

CHEF'S PERCH FILLETS

BY JULIEN GALLARD

Ingredients (For 4 people)

- 720 g perch fillets
- 40 g butter
- Colza oil
- For the beurre blanc sauce:
 - 100 g finely chopped shallots
 - 12 cl white vinegar
 - 15 cl white wine
 - 150 g very cold butter
- Salt and pepper

Preparation:

Begin by preparing the beurre blanc. Place the shallot in a saucepan with the vinegar and wine. Reduce until all the liquid has evaporated.

Cut the butter into small pieces. Add them in one batch to the shallot. Beat energetically until the mixture is totally emulsified. Season.

Heat a little colza oil in a frying pan. Add the fillets, fleshy side down. Increase the heat and cook the fillets on both sides until golden brown. This operation takes approximately 6 minutes. Season lightly with salt and pepper.

Arrange the fillets harmoniously on the plates and garnish each one with a lemon quarter and a stewed cherry tomato.

Serve with French fries and seasonal vegetables.

