



# Steamed whole John Dory with herbs



## Rezept für 4

### Ingredients for the John Dory

1 John Dory, gutted, head removed, trimmed  
12 bay leaves  
1 lemon

### Ingredients for the accompaniment

16 new potatoes  
6 baby fennels  
16 baby carrots  
16 baby turnips  
1 lime  
80 g white wine  
80 g stock  
4 star anise  
Butter  
Salt, pepper

### Ingredients for the garnish

Dill, chervil  
Fleur de sel  
Four peppercorn blend

### To prepare the John Dory

Shape the bay leaves with a pair of scissors. Use a peeler to remove the lemon zest. Thoroughly remove the pith, then cut the zest into the same shape as the bay leaves. Use a knife to pierce the skin of the John Dory on both sides of the fillet, then push the bay leaves and lemon zest inside.

### Cooking level John Dory

25 minutes | hot air setting, 210 °C

### To prepare the accompaniment

Cut the 16 new potatoes using the tourné method and cook them in the oven on steam mode at 90 °C for 25 minutes. Cut the baby fennels into small wedges. Peel the baby carrots and baby turnips and cut them into small wedges. Spread all of the vegetables out on a perforated tray, cook them in the oven on steam mode at 90 °C for 10 minutes. Peel the lime with a knife and cut into little segments.



### **Cooking level accompaniment**

25 minutes | steam mode, 90 °C 10 minutes | cooking mode, 90 °C

### **Preparation/Cooking**

Brush a little olive oil over the bottom of a dish and season with salt and pepper. Place the John Dory in the centre of the dish. Arrange all of the vegetables, the star anise, the lime segments and the blanched potatoes around the John Dory. Season with salt and pepper. Place the knobs of butter on top of the John Dory. Add the white wine and vegetable stock. Place a piece of baking parchment with holes in on top of the fish. Cook in the oven on hot air setting at 210 °C for 25 minutes.

### **To prepare the garnish**

Finely chop the dill and chervil. When you take the John Dory out of the oven, drizzle it and the vegetables with olive oil and sprinkle the dill and chervil over evenly. Sprinkle the fleur de sel and four peppercorn blend over the top of the vegetables. Place the warm dish in the centre of the table to serve.