

Seabass with Soft Spices

Category: Main Course (Serves 4)

Recipe by Martial Poilbout

Ingredients:

800gm	Seabass
800gm	carrots
2pcs	fennels
60gm	butter
4 S. Spoon	butter
4 sticks	cinnamon
1 pce	cloves
½ Tea Spoon	ground nutmeg
½ Tea Spoon	sugar
Salt & pepper	

SEE WEIGHT MEASURE CONVERSIONS AT THE END OF THE RECIPE

Entree



Preparation:

- Ground a bit of the Cinnamon and crush the clove then mix with the Nutmeg, the pepper and the flour
- Peel the carrots and cut them into sticks
- Cut the fennel into parts and keep 4 of the side whole and cut the rest into small pieces
- Put the vegetables (carrots & fennel cubes) in a frying pan with ½ of the butter, the cinnamon sticks, sugar, salt & pepper. Cover and cook at medium temperature during 15 to 20 minutes
- Portion the fish into “paves” and pre-cook them with in the steam oven with the fennel
- Put the fish into the flour mix and pan fry them with the rest of the butter
- Put the fish on the plate, the fennel leaves standing and fill them with the vegetables cubes
- Decoration with the Cinnamon stick

Weight Measures Conversions:

¼ ounce	8 grams
½ ounce	15 grams
1 ounce	30 grams
4 ounces	115 grams
8 ounces	230 grams
16 ounces	455 grams (1 pound)
2.2 pounds	1 kilogram
1 cup	25 CL - 2.5DL - 250ML

