

## *Brill with red wine sauce & colcannon*

*Preparation time: 10 mins, Cooking time: 25 mins*

*Serves 4*

### *Ingredients*

#### *For the fish*

- 1 large shallot, sliced
- 2 sprigs fresh thyme
- 2 stalks fresh parsley
- 1 garlic clove
- 200ml/7fl oz red wine
- 4 x brill fillets, about 150g/5oz each
- salt and freshly ground black pepper
- 50g/2oz cold butter

#### *For the colcannon*

- 50ml/2fl oz double cream
- 100g/3½oz butter
- 400g/14oz potatoes, boiled, drained, mashed
- 150g/5oz savoy cabbage, shredded, boiled
- 8 spring onions, chopped
- pinch freshly grated nutmeg

### *Method*

1. Ensure you have all ingredients prepared including the mash which is to be kept aside warm.
2. For the brill, place the shallot, thyme, parsley, garlic and wine into a large deep frying pan and bring to the boil.
3. Turn down the heat to a gentle simmer. Add the brill and poach for 5-6 minutes, or until just cooked. Remove from the pan, set aside and keep warm.
4. Strain the cooking liquor into a separate pan and bring to the boil. Boil rapidly to reduce the liquid volume by about two thirds.
5. Season the sauce with salt and freshly ground black pepper, then whisk in the cold butter. **Do not** bring the sauce to the boil again.
6. For the colcannon, place the cream and butter into a large bowl with the warm mashed potato and mix well.
7. Add the cabbage and spring onions and fold together. Season, to taste, with salt and freshly ground black pepper.
8. To serve, place a spoonful of colcannon onto four plates. Place a piece of brill onto each, spoon over some of the sauce and finish with a little freshly grated fresh nutmeg.

Original recipe by Simon Rimmer can be found [here](#)

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