



## **John Dory Saltimbocca with Wild mushrooms, Chestnuts and Sage** **Paul Wilson 29/03/10**

This is a simple delicious autumn sustainable fish recipe. It is very versatile and great with chicken or pork too.

Serves 4

### **Ingredients**

4 x 175g fillets of John Dory skin on  
4 thin slices of prosciutto  
1 bunch sage leaves  
50ml olive oil  
100 g unsalted butter  
400g mixed wild mushrooms including pine mushrooms and slippery jacks (Cleaned & cut into bite size pieces)  
1 clove peeled garlic very thinly shaved  
Juice of 1 lemon  
2 tbsp chopped sage  
2 tbsp baby capers  
Pre-cooked chestnuts in chicken stock or seasoned water  
100g of black seedless grapes cut in half lengthways

### **Method**

Lay out individually your slices of prosciutto; place a sage leaf on top of each slice. Place your fish fillets skin side down on top in the centre. Bring each end of the prosciutto together to wrap the fish fillet. Repeat this process with the other fillets.

Heat a wide shallow non-stick frying pan with some olive oil. Lightly season the fish and once the oil is hot place in the pan skin side down. Cook skin side down for 2 minutes till golden and crisp, turn over for 30 seconds then remove from the pan.

Add the wild mushrooms, garlic and sage to the pan and cook together for 30 seconds. Season then add sage and butter.

Add the cooked chestnuts to the pan. Meanwhile the heat of the pan should be caramelising the butter. As the butter begins to brown add the capers and grapes and finally the lemon juice.

Arrange your warm cooked fish fillets crispy side up on a serving plate. Generously spoon the wild mushrooms and chestnuts with the sage brown butter dressing all over and around the fish.

Serve with a crisp bitter leaf salad e.g. radicchio and shaved fennel. Enjoy!

Paul Wilson as the Consulting Chef for the Middle Park and Albert Park Hotel.