

ROSETTE OF POTATOES NICOLA (UNDER TERRA NOSTRA) AND SALMON TROUT, CREAM WITH "LA RAMÉE" PALE ALE



Type de plat :

Main courses

Catégories :

Beers and spirits with character

Fruits and vegetables

Fish, crustaceans and shellfish

Ingredients

- ✓ 600 g fillet of salmon trout
- ✓ 4 large potatoes (under Terra Nostra)
- ✓ 1 kg spinach shoots
- ✓ 1/4 l crème fraîche
- ✓ 10 cl "La Ramée" pale ale
- ✓ 1 shallot
- ✓ 3 or 4 tablespoons of olive oil
- ✓ 1 small pot of trout eggs
- ✓ 1 bunch of purslane or cress
- ✓ salt
- ✓ pepper
- ✓ nutmeg

Preparation

Cook the potatoes in the oven in their skins for about 35 minutes. When they are cooked slice them and brown them in a frying pan with a little olive oil. Keep hot on one side. Blanch the spinach in boiling water for 2 minutes, drain and sweat in a small saucepan with a little olive oil. Season.

Cut the trout fillets into 2 cm strips. Seal them in a frying pan with olive oil for 2 minutes? season and keep hot.

Place the ale and the finely chopped shallot in a saucepan, reduce to 1/3. Add the crème fraîche and allow to cook for a further 5 min while stirring with a whisk. On the plate, place the potato slices in a rosette, place the spinach in the centre and put the strips of trout on top. Coat with sauce all around and decorate with the trout eggs and the purslane leaves. Serve very hot.

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