

MEGRIM FACT FILE

NAME:

Megrim

ALSO KNOWN AS:

Cornish sole, *Lepidorhombus whiffiagonis* (or whiff for short), Sail fluke, Gallo

LIVES:

The sea floor; seasonally abundant in Cornwall

OCCUPATION:

Fish

LOVES:

Light flavours: Lemon, caper, dill, white wine, dry cider, parsley, and fennel. Sea salt brings out the delicate sea mineral flavour. Best served with aromatic herbs, grassy vegetables and citrus



LET'S COOK



Texture

Megrim, or Cornish sole as it's known locally in Cornwall, is a lean fish that has a refined delicate flesh that flakes away when cooked on the bone. Meaty and succulent with a soft, tender texture, Cornish sole has a coloured flesh that turns brilliant white when cooked. The thin layer of edible skin crisps very well when fried in hot oil or butter.



Taste

Like many flat fish, Cornish sole is soft and flaky with an almost sweet flavour. The majority of the oils are in the liver so the flesh of this white fish tastes fresh and clean.



Cooking & Preparation Times

6-8 mins for grilled or pan fried fillets and pan roasted for 10-12 mins at 180°C in the oven. Can also be cured in citrus, vinegar and sugar in 30-60 mins.

To prepare, it will take 10 mins to fillet or 5 mins to produce a pan roast cut that's oven-ready.



Yield

Very little wastage when cooked whole, and a clean bone structure can be removed for stock making. The skin is edible so a high yield fish to prepare in the kitchen.



Suggested Recipes

Breaded goujons, pan roasted with caper butter, grapefruit and dill ceviche, rolled and stuffed fillets with crab butter.

The umami depth from roasting with butter lends itself to brown shrimp, garlic, chilli and rosemary.

Try breaded Cornish sole fillets with lemon pepper or a coastal seaweed herb crumb.

Written and photographed by James Strawbridge

You can find out more about megrim and other seafood recipes at strawbridgekitchen.com and seafoodcornwall.org.uk