



Bangladesh ***Pike perch in a saffron and Pernod sauce, with Julienne vegetables and violet potato purée***

INGREDIENTS

PIKEPERCH

150-180 g pike perch (including skin) per person
(pike perch may be substituted with monkfish or loup de mer)

SAUCE

White wine
Per person 1dl cream
around 5cl (fish) stock
saffron (powder or threads)
some chopped parsley
and a few freshly plucked dill sprigs.

VIOLET POTATO PURÉE

250g violet potatoes per person
milk
butter
salt

JULIENNE VEGETABLES

Yellow and orange carrots
celeriac
leek

Recipe: Martin Bänziger,
www.restaurant-baenziger.ch

PIKEPERCH

Lightly fry the fish in cooking butter on both sides, then leave to rest in the oven.

SAUCE

Reduce a small amount of white wine. Add 1 dl cream, around 5 cl (fish) stock, saffron (powder or threads), some chopped parsley, and a few freshly plucked dill sprigs. Finally, refine with Pernod, salt, pepper and a small amount of stock.

PUREA DI PATATE

Peel the potatoes, boil in salted water and purée together with a little milk and a generous knob of butter.

JULIENNE VEGETABLES

Cut all of the vegetables into fine strips (julienne). Blanch briefly in salted water, then immediately chill in iced water.

TO SERVE

Lightly fry the fish in cooking butter on both sides, then leave to rest in the oven.

Pipe the potato purée in the middle of a plate using a pastry bag and carefully pour the sauce around it.

Arrange the fish fillets on top of the potato purée and garnish with dill.

Briefly sauté the vegetable strips and half a cherry tomato, and distribute them in a circle on the plate.

MISE EN PLACE

Everything is quick and simple to prepare. The sauce can be made in advance. The potato purée can also easily be kept warm in a water bath. The julienne vegetables and tomato can be heated up in the same pan as the fish shortly before serving.