

BISTRO
Sixteen & 2
— AT STEENBERG —

HERB CRUSTED FISH WITH
CREAMY PARSLEY VELOUTÉ

By Steenberg Executive Chef Kerry Kilpin

1 whole 1.2kg Silver fish / Cape Bream filleted and bones set aside. Discard the head.
Mashed potato
250g peas cooked

Parsley Velouté

300ml white wine
1 onion
1 stick celery
1 garlic clove
2 slices lemon
250ml cream
½ bunch parsley
1t corn flour soaked in water
½ lemon

Keep the fish bones to make a fish stock

In a pot place the fish bones, onion, wine, garlic, celery and lemon. Place on the stove and bring to the boil. Cook on a medium heat for 15 – 20 minutes or until you have about 100ml liquid left. Strain the stock. Place the stock back on the stove with 250ml cream, bring to the boil. Thicken with corn flour. Blend in the parsley, season to taste with salt. You may need a squeeze of lemon juice.

Baked Fish

6 button mushrooms sliced
1 onion sliced
Bread crumbs
80g feta
2T bread crumbs
Olive oil
Salt and pepper
1/2 lemon

Place the mushrooms and onions in a baking tray. Season the fish with salt and pepper and place skin side down on the bed of onions and mushrooms. Crumble the feta over the fish and sprinkle with breadcrumbs. Drizzle a little olive oil over the top. Place in the oven to bake. Bake the fish on 200 C degrees for roughly 8 – 10 minutes depending on the thickness of the fish. About half way through cooking; squeeze half the juice of a lemon over it and return to the oven to finish cooking.

Serve the fish on mashed potatoes with a few peas and drizzle with the parsley velouté.