

# BASIC RECIPES

*The recipes in this book provide an unlimited variety of delicious fish meals. Some of the recipes use a common basic recipe which are referred to on these pages, or you can use these basic recipes as an addition to a dish of your choice.*

## FISH STOCK

### MAKES ABOUT 6 CUPS

- 2–3 lb/900 g–1.3 kg fish heads, bones, and tails, with any large bones cracked and without any gills
- 5 cups water
- generous 2 cups dry white wine
- 1 onion, thinly sliced
- 1 leek, halved, rinsed and chopped
- 1 carrot, peeled and sliced
- 6 fresh flat-leaf parsley sprigs
- 1 bay leaf
- 4 black peppercorns, lightly crushed

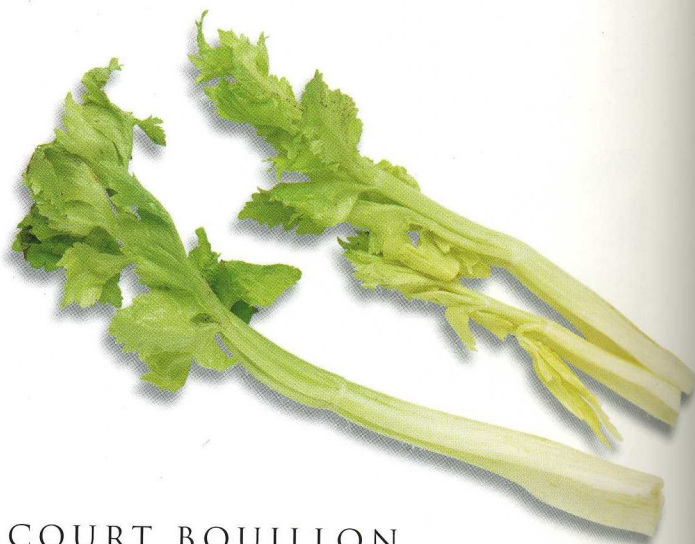
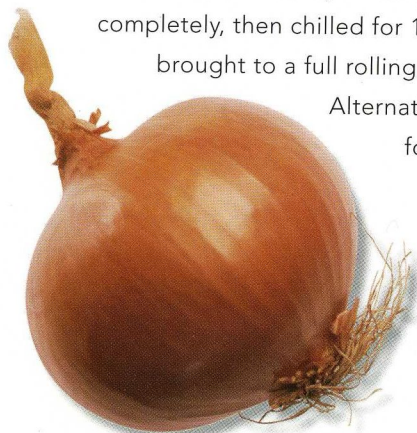
Put the fish trimmings, water, and wine in a large heavy-bottom pan over medium-high heat and slowly bring to a boil, skimming the surface constantly to remove the gray foam.

When the foam stops forming, reduce the heat to low, add the remaining ingredients, and let the stock simmer for 30 minutes, skimming the surface occasionally if necessary.

Strain the stock and discard the flavoring ingredients.

The stock is now ready to use or can be left to cool completely, then chilled for 1 day, as long as it is brought to a full rolling boil before use.

Alternatively, it can be frozen for up to 6 months.



## COURT BOUILLON

### MAKES ABOUT 2½ CUPS

- 3½ cups cold water
- 3½ cups dry white wine
- 3 tbsp white wine vinegar
- 2 large carrots, coarsely chopped
- 1 onion, coarsely chopped
- 2 celery stalks, coarsely chopped
- 2 leeks, coarsely chopped
- 2 garlic cloves, coarsely chopped
- 2 fresh bay leaves
- 4 parsley sprigs
- 6 black peppercorns
- 1 tsp salt

Put all the ingredients into a large pan and slowly bring to a boil. Cover and let simmer gently for 30 minutes.

Strain the liquid through a fine strainer into a clean pan. Bring to a boil again and let simmer fast, uncovered for 15–20 minutes, until reduced to 2½ cups.

Simmer the fish in the court bouillon, according to the length of time required to cook. Drain the fish.

## BECHAMEL SAUCE

1¼ cups milk  
4 cloves  
1 bay leaf  
pinch of freshly grated nutmeg  
2 tbsp butter or margarine  
2 tbsp all-purpose flour  
salt and pepper



Put the milk in a pan and add the cloves, bay leaf, and nutmeg. Gradually bring to a boil. Remove from the heat and leave for 15 minutes.

Melt the butter in another pan and stir in the flour to make a roux. Cook gently, stirring, for 1 minute. Remove the pan from the heat.

Strain the milk and gradually blend into the roux. Return the pan to the heat and gently bring to a boil, stirring, until the sauce thickens. Season to taste.

### VARIATIONS

All sorts of ingredients can be added to the basic Béchamel recipe to make interesting sauces that go particularly well with vegetables and fish.

#### *Watercress Sauce*

Add 1 small bunch of watercress, finely chopped, to the basic sauce.

#### *Parsley Sauce*

Add 2 tablespoons finely chopped fresh parsley to the basic sauce.

#### *Mushroom Sauce*

Wash and finely slice 4 oz/115 g white mushrooms, and add them to the basic sauce with 1 tablespoon of finely chopped fresh tarragon.

#### *Lemon Sauce*

Add some finely grated lemon rind and juice to the basic sauce.

#### *Mustard Sauce*

Add 1 tablespoon French mustard and a squeeze of lemon juice to the basic sauce.

## HOLLANDAISE SAUCE

2 tbsp white wine vinegar  
2 tbsp water  
6 black peppercorns  
3 egg yolks  
1⅓ cups unsalted butter  
2 tsp lemon juice  
salt and pepper

Put the wine vinegar and water into a small pan with the peppercorns, bring to a boil, then reduce the heat and let simmer until it is reduced to 1 tablespoon (take care, this happens very quickly). Strain.

Mix the egg yolks in a blender or food processor and add the strained vinegar while the machine is running.

Melt the butter in a small pan and heat until it turns almost brown. Again, while the blender is running, add three-quarters of the butter, the lemon juice, then the remaining butter, and season well with salt and pepper.

Turn the sauce into a serving bowl or keep warm for up to 1 hour in a bowl over a pan of warm water. If serving cold, let cool, and store in the refrigerator for up to 2 days.





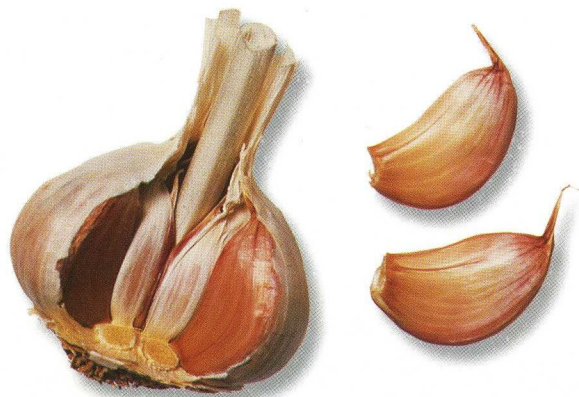
## MAYONNAISE

2 egg yolks  
pinch of salt, plus extra for seasoning  
 $\frac{2}{3}$  cup sunflower-seed oil  
 $\frac{2}{3}$  cup olive oil  
1 tbsp white wine vinegar  
2 tsp Dijon mustard  
pepper

Beat the egg yolks with a pinch of salt. Combine the oils in a pitcher. Gradually add one quarter of the oil mixture to the beaten egg, a drop at a time, beating constantly with a whisk or electric mixer.

Beat in the vinegar, then continue adding the oils in a steady stream, beating constantly.

Stir in the mustard and season to taste with salt and pepper.



## AIOLI

1 large egg yolk  
1 tbsp white wine vinegar or lemon juice  
2 large garlic cloves, peeled  
salt and pepper  
5 tbsp extra virgin olive oil  
5 tbsp sunflower-seed oil

Put the egg yolk, vinegar, garlic, and salt and pepper to taste in a bowl and whisk until all the ingredients are well blended.

Add the olive oil, then the sunflower-seed oil, drop by drop at first, and then, when it begins to thicken, in a slow, steady stream until the sauce is thick and smooth.

## GREEK GARLIC SAUCE

$\frac{3}{4}$  cup whole blanched almonds  
3 tbsp fresh white bread crumbs  
2 large garlic cloves, crushed  
2 tsp lemon juice  
salt and pepper  
 $\frac{2}{3}$  cup extra virgin olive oil  
4 tbsp hot water

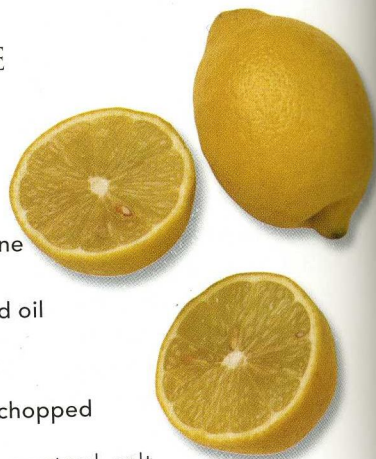
Put the almonds in a food processor and blend until finely ground. Add the bread crumbs, garlic, lemon juice, and salt and pepper and mix well together.

With the machine running, very slowly pour in the oil to form a smooth, thick mixture. When all the oil has been added, blend in the water.

Turn the mixture into a bowl and let chill in the refrigerator for at least 2 hours before serving.

## TARTARE SAUCE

2 large egg yolks  
2 tsp Dijon mustard  
 $\frac{3}{4}$  tsp salt, or to taste  
white pepper  
2 tbsp lemon juice or white wine vinegar  
about  $1\frac{1}{4}$  cups sunflower-seed oil  
10 gherkins, finely chopped  
1 tbsp capers, finely chopped  
1 tbsp flat-leaf parsley, finely chopped



Blend the egg yolks with the mustard, salt, and white pepper to taste in a food processor, blender, or by hand. Add the lemon juice and blend again.

With the motor still running or still beating, add the oil, drop by drop at first. When the sauce begins to thicken, the oil can then be added in a slow, steady stream.

Stir in the gherkins, capers, and parsley. Taste and adjust the seasoning with extra salt, pepper, and lemon juice if necessary. If the sauce seems too thick, slowly add 1 tablespoon of hot water, light cream, or lemon juice.

Use at once or store in an airtight container in the refrigerator for up to 1 week.





## SUSHI RICE

scant  $1\frac{1}{4}$  cups sushi rice  
 generous  $1\frac{1}{4}$  cups water  
 1 piece of kombu  
 2 tbsp sushi rice seasoning

Wash the sushi rice under cold running water until the water running through it is clear, then drain the rice. Put the rice in a pan with the water and the kombu, then cover and bring to a boil as quickly as you can.

Remove the kombu, then turn the heat down and let simmer for 10 minutes. Turn off the heat and let the rice stand for 15 minutes. Do not at any point take the lid off the pan once you have removed the kombu.

Put the hot rice in a large, very shallow bowl and pour the sushi rice seasoning evenly over the surface of the rice. Use one hand to mix the seasoning carefully into the rice with quick cutting strokes using a spatula, and the other to fan the sushi rice in order to cool it quickly.

The sushi rice should look shiny and be at room temperature when you are ready to use it.

## BEURRE BLANC

3 tbsp very finely chopped shallots  
 2 bay leaves  
 6 black peppercorns, lightly crushed  
 3 tbsp white wine, such as Muscadet  
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 $1\frac{1}{2}$  tbsp heavy cream  
 $\frac{3}{4}$  cup unsalted butter, cut into small pieces  
 2 tsp chopped fresh tarragon  
 salt and pepper

Put the shallots, bay leaves, peppercorns, wine, and vinegar in a small pan over medium-high heat and boil until reduced to about 1 tablespoon. Strain the mixture through a nonmetallic strainer, then return the liquid to the pan.

Stir the cream into the liquid and bring to a boil, then reduce the heat to low. Whisk in the butter, piece by piece, not adding the next until the previous one is melted. Whisking constantly and lifting the pan off the heat occasionally will help prevent the sauce from separating. Stir in the tarragon and salt and pepper to taste.

