

Sardines, D'Isigny Beurre Blanc, Brown Rice Crumbs and Dill Oil

by Chef Fabio Falanga

Serves: 4 Preparation time: 15 minutes Cooking time: 15 minutes

INGREDIENTS

200 g	Canned Sardines		Latvia
100 ml	Štajerska Slovenija	PDO	Slovenia
150 g	Beurre D'Isigny	PDO	France
100 ml	Estepa (Extra Virgin Olive Oil)	PDO	Spain
100 g	Brown Rice Chips		Bulgaria
To taste	Paška sol (Salt)	PDO	Croatia
50 g	Shallot		
50 g	Bottom Mushroom		
1 L	Fish Stock		
300 ml	Cream		
100 g	Dill		
To taste	Lime		

PREPARATION

BEURRE BLANC

1. Put white wine, diced bottom mushroom and shallots on medium heat to reduce till almost dry
2. Add cream and Fish stock and keep reducing to 250 ml
3. Pass through a sieve and then start whisking in the diced cold butter until the sauce is completely emulsified then season with lemon juice and salt, keep warm aside

DILL OIL

1. Blanch the dill in boiling water for few seconds then transfer to an ice bath
2. Dry and chop the dill then combine with olive oil and the blend till smooth
3. Strain the oil through a cheese clothes and keep aside

BROWN RICE CAKE CRUMBS

1. Process the rice cake in a food processor for few seconds the season with salt

ASSEMBLY

1. Pour the beurre blanc in the middle of the plate
2. Place 2 fillets of smoked sardines
3. Spoon some rice cake crumble on the top of the sardines
4. Garnish with Dill Oil and Fresh Herbs



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