



Recipe
suggestions

John Dory with anchovies and capers (serves 4)

Ingredients

- > 4 John Dory fillets
- > 100g unsalted butter
- > 3tbs chopped parsley
- > 50g anchovies in brine, soaked in a little milk and drained
- > 50g capers, rinsed

Method

- > Heat a little olive oil and a knob of butter in a frying pan, then pan-fry the fillets, skin side up, until golden brown on the flesh side.
- > Turn the fish over and fry the skin side for a further 3 mins.
- > Meanwhile, roughly chop the anchovies. Melt the butter in a small pan and stir in the anchovies and capers.
- > Place the John Dory on warmed plates and pour over the anchovy and caper butter. Sprinkle with chopped parsley and serve immediately.

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