

## Recipes From Le Violon d'Ingres

135, rue Saint-Dominique

75007 Paris

Tel : 01 45 55 15 05

Tuesday through Saturday 12 to 2:30 pm.

Tuesday through Saturday 7 to 10:30 pm

Closed Sunday and Monday

### ***Suprêmes de bar, croustillants aux amandes***

European sea bass steaks with crispy almond topping

Ingredients for 4 servings:

4 boneless, skinless sea bass steaks (150 g/ 5 ¼ oz each)

200 g (7 oz) baby spinach leaves

2 eggs

4 slices sandwich bread

1 shallot

½ bunch parsley

80 g (2 ¾ oz) “cornichon” pickles, diced

40 g (1 ⅜ oz) salted Sicilian capers

50 g (1 ¾ oz) toasted slivered almonds

2 lemons

10 cl (3/8 cup) poultry juices\*

1 teaspoon strong mustard

100 g (3 ½ oz) butter

20 cl (6 ¾ oz) peanut oil

2 tablespoons Sherry vinegar

1 teaspoon aged wine vinegar

Fine sea salt preferably, Guérande

Salt and freshly ground pepper

Preparation: 35 minutes + 3 hours de-salting for the capers

Cooking time: 10 minutes

Soak the capers in a bowl of cold water for 3 hours to remove the salt; drain. Peel and finely chop the shallots. Rinse and chop the parsley. Peel the lemons, removing all of the white membrane. Remove the segments and cut in small cubes.

Prepare a vinaigrette: In a small bowl, whisk the mustard with half of the peanut oil and the two vinegars. Season with salt and pepper.

Rinse and stem the spinach leaves.

Remove the crusts from the bread slices, cut into 5 mm (2 in) cubes, and place in a shallow dish.

Beat the eggs in a bowl, season with salt and pepper.

Season the sea bass steaks with salt and pepper. Dip one side of each bass steak in the beaten egg mixture, then dip in the bread cubes. Press down on the bass steaks with a wooden spatula so that the bread cubes stick to the flesh.

Place the bass steaks, breaded side down, in a skillet with the remaining peanut oil and cook over low heat until lightly browned, about 4 to 5 minutes. Turn the steaks and cook for 2 minutes. Remove the fish from the skillet and keep warm.

In the same skillet, melt the butter and add the drained capers, the diced cornichon pickles, and the cubes of lemon. Remove from the heat, add the poultry juices and chopped parsley.

Toss the spinach leaves with the chopped shallot and vinaigrette. Divide the spinach among the serving plates, and place a sea bass steak in the center of each. Sprinkle with the slivered almonds and drizzle with the caper sauce. Season with fine sea salt and a turn of the pepper mill.

Note: To remove the salt from the capers more quickly, change the water frequently.

\* Powdered poultry stock may be substituted.



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