



Plaice in vinegar sauce

4 plaice, about 400 g
(14 oz) each

1 carrot
1 onion
1 leek
1 small celeriac
1 small fennel
4 shallots
6 garlic cloves
4 tomatoes
olive oil
unsalted butter
2 dl (¾ cup) sherry vinegar
2 tablespoons cognac
5 dl (2 cups) fish
bouillon
salt, pepper
1 tablespoon cold unsalted butter

* Fish bouillon:

Makes 5 dl (2 cups)

1 kg (2¼ lb) fish bones (turbot and sole are best – use the heads if you have them)

5 dl (2 cups) white wine

5 dl (2 cups) water

1 onion stuck with 1 garlic clove

1 bouquet garni

Rinse the fish bones in cold, running water. Remove the gills and discard. Chop into coarse chunks. Place in a stock pot with the wine and water and bring slowly to a boil, stirring often. Add the vegetables and simmer 30 to 35 minutes more. Strain. Return to the pot and reduce to approximately 5 dl (2 cups).

1. Scrape the fish on the dark side. Remove the white skin. (Hold the tail under hot running tap water. Loosen the skin from the tail with a knife. Pull off the skin, from tail to head, in a single gesture.) Cut off the head. Trim the fins and clean.
2. Dice the vegetables. Sauté lightly in olive oil and butter. Deglaze the pan with sherry vinegar and cognac and reduce to 1 dl (½ cup). Add the bouillon and reduce to 2 dl (1 cup). Strain. Season with salt and pepper and beat in the cold butter. Keep warm.
3. Preheat the oven to 200°C (400°F). Place the fish in a greased ovenproof dish. Brush with olive oil and sprinkle with salt and pepper. Bake with the door open for 6 to 8 minutes.
4. Bone the fish and nap with the sauce. Serve with zucchini sautéed with fresh thyme.



Bagatelle Norway
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