

Roasted Turbot, Canadian wild rice, squid ink tuile, virgin artichoke heart sauce

Recipe for 4

Description

Crispy skinned turbot, wild rice, squid ink tuile. All accompanied by a virgin artichoke sauce.

Note

Canadian wild rice is distinguished, after long cooking in boiling water, by notes of hazelnut smoke. Unique and rare, you can replace it with a more conventional wild rice. In appearance, they are difficult to differentiate.

Ingredients

Turbot

- 4 Unit(s) Fillet of turbot
- 8 Sprig(s) Chives
- Butter
- Salt and pepper
- Vegetable oil

Wild rice

- 300 Ml Wild rice
- 1.50 Liter(s) Vegetable stock
- Butter
- Salt and pepper
- Vegetable oil

Virgin artichoke sauce

- 6 Unit(s) Artichoke heart
- 50 Gr Pine nuts
- 2 Unit(s) Italian tomatoes
- 5 Sprig(s) Fresh cilantro
- 1 Unit(s) Green onion
- 1 Unit(s) Chopped garlic
- 15 Ml White balsamic vinegar
- 80 Ml Olive oil
- Butter
- Salt and pepper
- Vegetable oil

Squid ink tuile

- 25 Gr Flour
- 125 Gr Olive oil
- 210 Ml Water
- 6 Gr Squid ink
- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Prep

Chop the garlic. Core and seed the tomatoes, cut the flesh of tomatoes in small cubes (brunoise). Slice the green onion (bevels), cut the artichoke hearts in small cubes (brunoise).

Chop the chives finely. Destem the coriander.

Turbot

Season the turbot fillets with salt and pepper on the flesh side. In a hot skillet with oil, sear the fillets on the skin side. Add two pads of butter, then using a spoon, cover the fish flesh with melted butter.

Once the fish has detached from the pan, place them on a paper towel, cooking is not complete.

Transfer the fillets to a baking sheet with crusty skin facing up.

Just before serving, put the fillets in the oven to finish cooking, about 4 to 5 minutes.

Wild rice

Rinse the rice. In a saucepan, cover the wild rice with chicken broth. Bring to a boil and cook gently until tender, about 35 minutes. Drain and let cool.

Before serving, toss the rice in a saucepan with hot butter, season with salt and pepper.

Virgin sauce

Toast the pine nuts in the oven for 3-4 minutes on a baking tray. Mix all the ingredients of the virgin sauce. Season with salt and pepper.

Squid ink tuile

Pass the flour through a tamis and then combine all of the ingredients in a mixing bowl making sure to stir until there are no longer any clumps.

In a hot non-stick pan with a little bit of butter, pour enough of the squid ink mixture to coat the bottom of the skillet. Cook on medium heat until all of the moisture has evaporated. Once cooked and crispy, remove from the pan gently and transfer to a baking sheet lined with paper towel.

Continue this process until you have enough tuiles.

Plating and finishing touches

In the center of your plate, place a nice scoop of wild rice, flatten them slightly to form a circle.

Place your turbot fillet on top, crispy skin showing, sprinkle generously with virgin artichoke sauce.

Place a piece of squid ink tuile on top.

Finish with chopped chives.

Bon appétit!