



POACHED BRANZINO "A LA NAGE"



I love cooking fish or shellfish in a aromatic vegetable broth, it's an incredible easy way to prepare seafood, since you can to it all in one pan and then serve it directly from there. It's quick, colorful, delicious, full of flavors and healthy!

Ingredients:

2 tablespoons	Virgin olive oil
2 small	Young leeks, finely sliced
2 medium	Carrots, sliced on a bias, about ¼ inch thick
1 large	Red onions, finely sliced
3	Celery stalk, finely sliced
1 bottle	White wine
¼ cup	White vinegar
2 quarts	Water
1	Bouquet garni (thyme, bay leaf, parsley)
½ tablespoon	Coriander seeds
1-½ lbs.	Whole branzino, scaled
8	Sweet potatoes, turned and cooked in salted water
1	Lemon juice
2	Diced Roma tomatoes
1 small bunch	Chive minced
2	Whole lemon for garnish
	Salt and cracked black pepper corn

For 2 to 3 servings



Preparation:

In a large, braising pan, heat the olive oil gently and over medium high heat add leeks, carrots, onions, celery and cook stirring until the vegetables are softened and onion is translucent, about 3 minutes.

Add the white wine, vinegar and water, bring to a simmer, and add the bouquet garni, coriander seeds, cracked black pepper and season with salt. Simmer for about 10 to 12 minutes until the liquid is nicely infused with all the vegetables and aromatics.

Very gently lower the Branzino, into the liquid and poach the fish for about 15 minutes. Turn off the heat and let the fish finishing from cooking.

Presentation:

First remove and discard the bouquet garni. Using a slotted spoon, fish out some of the vegetables and build a bed, on a long and deep platter. Transfer the fish on top of the vegetables. Fish out the remaining vegetables and cover the fish partially. Ladle some of the broth over the fish.

Drizzle with the diced tomatoes, chives and the lemon juice. Optional, drizzle 2 tablespoons of virgin olives oil over the fish.

Garnish with the cooked sweet potatoes and half lemons. Serve immediately

Hubert Keller

Chef/Owner

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