



COOKING PASSION SINCE 1877

HOB & STEAM OVEN
COOK: 45 MINUTES

FISH STEW

SERVES 4 – 6

INGREDIENTS

BOUILLON: 30 g butter
1 onion peeled and chopped
2 cloves of crushed garlic
4 leeks white part only in bouillon,
green sliced for steam tray
2 carrots peeled and sliced
2 – 4 langoustine
Skin from fish or a fish stock cube
2 bay leaves, 1 tsp dried thyme,
3 dried chillies, 1 tbsp lemon grass
ready to use, 1 litre of water
1 bottle of white wine

240 g smoked cod
500 g raw langoustines, including
those used in Bouillion
1 whole sea bass
2 carrots peeled and finely diced
Green leek slices from Bouillion
2 lemons in wedges, 1 sweet
potato peeled and finely diced
1 pack of tomatoes on the vine
2-3 tbsps of fresh coriander
Salt and pepper

PREPARATION

In a large pan, melt butter and sauté onions, garlic, carrots, leeks, fish skin and 2-4 langoustines.

Once softened add water, wine, herbs and spices, bring to boil and simmer gently for 45 minutes. Meanwhile place vegetables in a solid steam tray with lemon quarters, salt and pepper. Top with smoked fish, langoustines and whole sea bass.

Place into steam oven and set at 80 °C for 15 minutes. With 5 minutes cooking time left, add vine tomatoes in small clusters to the steam tray.

When fish is cooked, drain water from steam tray into bouillon and bring back to the boil. Place fish and langoustine into bowls, pulling whole fish apart as you serve. Add vegetables as desired.

Strain bouillon, taste and season, then pour into bowls around fish. Sprinkle with fresh coriander and serve.