

STEW WITH HAKE IN BLACKCURRANT PEPPER



Serves 1 person

Ingredients for fish stew with blackcurrant pepper

150g fish (hake, coalfish or zander)

- 100g boiled vegetables (carrots, leeks, beets, onionsy)
- 30cl pure beef stock
- Blackcurrant pepper (dried and crushed blackcurrant buds)

Preparation of FISH STEW WITH BLACKCURRANT PEPPER

Season the fish with the pepper and fry it in a pan. Boil the vegetables previously seasoned with blackcurrant pepper in the beef stock. Leave the vegetables in the stock after boiling. Put the stew in a deep plate and add the cooked fish on top.

This recipe was created by 3-Toque chef Jean-Alain Poitevin for the Inaugural Cassissium Gastro-Fete in 2012. The Cassissium is based in Burgundy France and France's gift to the world of blackcurrant epicures: a museum, heritage and trade centre for the French blackcurrant industry: www.cassissium.fr

Recipe of Chef Jean-Alain Poitevin, restaurant le Clos Prieur, Château de Gilly, Burgundy.