



GILTHEAD SEABREAM BASTED WITH SAGE BUTTER (CAUGHT WILD IN SARDINIA) LUKEWARM ARTICHOKES / KOHLRABI STEW / CURRANTS

Ein Rezept von GOURMET la fleur

Ingredients

Gilthead seabream

- 4 fish fillets each 120-150 g
- 40 ml cold-pressed olive oil
- 100 g chilled diced butter
- 4 sage leaves

Artichokes

- 4 whole artichokes
- 200 ml white wine vinegar
- 200 ml apple juice
- 100 ml water
- 30 g granulated sugar
- 8 g fleur de sel
- 1 tsp mustard seeds
- 1 bay leaf

Preparation

Gilthead seabream:

Bone the fish fillets and if nec. remove scales

Artichokes:

Clean the artichokes and cut each one lengthways into 4 pieces.

Blanch the artichokes in water for 4 minutes, then quench in iced water.

Add the white wine, apple juice, water, granulated sugar, fleur de sel into a pan and reduce by around 50%.

Add the mustard seeds, bay leaf and the blanched artichoke pieces, briefly bring everything to the boil and leave to steep.

Kohlrabi:

Gently sauté the diced kohlrabi with the olive oil, quench with

Kohlrabi

- 350 g diced kohlrabi
- 30 ml cold-pressed olive oil
- 50 ml Chardonnay
- 30 g chilled diced butter
- 200 ml vegetable stock
- Fleur de sel to taste

white wine.

Reduce the white wine, add the vegetable stock and simmer for around 5-8 minutes.

Add the diced butter, season with salt.

Finishing:

Fry the gilthead seabream in a frying pan with olive oil, 70% on the skin side.

Put the diced butter and sage leaves into the pan, spoon the butter over the fish with a dessert spoon (baste).

Put the gilthead seabream in a bowl, then place the artichokes and kohlrabi stew onto the small, tender fish fillet.

To finish, add fresh currants for freshness.