



Preserved Fish and Foraged Greens Risotto

Adapted from Max Jones,
([Up There the Last](#), [Woodcock Smokery](#))

The nature of this recipe is that it's adaptable to what you have on hand, and how many people you'll be feeding. Play with the ingredients and add what's local to you.

A note from Max:

The point of the coastal harvest course is to get people to look at wild food not as “foraging” to find weeds with which one can garnish a salad, but rather look to the wild as a source for true sustenance. The best way we can learn this is by looking to those people who have been living in and of the place, without romantic foraging notions, but rather learn from them as they would have had to rely on wild food to survive, and therefore learn the best spots out of necessity. It also ties you into seasonality rather beautifully, with the summer glut being preserved to make it last longer, offering a supplement to diet in the leaner winter months. By having a few staples in the pantry, it's great to go out and take the bulk of what a dish might be from the wild.

Ingredients

- Large onion, head of celery, or other vegetables you have handy.
- 2 tablespoons of butter (or local source of fat for cooking)
- 2 cups of risotto rice
- 1/4 cup white wine, vermouth or other alcohol for cooking
- 4-6 cups fish or vegetable stock
- 3-4 cups of fresh foraged greens, such as Sea Beet, Sea Orache, Sea Plantain
- 1 tablespoon diced preserved lemon (optional)
- 1/4 teaspoon nutmeg (optional)
- 1/2 cup of grated parmesan (optional)
- 1/4 pound or so of preserved wild fish (smoked hake, haddock, anything really)



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Directions

1. Heat a large skillet and melt your butter.
2. Chop your vegetables into large chunks and cook for a few minutes until they've softened.
3. Add risotto and stir it around so the rice absorbs some of the fat and goes translucent around the edges (around 2 mins).
4. Add wine or vermouth to the pan and let it sit until the liquid has mostly cooked down.
5. Add a cup of fish or veg. stock to the pan, bring to a boil and then let it simmer. As the liquid cooks down add another cup and keep cooking it down and adding more until it's cooked al dente.
6. In a separate pot, bring a couple of cups of water to a boil, add nutmeg and preserved lemon, and toss in your roughly chopped foraged greens.
7. Cook the greens just for a few minutes until they've softened.
8. Mix the cooked greens into the cooked risotto.
9. Grate loads of parmesan and when it's all cooked through, stir in the parmesan, take the rice off the heat and cover in a dishcloth and lid and set to the side.
10. Now take your preserved wild fish and cook it in a little bit of butter skin side down. Don't flip it – this will make the skin crispy and Maillard-sticky brown, and it is ready when the fish is cooked through. Press with your finger and if it slides apart in flakes, you're done.
11. For some extra flavor, take some Rock samphire and cook it in a little bit of fat on a hot cast iron pan, the same one as you cooked the fish. Add a little vinegar and salt and serve on the side.

To Serve:

12. Place the fish on top of the rice, and garnish with raw pepper dulse, which tastes of truffles and whose minerality ties off the whole dish bringing out gorgeous umami rich flavors of the sea.

Find this recipe & more in the [September 2022](#) newsletter.