



John Dory, Sea Lettuce Salt Sesame & Chrysanthemum

INGREDIENTS:

- 2 well-chilled skinless John Dory fillets
- 1 cup chrysanthemum leaves (loosely packed)
- 1 tsp pickled ginger, thinly sliced

SEA LETTUCE SALT

- 1 tsp dried sea lettuce flakes
- 2 tsp toasted sesame seeds
- ½ tsp sea salt flakes

GINGER SOY DRESSING

- 65ml peanut oil
- 25ml Healthy Boy soy sauce
- 25ml ginger vinegar
- 1 tsp white balsamic

METHOD:

1. For sea lettuce salt, combine ingredients in a small bowl and set aside.
2. For the ginger soy dressing, whisk ingredients in a bowl, season to taste with sea salt and freshly ground white pepper and set aside. Makes 120ml.
3. Slice the John Dory fillets into 2mm-thick long strips and arrange them on a chilled plate. Dress chrysanthemum leaves in a bowl with a few drops of ginger soy dressing, then scatter over and around fish with pickled ginger. Drizzle with 2 tsp ginger soy dressing (or to taste), season to taste with sea lettuce salt and serve. The remaining ginger soy dressing will keep refrigerated for 2 weeks.

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