



MARINATED TURBOT COOKED IN OLIVE OIL WITH GINGER

INGREDIENTS

- 1 turbot, about 2 kg
- 2 limes
- 2 lemons
- 1 orange
- 200 g fresh ginger
- 5 litres olive oil
- Salt, pepper, Espelette pepper

This recipe can be used for any kind of fish: cod, salmon, John Dory



WINE PAIRING SUGGESTION

Jean-Claude Mas l'Artisan Le Chardonnay

RECETTE

- Remove the fillets from the fish or cut it into steaks (the cooking process is the same either way).
- Zest the lemons and limes, then mix the grated zests together.
- Season the fish with the lime and lemon zests, salt, pepper and Espelette pepper.
- Then wrap the fish in clingfilm and leave for about an hour so that the lemon and lime zests infuse the fish.
- Peel the ginger and cut it into small pieces. - Pour the olive oil into a medium sized pan with the ginger and heat it to a temperature of 58 °C.
- Remove the clingfilm, then gently plunge the turbot in the oil. Cook for 10 to 12 minutes, keeping the oil at 58 °C.



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RECETTE

- Stick a toothpick in the fish and if there is no resistance, it is cooked. (This tip works for any kind of fish, regardless of the way it is cooked.)
- Once the fish is cooked, carefully remove it from the oil.
- Serve at once or put it in the refrigerator. Fish prepared in this way can be eaten hot or cold. It can be served with an orange flavoured fennel salad, whose aniseed flavour and fresh taste go extremely well with this dish.

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