

# Poached skate strips with fresh herbs, citrus peels and roasted spices, creamy polenta

Recipe for 4 persons

## Description

Here is a fish recipe using a fish most people don't have a habit of using.

A refined texture, easy to eat and prepare. Acidity makes a fish like this shine.

## Note

The reason you finish sauces with cold butter without heating it, is that when in contact with direct heat there is a chance that the sauce breaks (the butter separates). You cannot reheat a butter sauce so always add the butter at the last minute.

## Ingredients

### Skate Wing

- 2 Unit(s) Skate wing
- 1 Tsp Fresh ground black pepper
- 1 Tsp Pink peppercorn
- 1 Tsp Cardamom
- 1 Sprig(s) Oregano
- 1 Leaf(ves) Bay leaf
- 1 Tsp Cloves
- 15 Gr Fresh ginger
- 3 Unit(s) Orange peel
- 3 Unit(s) Lemon peel
- 300 Ml White wine
- 1 Liter(s) Water
- 1 Stick(s) Liquorich

### Sauce

- 1 Bunch(es) Chives
- 200 Ml Fish stock
- 70 Ml Cooking broth
- 100 Gr Butter

### Polenta

- 200 Gr Polenta
- 500 Ml Milk
- 500 Ml 35% cooking cream

## Preparation

- Preparation time **60 mins**

### Preparation

Toast the spices in the oven for 3-4 minutes.

Prepare the fish stock and keep it warm.

### Skate wing

In a poaching pan, place the spices, water, white wine and citrus zests. Boil for 6 minutes and then remove from the heat.

Add the skate wings and cover, letting cook gently for 7-10 minutes.

If the poaching liquid is not hot enough to cook the fish, place it back on low heat.

### Sauce

In a sauce pot, place the fish stock and the poaching liquid and simmer until reduced by 1/3.

Remove from the heat and whisk in small knobs of butter to add richness. Season to taste with salt and pepper and then add the chives.

### Polenta

In a sauce pot, bring the milk and cream to a rolling boil. Season with salt and pepper. Slowly sprinkle in the polenta while continuously whisking. Cook for roughly 5 minutes.

Set aside and keep warm.

**Bon appétit!**