

Fondue Maritime

CUISIMAGES

Ref :
2003

Type :
Fish

Preparation :
20 min
Rest :

Cooking :
45 min

Cost :


Difficulty :


Origin :




For 4 persons

- 20 scallops/ 8 shrimp
- 300 g cod/4 cheeks devilfish
- 1 broccoli/ 200 g little tomatoes
- 200 g mushrooms
- 200 g Chinese vermicelli

Bouillon :

- 1 onion/ 3 cloves/ ginger
- Fish Aroma/ lemon/ soy sauce
- Chile Sauce/ 1 carrot/ 1 leek/ garlic
- 1 bouquet bay leaves and thyme / herbs of Provence



Peel onion and prick with cloves.
Peel garlic and ginger and chop finely.
Peel carrot and prepare leek.

Place these and bouillon ingredients into 2.5 litres of simmering water and cook for 45 min.

In the meantime, pre-cook broccoli for 5 min in boiling salted water. Peel shrimp and dice cod.

Strain the bouillon to remove the vegetables and condiments, and pour the bouillon in the cast iron fondue pot.

Present fish and vegetables.

Each one cooks what he wants to eat and retrieves it from the maritime fondue using small strainers.



Recommandation

Use 1 fish net with firm flesh, like perch
You can add squid.

Keep the remainder of the bouillon on a low flame fire to refill the fondue pot during the meal.

Variante

Wine

Saumur Champigny