



Saithe in Parma ham with broad beans

6 pieces of saithe, cut from the thickest part, each about 170g

6 slices Parma ham

4 tbsp plain flour

6 tbsp olive oil

6 sprigs of fresh chervil to garnish

280g shelled fresh peas (blanched) or frozen petit pois

225g frozen broad beans, thawed and skinned

2 tbsp capers, rinsed and drained

2 tbsp parsley, chopped

Juice of 1 lemon

The fish should be cooked with the skin on – it's so pretty that it will show through the cooked ham.

Wrap each piece in a slice of ham, then dredge with flour.

Heat a little of the olive oil and then brown, serving side down. Fry for two or three minutes or until brown and crispy, then turn and fry the other side until it is just cooked. Remove and keep warm in a hot oven.

Add the lemon juice and a little water to the pan. Bubble to release the crispy bits at the bottom of the pan. Add the peas, beans, parsley and capers. Season and pour over the cooked fish. Do not over-cook as the greens will become grey-looking.

Serves 6

