



Fera fish filets in esabeche



To prepare the Fera fish

Remove the underbelly of the Fera to obtain attractive strips of fish, then season with salt and pepper. Using a brush, baste a sheet of cooking film with a little softened butter. Carefully place a fish fillet on the film then lay a second fillet head to tail and gently roll. Do the same thing with the two remaining fillets. Preheat the oven. Cook on the steam setting at 85 °C for 6 minutes. Check the temperature of the fish is at 42 °C.

To prepare the esabeche

Saute the diced carrot and celeriac and the chopped onion in a little olive oil. Season with salt and pepper. Add the garlic and tomato paste and continue to saute. Deglaze with the white wine and reduce to 2/3. Add the thyme. Add the stock and cook for about 5 minutes. The vegetables should remain slightly crunchy. Strain the sauce through a sieve and finish by adding a dash of olive oil and the ground basil leaves, then adjusting the seasoning to taste. Set the vegetables aside for later.

Rezept für 4

Ingredients

4 fillets of Fera fish, skinned, about 120 g each
Butter
Salt, pepper

Ingredients for the esabeche

30 g diced carrot
30 g diced celeriac
20 g chopped onion
1 clove of garlic, chopped
10 g tomato paste
4 sprigs of thyme
1 dl white wine
3 dl fish stock
5 cl olive oil
4 basil leaves, ground
Salt, pepper

Ingredients for the garnish

12 petals of sun-dried tomatoes
40 g black olives, pitted
Fleur de sel
Four peppercorn blend
Basil oil
A handful of young seasonal shoots



To prepare the garnish

Cut 2 slices measuring about 6 cm from each fish. Carefully remove the film and brush with olive oil. Season with fleur de sel and four peppercorn blend. Decorate attractively with the tomato petals, black olives and a few seasonal shoots. Place the vegetables on the plate, then gently place a slice of Fera in the middle. Finishing by pouring over some of the hot sauce along with a few drops of basil oil.

Anrichten

Cooking level

With preheating

6 minutes | steam setting 85 °C