



Recipe
suggestions

Beer and dill battered cod (serves 2)

Ingredients

- > 450g marrowfat peas, soaked in cold water overnight
- > 25g butter
- > 1 lemon, juice only
- > salt and freshly ground black pepper

For the fish

- > 2 x cod fillets, 200g each
- > 15g/½oz fresh yeast
- > 1 pinch caster sugar
- > 200ml/7fl oz beer
- > 1 tsp cider vinegar
- > 200g plain flour
- > 1 pinch of salt
- > 3 tbsp chopped dill
- > vegetable oil (deep fry)
- > juice of 1 lemon
- > 50g pea shoots
- > 1 tbsp olive oil

Method

- > Drain the peas and rinse under running water. Place the peas into a large saucepan, cover with 600ml water and bring to the boil. Reduce the heat until the mixture is simmering, cover and simmer until tender. Remove the lid and continue to cook until most of the water has evaporated and the peas are very soft.
- > Drain off any excess water, add the butter and lemon juice and mix well. Season with salt and freshly ground black pepper.
- > Sprinkle the yeast and sugar into a mixing bowl. Pour over the beer and vinegar, mix well, then whisk in the flour and salt until the mixture is well combined
- > Set the mixture aside to ferment. (It is ready to use when the mixture starts to bubble.)
- > When the mixture has fermented, add the dill and stir until well combined.
- > Heat the oil in a deep heavy-based frying pan until a breadcrumb sizzles and turns brown when dropped into it.
- > Dip the cod into the batter and fry in the oil for 3-5 mins, until golden brown and crisp. Remove from the oil and drain on kitchen paper. Season to taste with salt and lemon juice.
- > Mix the olive oil and a tsp of lemon juice in a bowl. Add the peashoots and mix until coated.
- > To serve, spoon the mushy peas into the centre of four serving plates, then top with a piece of battered cod and a handful of pea shoots.

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