



Perch fillets flavoured with aniseed and light Chasselas emulsion



To prepare the chasselas sauce

In a pan with a drizzle of olive oil, sweat the shallots and the button mushrooms, then add the lovage. Season with salt and a pinch of coarsely ground mixed peppercorns. Pour in the Chasselas wine, reduce by half then add the vegetable stock. Reduce again by half, then add the cream. Simmer for 10 minutes. Strain the sauce through a sieve. Season to taste with salt and pepper. Add a dash of lemon juice and Chasselas wine to bring out the flavours.

To prepare the fennel purée

Finely dice the fennel, retaining the cores for the garnish. Cook them submerged in the vegetable stock for 20 minutes. Strain through a sieve, then blend. Gradually add the cooking liquid if necessary. Press through a cloth to remove the water. Season with salt, pepper, lemon juice and a dash of pastis. Set aside in a piping bag.

Rezept für 4

Ingredients for the chasselas sauce

90 g chopped shallots
90 g button mushrooms
30 g lovage
400 ml Chasselas wine
200 ml vegetable stock
400 ml full cream
Dash of lemon juice
Dash of Chasselas wine

Ingredients for the fennel purée

3 large fennel
Dash of vegetable stock
Dash of pastis
Dash of lemon juice

Ingredients for the garnish

4 mini fennel
1 shallot
Dill

Seasonings

Salt, pepper
Olive oil
Chasselas wine
Fleur de sel
Coarsely ground mixed peppercorns

Ingredients for the serving

32 perch fillets

**To prepare the garnish**

Chop the fennel cores into 0.5 cm cubes. Cook them in boiling salted water for 2 minutes, then plunge into ice-cold water. Separate the stalks from the bulbs of the mini fennel. Slice the entire bulbs into small pieces. Slice the stalks into circles 0.5 cm long, blanch in boiling salted water, then plunge into ice-cold water. Finely chop the shallot. Set aside some little sprigs of dill.

To serve

On a round plate, neatly arrange the fennel cubes and a spoonful of chopped shallot, then add 8 perch fillets, with the pointed ends towards the centre. Finish with a drizzle of white wine and olive oil. Season with salt and pepper. Cook in the oven in Hot air mode at 180 °C for 3 minutes.

Anrichten**Presentation**

Pipe 3 dots of fennel purée onto each perch. Top with the pieces of raw fennel and circles of mini fennel stalks. Finish with sprigs of dill. Season with fleur de sel and coarsely ground mixed peppercorns. Pour over the warm, emulsified Chasselas sauce, serve immediately.