



STEAMED COCKLES WITH WHITE PORT AND WILD FENNEL

In November, Mitch Tonks and I will be revisiting Quinta de la Rosa in the Douro Valley for a few days where we will be hosting a two day event of cooking, eating and sampling the wine and port at the vineyard with 6th generation owner Sophia Bergqvist.

I particularly love their white port. Rather like sherry, white port really complements shellfish such as cockles. You could use clams for this if you can't get live cockles, or even use a mixture of both. Cockles need to be left in a bowl of cold water for an hour or so and agitated with your hands quite regularly so that they shed any sand. I've scattered some samphire on this but the season is almost over so the fronds of fennel or any other sea vegetable will work.



MARK HIX

INGREDIENTS

- 1kg live cockles
- 150ml white port
- 2tbsp wild fennel or dill
- 150g chilled butter, cut into small pieces
- Salt and freshly ground black pepper

Serves 4

DIRECTIONS

- Rinse the cockles in fresh water and place in a large saucepan with the white port and fennel.
- Season lightly, cover with a lid and cook on a high heat, shaking the pan every so often until all the cockles are opened.
- Strain off the liquid into another pan and whisk in the butter until melted and emulsified.
- Spoon the cockles into warmed serving bowls and pour the butter over.

Tonnix on Tour 26th-
28th November.
Tickets available
online.
[markhix.co.uk/
news-events/
tonnix-on-tour/](http://markhix.co.uk/news-events/tonnix-on-tour/)