



Pan-fry Turbot

With Red wine sauce and rosemary foam

Ingredient

- 150 g Turbot
- 300 ml Red wine
- 100 ml Beef stock
- 50 ml Fish stock,
preferably from Turbot
- 2 Sliced Shallots
- 3 Stalks Thyme
- 1 Stalk Rosemary
- 300 ml Milk

Method

1. Sweat shallots in a pan, add thyme, then pour in the red wine, reduce to approx. 50 ml, then add in the fish stock, reduce back to the same amount, then add beef stock. Bring it to boil, and then strain the sauce
2. Bring the milk to simmer with the rosemary, turn off the heat and leave to infuse for 30 minutes
3. Heat up a non-stick pan to medium heat, add oil in the pan
4. Cook the fish with the "skin side" down till it gets nicely caramelized. Then add butter in the pan and turn the fish, leave it in the pan for approx. a minute, then remove it and let it rest for few minutes
5. Bring the red wine sauce to boil, and then stir in 3 dices of butter
6. Strain the milk, bring it to 50 degrees, and then spin it with a hand blender to create foam.
7. Slice the fish
8. Put a big spoonful of sauce on a plate, then the fish, finish with dots of rosemary sauce



Recipe by Chef Markus Dybwad



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