

Crispy-skinned fish with pippis and sea herbs

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A delicious seafood recipe from Masterchef winner Emma Dean.

Ingredients (serves 2)

- 2 large tomatoes
- 6 baby chat potatoes
- Olive oil, to fry
- 2 x 200g white [fish](#) fillets
- 1 large bunch samphire and/or pigface leaves
- 200g pippis or clams
- ½ lemon, juiced

METHOD

Score the base of the tomatoes and blanch in hot water for about 30 seconds. Peel and cut into quarters. Remove fleshy seeds and discard. Dice the remaining flesh.

Put the potatoes in a pot of cold salted water and bring to the boil slowly.

Heat a pan with olive oil to medium. Place the fish skin-side down. Use a fish slice to put some

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pressure on the fillets just as they start to fry, to prevent their skin from puckering up. Fry the fish slowly to crisp up the skin.

Flip the fish over for 10 to 15 seconds and remove.

Into that fishy pan, throw the samphire, pigface and pippis.

Add the lemon juice and steam the pippis open. Throw in the tomatoes and stir.

Serve the tender potatoes with the fish, pippis, sea herbs and pan juices. Yum – so fresh and delicious.

NEXT: [Salt cod croquettes & oven-roasted tomatoes](#)

Recipe from [Masterchef](#) winner Emma Dean's book [A Homegrown Table. Food to Eat with Family and Friends](#).

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