

Fillet of trout, Mantes butter sauce

Ingredients (serve 6):

- . 12 fillets of trout
- Court-bouillon:**
- . 2 litres water
- . 10 cl vinegar
- . 1 onion
- . 1 clove garlic
- . 1 carrot
- . 1 stick of celery
- . 1 bouquet garni (thyme, bay leaf, parsley)
- . Salt and white pepper

Sauce:

- . 4 small shallots
- . 10 cl wine vinegar
- . 180g/6.34oz butter
- . Salt and pepper

Preparation time: 1h10

Cooking time: 5 minutes

Preparation

Pre-heat the oven to 180°C (355°F).

Prepare the court-bouillon. In a large saucepan, place the thinly sliced vegetables, the bouquet garni, salt and pepper in the water. Leave to boil for 20 minutes. Add the vinegar and cook for a further 10 minutes. Leave to cool.

Sauce:

Dice the shallots and put in a saucepan with the wine vinegar. Allow to reduce for 5 to 10 minutes until the shallots are cooked.

Place the pan in a bain-marie. Whisk in the cold butter (in small cubes).

The sauce should stay creamy.

Season with salt and white pepper.

Place the fish in an oven dish. Cover with the court-bouillon and cook gently for 4 minutes.

Presentation

Remove the trout from the court-bouillon and serve with the sauce and rice or potatoes.



My cheese selection
VALENÇAIS (DRY)

FRANCE - BERRY GOAT



*«My favorite wine:
Muscadet Sèvre-et-Maine,
lively and floral»*

TASTING NOTES

Delicate nose with white flowers aromas and grapefruit notes. Lively, mineral and refreshing on the palate.