

Gourmet focus



Wade Murphy

## Food for the soul

To celebrate the upcoming seafood festival in the traditional fishing village of Doonbeg, County Clare, chef **Wade Murphy** of Doonbeg Lodge shares his favourite seafood recipe



The picturesque fishing village of Doonbeg, County Clare, is gearing up for the third Doonbeg Seafood Festival, which takes place from 15 to 17 July. The festivities will include cookery demonstrations from a number of top Irish chefs, as well as activities for the whole family including angling demonstrations, a fish market, puppet shows, face painting and a crab fishing competition to name but a few. The festival, which is the brainchild of the local community, reflects the local fishing tradition and emphasis on seafood in restaurants in the area.

To celebrate the occasion, Wade Murphy, head chef at the five-star The Lodge at Doonbeg, shares one of his favourite recipes with us. Wade, formerly of Lisloughrey Lodge, has won numerous awards including a commendation for best chef in the F&W ROTYA 2008. Will he be a winner this year? This recipe certainly won us over. 🐟

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### Pan seared sole fillets with caper, parsley and lemon butter

*Ideal for 2 to share*

3 tablespoons plain flour  
4 sole fillets, each about 100g  
Coarse sea salt  
Freshly ground black pepper  
30ml vegetable oil  
25g unsalted butter

#### For the sauce

40g unsalted butter, cut into 4 pieces  
20g fresh parsley, chopped  
10g small capers, rinsed under cold water  
4 cherry tomatoes, cut into quarters  
15ml fresh lemon juice  
10 lemon segments

**1** Place the flour in a pie dish or tray. Rinse fish, pat dry with paper towels. Sprinkle both sides of the fish with coarse salt and freshly ground pepper. Dredge fish on both sides with flour; shake off excess. Place on platter.

#### TIP

Coeliacs can leave out the flour from this recipe.



**2** Heat oil in large non stick pan over a medium-high heat until oil is hot. Add butter and quickly swirl the pan to coat it. When foam subsides, add the fish and cook until golden on the bottom – two to three minutes. Carefully turn fish over and cook until almost translucent in centre and golden on bottom – one to two minutes. Divide fish between two warmed plates; tent with foil. Pour off what is left in the pan and wipe with paper towel.

**3** For the sauce, place the same pan that the fish was cooked in over a medium-high heat. Add butter, cook until golden – one to two minutes. Remove from heat, stir in parsley, lemon juice, capers, tomatoes and lemon segments. Spoon the sauce over the fish.

**4** Serve with a lemon wedge each, steamed baby potatoes and green beans. Something as simple as a tomato and feta salad would go well with this also.