



# CATCH OF THE DAY

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Pan fried Cod, a favourite recipe from Seckford Hall's joint Head Chefs  
Ashley Durrant and Liam Oakenfull

Ashley Durrant and Liam Oakenfull have been working together at Seckford Hall for a number of years and have recently been promoted to the role of joint Head Chefs



**A**shley, who is Ipswich born and bred, studied his craft at Suffolk College, with his first appointments at Felixstowe Docks and then the Directors Restaurant. From there Ashley has worked for two other local hotels, The Moat House at Copdock and the prestigious Hintlesham Hall. A keen Golfer, who has represented Suffolk, Ashley is looking forward to developing Seckford Hall's menus together with Liam to make the hotel a real destination for great locally sourced food.



**L**iam originally joined Seckford Hall after three years at The Tower and Ritz Hotels in London. After four years he left to pursue a career as a private chef before taking on the role of sous chef at Belstead Brook Hotel in Ipswich. Other career highpoints for Liam include roles as sous chef at Ipswich Town Football Club in Cyprus at The Palm Beach in Limmasol. After a very successful spell at The Gatehouse, he returned to Seckford Hall as senior sous chef, before taking up his current role as joint Head Chef. ■

## INGREDIENTS

Serves 4

500g – 1Kg Cod fillet, scaled and pin boned\*  
 16 Medium sized new potatoes (peeled)  
 2 Carrots  
 4 Courgettes  
 Pinch of saffron  
**For the bisque:**  
 1 Shallot  
 2 Cloves of garlic  
 1 Head of fennel  
 1 Cinnamon stick  
 1 Star anise  
 1 Stick of celery  
 1 Carrot  
 1 tbsp Tomato puree  
 2 pts Water  
 20g Tarragon  
 1Kg Lobster bones\*  
 500g Fish bones\*  
 100ml Brandy  
 200ml Double cream  
 \*ask your local fishmonger

## Pan Fried Fillet of Cod, Vegetable Ribbons, Saffron Potatoes and Lobster Bisque

### Method

1. Start by getting the bisque on the go; peel and chop the bisque vegetables and sweat them off in a large saucepan
2. While the vegetables are cooking down de-head the fish bones and mash your lobster bones up using a rolling pin
3. When your vegetables are lightly coloured add the fish bones, lobster bones, star anise and cinnamon stick and continue to sweat off
4. After five minutes add the brandy and flambé it
5. Add the tomato puree, two pints of water, the tarragon and bring to the boil and simmer
6. Cut the cod fillet into four pieces and set aside
7. Peel the new potatoes and start to cook them in salted water with the saffron stems
8. Peel the carrots and then continue to use the peeler to create ribbons. Repeat this with the courgettes
9. At this stage return to the bisque, remove the bones, blend, pass through a fine sieve and pace in a saucepan
10. Cook the cod fillets in a non-stick pan, skin side down for five minutes and then transfer to a 200°C oven for two minutes
11. Place your carrot ribbons in boiling water until soft, add the courgettes, drain, season and place in the middle of the plate
12. Drain the potatoes and place four on each plate, and then top cod on top of the vegetables
13. Whisk the cream into the bisque, add your sauce to the dish and enjoy

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