

St Pierre roasted like a meat, red wine sauce, burnt vegetables and leeks, glazed vegetables

Recipe for 4 pers

Description

A fish fillet served in the spirit of a meat dish, in both sauce and garnish.

Note

Attention de ne pas trop brasser votre fumet lors de la cuisson, vous risquez de le troubler et de le rendre amer au goût.

Ingredients

Stonfish

- 2 Unit(s) Stonfish
- 750 Ml Red wine
- 750 Ml Water
- 1 Unit(s) Orange
- 1 Unit(s) 3 peppers
- 1 Unit(s) Yellow oignon
- 4 Sprig(s) Thyme
- 2 Leaf(ves) Bay leaf
- 1 Unit(s) Green of leek

- Butter
- Salt and pepper

Garnishes

- 1 Unit(s) Leek white
- 8 Unit(s) Nantaise carrot
- 4 Unit(s) Baby turnip
- 100 Gr Frozen pearl onions
- 5 Gr Sugar
- 2 Sprig(s) Thyme

- Butter
- Salt and pepper

Sauce

- 375 Ml Fish stock
- 200 Gr Chopped shallot
- 100 Gr Butter

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- Salt and pepper

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **375 F°**

Setting up

Have your fishmonger lift the Saint-Pierre fillets and keep the bones for the stock.

Wash the vegetables and peel the carrots and turnips.

Cut the leek in half (green/white), halve the white part of the leek, wash the green leaves and the white part of the leek. Cut the white parts in half to make four pieces (garnish). Coarsely chop the

green part of the leek (fish stock).

Peel the yellow onion and chop coarsely.

Cut the citrus fruit into quarters.

Peel the shallots and chop finely.

Fish stew with red wine

Crush the fish bones. In a saucepan, sauté the onions and fish bones in a little butter and olive oil.

Add the wine and water, then the rest of the ingredients.

Once boiling, turn down the heat to a simmer and skim the surface of the stock with a skimmer.

Allow twenty to thirty minutes cooking time for your fumet.

Strain the fumet through a chinois étamine.

Glazed vegetables (garnishes)

Leek whites

In a hot frying pan with oil, score the leek whites on the flat side. Don't hesitate to give them a slightly burnt color. Set aside on a baking sheet, and place in the oven to finish cooking and obtain a tender center.

Glazed vegetables

Place your vegetables in three small saucepans, one for the carrots, one for the turnips and one for the spring onions.

Add a knob of butter, a teaspoon of sugar, salt, pepper and water to a depth of 2 cm.

Place a disk of parchment paper against the vegetables as a lid (with chimney).

Place the pans over medium heat, to simmer for cooking.

Stonfish cooking and Sauce

Saint-Pierre

Sear the Saint-Pierre in a sauté pan with butter, skin side down, season with salt and pepper.

Remove them to a small baking tray and flash in the oven for five minutes before serving.

Sauce

Sweat the shallots in the same pan, moisten with the fish stock and red wine, reduce and whisk the sauce with butter.

Adjust the seasoning.

Assembly

Bon appétit!