

STEIN'S AT HOME

The Braised Ling Menu



Cornish Sardines



Braised Ling



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Cornish Sardines

with tomato and caper salsa

Ingredients:

Butterflied sardines | Tomato and caper salsa

Cooking Instructions:

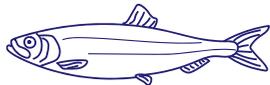
Preheat the grill to high.

Season the **sardines** with a little **salt** and **pepper**.

Place the **sardines** on a lightly **oiled** baking tray skin side up and grill for 2 minutes.

Place half the **salsa** on each serving plate, lay the **fish** against the **salsa** and drizzle with the **cooking juices**.

Serve and enjoy.



*Oily fish packed with tonnes of flavour.
Great cooked under the grill.*

Braised Ling

with lettuce, peas and crispy bacon

Ingredients:

Ling fillets | Braising stock | Spring onions | Little gem lettuce
Smoked streaky bacon | Flat leaf parsley | Buttered potatoes

Cooking Instructions:

Rinse and trim the **spring onions** and cut into 2cm pieces. Remove outer leaves of the **lettuce** and quarter lengthways. Finely chop the **parsley**.

Place the bag of **potatoes** into a pan of gently simmering water for 8–10 minutes (or microwave for 2–3 minutes).

Heat a heavy based pan or griddle and cook the **bacon** until crisp and golden and set aside.

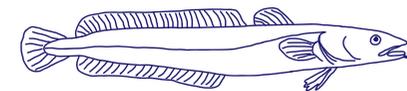
In a large pan melt 50g of **butter** or **oil**, add the **spring onions** and cook on a low heat for 2–3 minutes until tender but not browned. Add the **chopped lettuce** and **braising stock** and season with **salt** and **pepper**. Turn up the heat and simmer for 1-2 minutes. Add the cooked **bacon**.

Season the **ling** with **salt**.

Place the **ling** into the pan, cover with a lid and simmer for 7 minutes until the **fish** is cooked through.

Spoon the **braising stock** onto two plates, place the **fish** on top and sprinkle with **parsley**.

Serve with the **buttered potatoes**.



Ling is one of those underrated fish which, in addition to being reasonably flavoured, is also firm in texture – like monkfish. It is an extraordinary looking fish which could easily be mistaken for an eel, so long and sinuous is its appearance.

View the full list of ingredients and allergens online at rickstein.com

Made in an environment handling: **CELERY, CEREALS CONTAINING GLUTEN** (such as barley and oats), **CRUSTACEANS** (such as prawns, crabs and lobsters), **EGGS, FISH, MILK, MOLLUSCS** (such as mussels and oysters), **MUSTARD, PEANUTS, SESAME, SOYBEANS, SULPHUR DIOXIDE AND SULPHITES, NUTS**

Please **refrigerate items** after opening your box.

Box contains **gel packs** which are designed to keep the food cool, please dispose of these. Occasionally we may need to substitute products if we're unable to source from our suppliers.