

SAUTÉED BREAM FILLET WITH RISOTTO AND BLACK GARLIC GRAVY



USED BRESC PRODUCTS



Bresc Black garlic puree
325g



Bresc Strattu di
pomodoro 450g



Bresc Thai red curry 450g

INGREDIENTS

10

For the bream

- 10 bream fillets
- 125 g Bresc Strattu di pomodoro
- 60 g panko
- grated lime peel

For the risotto

- 750 g risotto rice
- 125 g butter
- 3 small onion, chopped
- 3 dl dry white wine
- grated lime peel
- 200 g Bresc Thai red curry
- 3 l fish stock
- crème fraîche

For the tempura vegetables

- 10 slices of courgette
- 30 blanchéd new carrots
- tempura batter with Bresc Thai red curry
- For the sauce garnish
- Greek-style yoghurt
- lime juice
- veal fond
- Bresc black garlic puree 3% of the amount of fond

PREPARATION METHOD

Make a classic risotto with the ingredients listed, adding the crème fraîche for a creamy texture, and season with salt and pepper.

Fry the bream fillets, skin-side down, and spread them with the strattu and sprinkle with panko and grated lime peel. Cook under an overhead grill for 1 minute. Dip the slices of courgette and the carrots in the tempura batter and deep-fry until crisp in hot oil. Mix the Greek-style yoghurt with the lime juice and season with salt and pepper.

Heat the veal fond and stir in a quantity of black garlic that equals 1% of the volume of fond.

Arrange the risotto in the centre of the plate and place the bream fillet on top with the tempura vegetables. Draw lines of yoghurt over the plate and serve the fond with it. Serve with segments of lime.