

# Turbot cooked on the bone

F. Giovannini



## To prepare the turbot

Season the turbot with salt and pepper. Coat the white-skinned side with flour. Heat the peanut oil in a non-stick frying pan. Place the turbot in the frying pan with the white skin facing downwards. Add the butter, garlic, shallots and thyme. Preheat the oven to 200 °C on the hot air setting and cook for about 15 minutes, basting regularly with the sauce and making sure that the butter doesn't burn. Using the sensor, check that the temperature is 35 °C in the centre beside the bone. Remove from the oven and place on a wire shelf. Drizzle a little olive oil over it and season with the fruit zest, peppercorn blend and fleur de sel. Garnish with a few orange crisps. Serve whole and cut in front of the guests. Pour over the hot citrus fruit sauce. To serve already arranged on the plate, cut the turbot into portions of about 150 g, cook using the same method and serve.

## Rezept für 4

### Ingredients

1 turbot, 600 g, with bone and without the black skin  
 5 cl peanut oil  
 80 g butter  
 1 lime  
 1 lemon  
 1 blood orange  
 2 shallots, diced  
 4 cloves of garlic, unpeeled  
 3 sprigs of thyme  
 Flour  
 Olive oil  
 Salt, pepper

### Ingredients for the orange sauce

1 shallot, chopped  
 50 g button mushrooms  
 1/2 bunch of lovage  
 1 dl white wine  
 1 dl cream  
 1 dl fish stock  
 Knob of butter  
 1 blood orange  
 Fleur de sel,  
 Four peppercorn blend

### Ingredients for the orange crisps

1 dl blood orange juice  
 20 g tapioca  
 The zest of 1 orange



### **Cooking level**

With preheating 15 minutes | hot air setting 200 °C

### **To prepare the orange sauce**

Sweat the shallot and button mushrooms in the butter. Add half of the lovage and a pinch of peppercorn blend. Deglaze with the white wine and reduce by half. Add the fish stock and the cream and cook for about 5 minutes on a very low heat. Add the remaining lovage and leave to soak for 10 minutes. Strain through a cloth strainer, adjust the seasoning and add the blood orange juice. As a last step, grate the orange zest into the sauce.

### **Anrichten**

## **To prepare the orange crisps**

Bring the orange juice to the boil, add the tapioca and cook on a low heat for 3 minutes. Spread the mixture on a silicone sheet and let dry. Once completely dry, crush and dry at 180 °C. Add the grated orange zest and a little salt.