



FISH DUGLÉRE

INGREDIENTS

For 4 people

- 1.2 to 1.4 kg of round fresh white fish that can be filleted (I used Australian Flathead fish)
- 20 g (0.7 oz) of butter
- 20 g (0.7 oz) of shallot (finely diced)
- 40 g (1.4 oz) of onions (finely diced)
- 400 g (14 oz) of tomatoes (skinned seeded and diced)
- 20 g (0.7 oz) chopped parsley
- 50 ml (1.7 fl oz) of white wine
- 300 ml (10 fl oz) pure cream (heavy whipping cream)

To make the fish stock:

- 20 g (0.7 oz) of plain butter
- 20 g (0.7 oz) of shallots (finely diced)
- 40 g (1.4 oz) of onions (finely diced)
- 40 g (1.4 oz) of carrots (roughly diced)
- 1 small handful of mushroom trimmings
- Remaining fishbones from filleting the fish
- 1 bouquet garni
- 1/2 tsp of black peppercorns
- 1 tsp of salt
- 200 ml (6.8 fl oz) of white wine
- Water to just cover the fish bones

PROCEDURE

1. Start by washing, peeling and cutting the vegetables.
2. To make the chopped tomatoes: plunge the tomatoes into boiling water for 30 seconds then take them out and plunge them into icy water. The skin should detach easily with a knife. Remove the skin, cut the tomatoes in half and remove the seeds with a teaspoon. Roughly chop the tomatoes.
3. Wash and clean the fish and cut the fins with kitchen shears. Pat the fish dry and then fillet each fish. Transfer the fish filets to a container and keep covered in the fridge.
4. Keep the fish bones in a pan with cold water ready to make the fish stock.
5. To prepare the fish fumet, place a large sauce pan on the stove on medium heat and melt the butter until it starts to foam.
6. Add the vegetables and cook for 2 minutes. Drain the fish bones and add them to the pan mixing well.
7. Pour in the white wine followed by enough water to just cover the fish bones. Add the bouquet garni and the salt and pepper.
8. Bring the stock to the boil then simmer for 25 minutes uncovered.
9. Filter the stock through a sieve into a separate container and leave to cool down.
10. While the stock is cooling down, prepare the rice, potatoes or sides you plan to serve with the fish.
11. To cook the fish, coat the bottom of a a deep saute pan or large stainless saucepan with butter followed by some salt and pepper. Then sprinkle in the shallots, onions and parsley.
12. Place the fish filet over the garnish next to each other and pour in the wine (avoid pouring the wine directly on the fish filets to avoid them turning a dark greyish colour). Add some cold fish stock, 3 quarters of the way up to the fish filets. Then cover the fish with a circle of baking paper which will act as a lid.

13. Turn the heat to medium and bring slowly to a simmer. As soon as the stock is simmering, transfer the pan to a preheated oven at 170°C/338°F and cook for a maximum of 5 to 6 minutes.
14. As soon as the fish is out of the oven start making the sauce. Things have to happen quickly as your fish will starting cooling down.
15. Transfer the fish cooking juices to a clean large bottom pan (this will facilitate the reduction).
16. Reduce the the cooking juices to a syrupy consistency on high heat and then add the cream. Reduce by half until the sauce starts to thicken. Add the chopped tomatoes and stir gently taking care not to colour the sauce too much with the tomatoes.
17. Turn the heat off and add 20 grams of butter, stirring gently until the butter is melted into the sauce.
18. Serve immediately on individual plates or in a dish.