

Pan Fried West Wales Coracle Caught Sewin (PGI) with Crushed New Potato, Peas & Chorizo

SERVES 4



4 fillets of Coracle caught West Wales Sewin (PGI)

700g Pembrokeshire Early Potatoes (PGI)

200g frozen petit pois or garden peas

30g capers

80g chorizo

25g butter

1 small handful parsley

- 1 Boil the new potatoes until a knife inserted into the middle meets little resistance
- 2 Meanwhile, finely chop the chorizo and place into a cold frying pan before putting it on medium heat, to render the fat out of the chorizo
- 3 Score the skin side of the sewin fillets to ensure that they cook evenly, season with salt and pepper, and place into a hot pan skin side down with a tablespoon of oil for 3-4 minutes. Flip to cook for approximately 1 minute on the flesh side
- 4 While the fish is cooking, add the peas to the pan with the chorizo and stir to coat in the chorizo oil, and warm through.
- 5 Toss the boiled potatoes in the butter vigorously, to crush slightly, you can help this along by crushing with the back of a spoon if you wish
- 6 At the last minute, combine the capers and parsley with the pea and chorizo mix
- 7 Serve the crushed potatoes first, spoon some of the peas, chorizo and capers over the top, and place the sewin fillet on top, crispy skin side up
- 8 Garnish with chopped parsley, if you wish.



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