



Turbot cooked on the bone



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.

Cooking level

With preheating 15 minutes | hot air setting 200 °C

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



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.