

Caramelized Pike perch & Young vegetables with Crème de Cassis de Dijon



Ingrédients

Crème de Cassis de Dijon Briottet	40 cl
Fillet of pike perch	550 g
Fish stock	50 cl
Salt & pepper	
Potatos	200 g
Cherry tomatoes	8
Pink radishes	12
Courgette	1
Carrot	1
French beans	100 g
Turnip tops	4
Rocket sprouts	
Cébettes (a mild, leek-like vegetable)	4
Butter	250 g
Red wine stock	50 cl

Les étapes

Pike perch caramelized with Crème de Cassis de Dijon Briottet :

Remove the bones from the fish fillets. Makes into « sausages » with a diameter of 4cm.

Season well and wrap up in clingwrap.

Prick the wrap with a sharp knife.

Poach for approximately 7/8 minutes in the simmering stock. Leave to rest.

Allow 20 cl of Crèmes de Cassis de Dijon to simmer until it become syrupy.

Coat each « sausage » with this caramel.

Cut each « sausage » into wedges.

Assortment of young vegetables :

Cut the potatoes into chumks.

Cook in water with butter, salt and pepper.

Delicately remove the skin from the cherry tomatoes.

Fry just the end with its skin for 1 minute.

Preserve the pink radishes, cébettes, balls of courgettes and turnips tops in a little water and butter.

Cut the carrots into strips and cook in salted boiling water.

Nip off the ends of the French beans and cook in salted boiling water.

Crème de Cassis de Dijon Briottet sauce :

Reduce the 0.2 l of Crème de Cassis de Dijon to form a « mirror ».

Also boil down the fish stock to half its volume. It should cover the spoon.

Pour it into 20 cl of Crème de Cassis de Dijon « mirror ».

Beat with cold butter until it stiffens.

Adjust the seasoning.

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