

Smoked Haddock with Spinach and Chive Butter Sauce

Ingredients

4 pieces smoked haddock, about 6 oz (175 g) each, skinned and boned

10 fl oz (275 ml) milk

freshly milled black pepper

For the hollandaise sauce:

2 level tablespoons chopped chives

6 oz (175 g) butter, melted

3 large egg yolks

1 tablespoon lemon juice

salt and freshly milled black pepper

For the spinach:

2 lb (900 g) raw spinach, picked over, trimmed and thoroughly washed

1 oz (25 g) butter

salt and freshly milled black pepper



Method

First you need to make the hollandaise sauce: place the butter in a small saucepan and let it melt slowly. Meanwhile, blend the egg yolks and seasoning in a liquidiser or food processor.

Then turn the heat up and when the butter reaches the boil, pour it into a jug and start to pour this very slowly into the liquidiser, in a thin trickle, with the motor running until all the butter is added and the sauce is thickened. Then, with the motor still switched on, slowly add the lemon juice. Then keep the sauce warm by placing it in a basin over some hot water.

To cook the fish, place it in a frying pan, pour in the milk, add some freshly milled pepper, then bring it all up to a gentle simmer. Cover and poach for 6-7 minutes. While that is happening, cook the spinach – melt the butter in a large saucepan and pile the spinach in with a teaspoon of salt and some freshly milled black pepper. Put the lid on and cook it over a medium heat for 2-3 minutes, turning it all over half way through. Quite a bit of water will come out, so what you need to do then is drain it in a colander and press down a small plate on top to squeeze out every last bit of juice. Cover with a cloth and keep warm. When the haddock is ready, divide the spinach between 4 warm serving plates, and place the haddock pieces on top. Now just add a little of the poaching liquid (about 2 tablespoons) to the sauce and whisk it in along with the chives, then pour the sauce over the haddock and spinach. Serve straight away.