



POLLACK, PEAS, BACON AND ITALIAN LEMON ZEST

Iain Graham

INGREDIENTS

20 MINUTES 2 SERVINGS

2 x 160 g Pin boned fillets of Pollack
260 g smoked bacon lardons
130 g frozen peas
130 g part boiled diced potatoes
1 finely diced onion
1 gem lettuce leaves nicely washed and patted dry
30 g butter
250 ml chicken or fish stock
1 leafy Italian lemon

TAGS

#fragrant #lemon #sherbert



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1

This is a lovely dish to eat its rich, smokey, salty and yet still fresh. But the icing on the cake is the Italian lemons. Its important that you get these lovely lemons as they taste completely different to the regular lemons. They have a sweet sherberty flavour that really works well with the smokey bacon. If you really can't find Italian leafy lemons then a regular one will do, but do your best to find the real McCoy, it's worth it. I love cooking it as comfort food... see what you think....



2

Take the smoked lardons and gently pan fry them. This should take at least 8 to 10 minutes.



3

Chop up the gem leaves and then mix them in with the peas.



4

Fry the pollack fillets in a hot pan with a splash of olive oil once the skin has begun to crisp up you can flip the fish and continue to pan fry. After 5 minutes you can remove the fish from the heat and let it continue to cook gently in the pan.



5

The whole thing is nearly ready but the real amazing finish is the Italian lemon zest. Take the lemon and generously zest it over the bacon stew. Add a splash of juice if you fancy but the zest is usually enough for me. It will produce such a fragrant zesty smell you'll be amazed.



6

Once the bacon and potato stew looks like this, nicely reduced to a rich slightly thickened sauce its ready for the gem. add the peas and gem into the mix and stir it in. As the gem and peas cook they will let out some water and start to let the sauce loosen slightly.





7

Then add the onion, the diced potatoes and gently fry them until the onion is soft. Add in the butter and continue to let the ingredients colour and soften. Now pour in the stock and let the whole mix reduce.



8

Now, stew in the bowl, fish on top and eat! Simple...

