

Pan-fried Brill Fillet a la Duglere

Fish in white wine, tomato and parsley sauce
(Serves 4 portions)

Recipe by Bernhard Klotz, Radisson Seven Seas

Ingredients:

- 4 brill fillets, each weighing 180 grams
- 2 ounces finely minced onions
- ¼ cup white wine
- ½ cup fish stock
- salt and freshly ground pepper

Sauce:

- 2 ounces finely minced onions
- 3 ounces finely minced shallots
- 2 tablespoons white wine vinegar
- ½ cup white wine
- 1 fresh thyme sprig
- ½ cup cream
- 7 ounces butter
- lemon juice
- salt and freshly ground pepper
- 10 ounces fresh tomatoes, chopped
- 2 tablespoons chopped parsley

Garnish:

- Parisienne potatoes
- Vegetable in season
- Tomato concasse
- Fresh herb sprigs

Entree



Preparation:

- Rub a large sauté pan with the butter. Sprinkle the bottom with the chopped onions. Lightly season the fish with salt and pepper.
- Arrange the fish medallions on top and add the dry white wine and fish stock. Cover with a round of buttered parchment paper. Place over medium heat and bring to a simmer. Cook until the fish has changed color and it flakes when light pressure is applied. Remove the paper and transfer the fish to a small platter. Cover and keep warm.
- For the sauce - combine the shallots, vinegar, white wine, pepper, thyme, bay leaves in a saucepan and cook over medium heat until the liquid has evaporated (reduction). Add the chopped tomatoes to the pan and increase the heat.
- Bring to the boil and cook until almost all the liquid has evaporated. Add the cream and bring back to the boil and reduce by half. Remove the thyme and bay leaves. Whisking constantly, gradually mix in the butter. Once all the butter has been incorporated, remove from the heat and stir in the chopped parsley. Do not allow the sauce to boil again. Drain any juices from the cooked fish into the sauce.
- Season to taste with salt and pepper.
- For the presentation – place fish in the center of the plate and spoon the sauce on top. Decorate with tomato concasse and fresh herb sprigs. Serve with Parisienne potatoes and vegetable in season