

SAUCES

FISH MARINADE

Ingredients (For 6 people)

- 2 shallots
- 1 clove of garlic
- A few coriander leaves
- 20 g fresh ginger
- ½ stick of lemongrass
- 2 dl extra virgin olive oil
- 1 dl white wine
- 1 dl yuzu vinegar
- A pinch of salt
- Nepalese Timut pepper (lemon flavoured) or black pepper

Preparation:

Chop 2 shallots.

Crush 1 clove of garlic.

Chop the coriander leaves, the ginger and ½ of the lemongrass stick, then grind all in a spice mortar.

Add the extra virgin olive oil, the vinegar and the white wine.

Adjust the seasoning with the salt and the pepper.

Our tip :

Using a marinade is a traditional way to flavour fish. Ideally, let them marinate for 2 hours in the fridge before cooking.

