



Turbot

with artichoke puree and red wine sauce

1 turbot, about 2½ kg (5 lb)
unsalted butter
salt
2 or 3 shallots, minced
olive oil
1 leek
2 or 3 garlic cloves
1 small carrot
1 small celery stalk
fresh tarragon
fresh thyme
1½ liters (6 cups) red wine
1 dl (½ cup) port wine
water or fish bouillon

2 large artichokes
lemon juice
ground coriander
2 almond or other waxy
potatoes boiled and peeled
cayenne pepper

50 g (3½ tablespoons)
cold unsalted butter
pepper

1. Remove the gills from the turbot. Cut off the head, tail and fins. Cut the fish (with skin and bones) into 4 pieces of equal size. Place in an ovenproof dish with a little butter, salt and the shallots.
2. Melt butter and olive oil in a large saucepan. Cut the turbot head in two and sauté with all the fish trimmings for about 10 minutes. Coarsely chop the leek, garlic, carrot and celery and add with the fresh herbs. Sauté a few more minutes. Add the red wine, port wine and water or bouillon to cover, mixing well. Simmer for 1 hour, skimming constantly. Strain and reduce the cooking liquid to about 2 dl (1 cup).
3. Trim the artichokes and cook in water with lemon juice, coriander, thyme and salt for 25 minutes. Let cool. Cut out the bottoms of the artichokes and blend with the potatoes, a little butter, olive oil, salt and cayenne pepper. Puree until smooth.
4. Preheat the oven to 200°C (400°F). Bake the fish for 15 to 20 minutes. When the fish is thoroughly cooked, remove the skin and lift the fillets from the bones.
6. Reheat the red wine reduction. Beat in the cold butter in pats. Season with salt, pepper and lemon juice. Keep warm. Spoon a mound of artichoke puree onto heated plates. Top with the fish and pour the sauce all around.



Bagatelle Norway
by Eyvind Hellstrøm