

Steamed striped bass roll with risotto verde, green beans, peas and asparagus

Recipe for 4 persons

Description

Risotto seasoned with arugula pesto and garnished with green vegetables served with sea bass fillets rolled and steamed.

Note

You can steam your green vegetable instead of boiling them in order to preserve all their nutrients.

Ingredients

For the steamed striped bass roll

- 4 Unit(s) Bar fillet
- 4 Pinch(es) Espelette pepper
- Salt and pepper

For the arugula pesto

- 30 Gr Pine nuts
- 30 Gr Parmigiano reggiano
- 1 Clove(s) Garlic
- 75 Gr Arugula salad
- 75 Gr Olive oil
- Salt and pepper

For the risotto verde

- 200 Gr Arborio rice
- 100 Gr Olive oil
- 1 Unit(s) Onion
- 100 Ml White wine
- 600 Ml Fish stock
- 1 Bunch(es) Green asparagus
- 100 Gr Green beans
- 100 Gr Frozen sweet peas
- Salt and pepper

Preparation

- Preparation time **45 mins**

General preparation

Chop the onions finely. Cut the asparagus and green beans into small pieces. Cut butter into cubes and set aside in the fridge. Keep a few arugula leaves aside for garnishing.

Arugula pesto preparation

Using a food processor, mix the arugula with pine nuts, the garlic and parmesan. Add olive oil and mix until smooth.

Risotto verde preparation

Cook the greens in boiling salted water for 3 to 4 min. Plunge immediately in an ice water bath. In a small pot, drizzle some olive oil and sweat the onions. Add rice and cook it until it gets transparent, then add the white wine. Add the fish stock (or water) gradually with the ladle after each absorption. After 15-20 minutes of cooking, when the rice is al dente, stir in green vegetables, pesto, salt and pepper and finish with butter.

Striped bass roulade preparation

Season the fish with salt and Espelette pepper, then roll it and keep it in place with a bamboo spike. Bring some water to boil in a saucepan, place a bamboo basket on top and arrange the fish fillets in it. Cover, and lower the heat to minimum and steam the fish 6-7 minutes.

To serve

In a shallow dish, serve a bed of risotto verde, then the bar fillet, and finish with a few arugula leaves. Serve immediately.

Bon appétit!