

PROVENÇAL FISH CASSEROLE



INGREDIENTS

4

- 1 onion, chopped
- 12 g Bresc Garlic puree
- 1 dl white wine
- 2 dl manufacturing cream
- 12 prawns, cleaned
- 100 g Bresc Pomodori marinati
- 300 g cubes of mixed fish
- 25 g Bresc Gamba marinade
- 1 carrot, coarsely chopped
- 1 stalk celery, peeled and coarsely chopped
- salt and pepper to taste
- oil for frying

USED BRESC PRODUCTS



Gamba marinade 1000g



Garlic puree 1000g



Pomodori marinati 1000g

PREPARATION METHOD

Peel the carrot and celery and chop them coarsely. Peel the prawns. Marinate the fish and the prawns in the gamba marinade for 5 minutes. Fry well and remove from the pan. Fry the onion gently in a little oil. Add the carrot, the celery, garlic and tomato chunks. Add the wine and the wine vinegar and bring briefly to the boil. Add the cream. Reduce to the required thickness, then add the fish and the prawns. Season the casserole with salt and pepper.

Serving suggestion: with French bread and rice.