

ZANDER FISH WITH VEGETABLES

German recipe



Preparation : 10 min - **Resting :** - - **Cooking :** 40 min - **Equipment :** -

Ingredients : SERVES 4

- 500 g small potatoes, peeled - 200 g fennel, sliced - 200 g carrots, sliced - 200 g broccoli, in florets - 600 g zander fillets (or other firm white fish) - FOR SAUCE - 100 ml dry white wine - 1 banana shallot (20 g) - 100 ml fish stock - 20 g butter - 25 g flour - 8-10 saffron threads (0.1 g) - 200 ml pure cream - 1 pinch sugar - Salt - White pepper

1. Put 0.5 litres of water in metal bowl and place potatoes in steamer basket. Run STEAM programme, 10 minutes.

2. Put potatoes in water from bowl. Place vegetables in steamer basket and place fish fillets directly on top of vegetables. Run STEAM programme, 15 minutes.

3. Keep fish, vegetables and potatoes hot. Make saffron sauce.

4. Server zander fillets with vegetables, potatoes and saffron sauce.

SAFFRON SAUCE

1. Soak saffron threads in white wine. In metal bowl, blend banana shallot with fish stock and white wine and saffron mixture with EXPERT programme, 1 minute/speed 15/120°C.

2. Run EXPERT programme, 3 minutes/speed 5/120°C to cook sauce.

3. Combine flour and butter in small bowl.

4. Then add flour and butter mixture, cream, sugar, salt and pepper to bowl and run EXPERT programme, 4 minutes/speed 5 (without heating).

Cook Expert ■

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