

SEA PERCH BOUDIN, HOLLANDAISE, SPINACH AND CAVIAR

EQUIPMENT

CHEF KNIFE, FOOD PROCESSOR, CLING FILM, SPOONS, RUBBER SPATULA

INGREDIENTS

150GM SEA PERCH FILLETS (SKINNED AND BONED), 1 DICED SHALLOT, 1 EGG,
2 SMALL SPRIGS OF DILL, ¼ BUNCH SPINACH, SALT, WHITE PEPPER, 60-80GM CREAM,
HOLLANDAISE SAUCE, AVRUGA OR LUMPFISH CAVIAR

METHOD

PAT DRY THE FISH FILLETS AND CUT INTO ROUGH CHUNKS AND PLACE IN THE BOWL OF A FOOD PROCESSOR

ADD THE DICED SHALLOTS AND A FEW SPRIGS OF DILL AND ½ THE EGG WHITE, BLEND UNTIL WELL COMBINED AND ADD THEN ADD THE CREAM
AND CONTINUE TO BLEND UNTIL SMOOTH

REMOVE FROM THE BLENDER AND PLACE INTO A MIXING BOWL AND SEASON WELL WITH SALT AND WHITE PEPPER

LAY OUT A LARGE SHEET OF CLING FILM AND SPOON OUT THE MIXTURE ONTO THE CLING FILM, ROLL THE FISH MOUSSE INTO A SAUSAGE AND
PINCH EACH END AS YOUR ROLLING TO ENSURE A TIGHT WRAP

PLACE THE FISH SAUSAGE ON A SMALL PERFORATED TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 80 DEGREES FOR 13-15 MINS

WITH 3 MINS REMAINING ON THE TIMER PLACE THE SPINACH ON A LARGE PERFORATED TRAY AND INTO THE OVEN WITH THE FISH

IF REQUIRED HEAT THE HOLLANDAISE SLIGHTLY IN THE OVEN WITH THE SPINACH

ONCE COOKED REMOVE THE FISH FROM THE CLING FILM AND SQUEEZE OUT THE SPINACH, ARRANGE THE SPINACH ON A PLATE, CUT THE FISH
SAUSAGE INTO 3 PIECES AND PLACE ON TOP OF THE SPINACH

SPOON OVER SOME HOLLANDAISE, GARNISH WITH CAVIAR AND FRESH HERBS AND SERVE

HINTS & TIPS

- BE SURE TO SEASON THE FISH MOUSSE AFTER BLENDING IT, SEASONING A FISH MOUSSE LIKE THIS BEFORE AND DURING BLENDING CAN MAKE THE MOUSSE FIRM AND TOUGH
- TRY THIS WITH CHEAPER CUTS OF FISH LIKE THE TAIL PIECES. SOMETIMES FISH MONGERS WILL SELL THE TAIL PIECES SEPARATELY AND AT A CHEAPER COST