with cold water. Bring to the boil, allow the water to bubble momentarily, then turn off the heat & leave the fish in the water to cook for about 6–8 mins or until the flesh is almost opaque.
2. Chop the tomato finely, put it in a sieve and shake off the watery juices. Set aside.
3. To make the sauce, melt the butter in a saucepan, add the chopped shallot and sweat over a low heat until softened but not browned.
4. Turn up the heat, add the wine and bring to the boil. Reduce the wine by half, then stir in the flour and cook for a minute before adding the stock.
5. Continue to bubble until reduced by about a third. Taste the sauce and if the flavour needs concentrating, reduce a little more.
6. Using a small balloon whisk, whisk in the butter, a cube at a time, until you have smooth, silky sauce. Stir in the tomato and parsley.
7. Carefully remove the fish from the water and drain it well.
8. Serve on warm plates and spoon over the sauce. Nice with some boiled new potatoes.