

Creole fish Court-bouillon with Giraumon

Recipe for 4 portions

Description

Note

Pay attention to the variety of hot pepper you use in the sauce , it could make the dish too spicy.

Ingredients

Rice

- 150 Gr Butternut squash
- 1 Unit(s) Yellow oignon
- 3 Clove(s) Garlic
- 400 Ml Jasmine rice
- 600 Ml Vegetable stock
- 1 Sprig(s) Thyme

- Salt and pepper
- Vegetable oil

Fish

- 4 Unit(s) Sole fillet
- 1 Unit(s) Lime
- 1 Tsp Sriracha sauce
- 1 Clove(s) Garlic

- Salt and pepper
- Vegetable oil

Court-bouillon

- 3 Unit(s) Italian tomatoes
- 2 Unit(s) Yellow oignon
- 4 Unit(s) Green onion
- 2 Clove(s) Garlic
- 1 Sprig(s) Thyme
- 1 Sprig(s) Parsley
- 1 Leaf(ves) Bay leaf
- 1 Tbsp Tomato paste
- 300 Ml Water

- Salt and pepper
- Vegetable oil

Sauce

- 1 Unit(s) Red hot chili
- 1 Unit(s) Lime
- 1 Clove(s) Garlic

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **75.00 mins**

Preparation

Wash the vegetables, then cut the tomatoes and onions into cubes for the court-bouillon.

Chop the onion for the rice.

Peel and cut the squash into small cubes.

Chop the green onions.

Chop the garlic cloves and make sure to keep them separate for different preparations.

Chop the parsley and squeeze the limes.

Finely chop the chilli for the sauce.

Make the marinade by mixing the juice of a lime, a chopped garlic clove, salt, pepper and the hot sauce. Place the sole fillets in this marinade for at least an hour.

In a saucepan, pour a drizzle of oil and sweat the onion with the squash for a few minutes.

Add the rice, garlic, thyme and stir for a minute, then add the vegetable broth.

Cover and cook over low heat for 25 minutes.

Check the seasoning before serving.

Court bouillon

In a pot, brown the onions, parsley, garlic and tomatoes.

Mix and cook for 5 minutes over low heat.

Add the tomato paste, water, thyme and bay leaf, simmer for a few minutes and adjust the seasoning.

Add the fish with the marinade, then cook for 10-15 minutes.

Sauce

Make a sauce by mixing the lime juice, garlic and chopped hot pepper.

Plating

In a plate, place a portion of squash rice at the bottom and serve a fillet of fish on top.

Complete your plates with a little court-bouillon cooking juice and the sauce.

Bon appétit!