



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Red Gurnard en papillotte with mushrooms, thyme, plum tomatoes and red onion

Ingredients

4 x 400g/14 $\frac{1}{4}$ oz whole gurnard, gutted and scaled
The larger the fish you may only need a fillet per person instead of 2 fillets each

- 1 red onion, thinly sliced
- 110g/4oz shiitake mushrooms, thickly sliced (or your favourite mushrooms)
- 12 small plum tomatoes
- $\frac{1}{2}$ lemon, juice only
- 8 sprigs of thyme
- dash extra virgin olive oil
- salt and freshly ground black pepper
- Salad leaves or sprigs of watercress, or young spinach to serve

Sauce

Use up left over mushrooms, red onion.

2 tablespoons of Pernod

100ml single cream

lemon juice, salt and pepper to taste



Method

Preheat the oven to 220C/425F/Gas 7. Place two baking sheets in the oven to warm up. Have large sheets of greaseproof paper ready for the number of people you are preparing the fish for.

Fillet your fish or get your fishmonger to do that for you, ask for the remains of the fish as well. Brush the greaseproof paper with oil. I use Rapeseed oil. Make a stock using the remains of the fish (if you filleted it) just put a little onion in with the fish and 400ml of water in the pan bring to the boil and simmer for no more than a few minutes, strain and put 200ml of the liquid in a pan and reduce by half. Add some Pernod and boil for 1-2 minutes. Leave to stand.

1. Place each gurnard on individual large sheets of greaseproof paper. Divide the red onion and mushrooms evenly between each gurnard and scatter over the fish, squeeze over the lemon juice and add the sprigs of thyme. Drizzle each gurnard with a little olive oil and season with salt and freshly ground black pepper.
2. Fold the greaseproof paper over and scrunch up the edges to seal, making an envelope around each fish and wrap with a strip of silver foil to keep the paper in place. Make sure that the paper is sealed well and that there is still room for steam to circulate in the package.

Finish the sauce by adding the cream and the remaining red onions, mushrooms to the pan and bring to the boil then gently simmer for 2-3 minutes, stir to ensure it doesn't burn, if you need to thicken add a few small pieces of butter and stir.

3. Transfer the paper parcels onto the preheated baking sheets and cook in the oven for 12-15 minutes, or until a metal skewer inserted through the paper and into the fish comes out piping hot after 20 seconds.
4. To serve, place the parcels onto serving plates, serve with a salad & new potatoes and the sauce..

Other information

Serves 4

Preparation time – 30 minutes

Cooking time – up to 15 minutes