

SUPRÊME OF PIKE-PERCH WITH HERB AND SAFFRON BUTTER



Type of dish :

Main courses

Categories :

Spices and condiments

Fish, crustaceans and shellfish

Ingredients

- ✓ 4 fillets of pike-perch ('sandre'), about 160 g each
- ✓ 250 g butter
- ✓ 25 cl white wine
- ✓ 2 chopped shallots
- ✓ 1/4 glass of wine vinegar
- ✓ 1 tablespoon of chopped chives
- ✓ 1 tablespoon of chopped dill
- ✓ salt
- ✓ pepper
- ✓ powdered saffron
- ✓ flour
- ✓ 1 tomato skinned and cut into cubes

Preparation

Lift the pike-perch fillets, scale them but keep the skin. Dust lightly with flour, season with salt and pepper. Cook the fillets in 50 g of butter, grill them and keep hot.

At the same time reduce the white wine, the vinegar and the chopped shallots in a frying pan. Incorporate 200 g of cold butter cut into cubes, correct the seasoning. Incorporate the herbs and the saffron. Beat well.

Arrange the pike-perch on hot plates, cover with fresh herb butter and add the cubes of tomato.

Le Bercha

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