

Roasted skate, sweet and sour caper sauce spring onions, pomegranate, sultanas and pine nuts

Skate is a beautiful, tasty fish that takes strong flavours, making it perfect for this dish. The caper sauce is a favourite at Shambles restaurant in Teddington where Massimo first introduced this brilliant sauce to Chef Steve at Sandys. It can be used as a complement to lots of dishes, but definitely lends itself to fish. The caper sauce also lasts really well, once it's cooked and finished you can keep it in the fridge.

Ingredients:

2 skate wings 180g each

2 tablespoons pine nuts

2 tablespoons pomegranate

6 spring onions

1 tablespoon sultanas

For the dressing

150g demerara sugar

150g white wine vinegar

200g capers

25ml olive oil

Tip:

If you have a metal handled or oven proof frying pan to cook the fish you can start it on the hob and finish it in the oven. This gives it a really nice finish and cooks the fish evenly. Check your fish is done by poking a thin knife or even better a skewer into the flesh. If it goes into the thick fleshy part of the fish without any resistance or springiness it's done. You'll also find that one side of the skate is thicker than the other, so always start cooking the fish thicker side down.

Recipe:

For the dressing

- Wash the capers in cold water
- Bring the sugar and the vinegar to the boil and cook for 5mins
- Add the capers, bring then liquid back to the boil
- Blend till smooth with a hand blender or liquidizer adding the olive oil slowly

For the garnish

- Rehydrate the sultanas in boiling water
- Toast the pine nuts gently in a frying pan
- Blanch the spring onions in boiling water and cool them quickly in ice water, cook them till they still have a slight crunch to them
- De-seed the pomegranate

To cook the skate (if you have an oven proof frying pan, pre heat oven to 200°C)

- To cook the skate pre heat a non-stick frying pan add a tablespoon of olive oil and heat until it just starts to smoke meatiest side down
- Reduce to a medium heat and cook for 5mins
- Turn the fish over if you have an oven proof frying pan place in the oven for approximately another 9mins until cooked
- If you don't have an oven proof pan, continue to cook the fish fleshier side down for 10mins on a low heat then turn the fish over and cook through for another 8mins
- Add the spring onions to the pan and colour slightly for around 2mins

