

Pot of fish

CUISIMAGES

Ref :
1601

Type :
Pot

Preparation :
30 mn
Rest :

Cooking :
1 h
at 150°C

Cost :


Difficulty :


Origin :




For 8 persons

- 700 grams of white fish
- 6 eggs
- Salt and pepper
- 1 can of tomato puree
- 1 tablespoon of dried fish stock

For the cream:

- 6 tablespoons of fresh cream
- 1 shallot (chopped)



In a stewpan, boil some water with 1 tablespoon of dried fish stock.

Cook fish with the vapor during 10 mn.



Meanwhile, break the eggs in a bowl and make an omelette.

Add the tomato puree, salt, pepper and mix all.



Add 1 tablespoon of fresh cream and mix.



Withdraw fish of the stewpan, remove the fish and emitter the flesh coarsely.

Add the fish to the bowl and mix.



Oil the pot and put the mixture.

Charge with middle height with the bain-marie at 150°C during 1h. When you leave the pot from the oven, ensure that it is well cooked by inserting the blade of a knife, it must itself arise clear, if not give to cook a little longer.



Let the pot cool before putting it at the refrigerator.

For the cream which accompanies it:

Peel shallot, cross in small pieces and mix with the remainder of fresh cream.



Recommandation

Variante

Wine

Replace the nets of place by fish nets with firm flesh.
Bourgogne aligoté