

Quenelles de Brochet

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Ingredients & Utensils

Serves 4 (divide by 2 to prepare a meal for 2)

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Panade

Prepare 24 hours in advance. Watch video: <https://vimeo.com/537870034/4f983bfd15>

Ingredients

- 60g (approx. ½ cup) flour
- 40g (approx. 3 tbsp) butter
- 250g (approx 1 cup) milk
- 3 egg yolks
- salt & pepper

Utensils

- 1 pan
- 1 whisk

Cooking Time

- 20 min
- Up to 24h in the fridge

Nantua Sauce

Ingredients

- 5 lobsters - cut without their shell
- 60g (approx. 4 tbsp) butter
- 80g (approx. 1 cup) diced fennel
- 80g (approx. $\frac{3}{4}$ cup) diced shallots
- 80g (approx. 1 cup) diced carrots
- 40g (approx. $\frac{1}{3}$ cup) diced celery
- 5g diced garlic
- 120g (approx. $\frac{2}{3}$ cup) diced ripe tomatoes
- 50g (approx. 3 tbsp) tomato paste
- 10cl (approx. $\frac{1}{2}$ cup) white wine
- 10cl (approx. $\frac{1}{2}$ cup) cognac or brandy
- 50cl (approx. 2 cups) lobster stock
- $\frac{1}{2}$ bouquet garni
- 1 stem dry fennel
- $\frac{1}{2}$ bunch of basil
- 2 lemons
- 10 black peppercorns
- 1.5L (approx. 50 oz.) of milk
- 1.5L (approx. 50 oz.) of cream

Utensils

- 1 Dutch oven or cocotte
- 1 colander
- 1 strainer or sieve
- 1 pot

Cooking Time

1h

Quenelles

Ingredients

- 280g (approx. 0.5 lb) of Panade (prepared the day before)
- 1kg (approx. 2.2 lbs) of crushed and sieved pike meat or/and pike-perch meat OR a mix of crushed and sieved cod and scallops
- 625g (approx 2 1/2 cups) cream
- 10 eggs
- 500g (approx. 4.5 sticks of butter)
- 4g (approx. 2 teaspoons) of Espelette chili powder
- 20g (approx. 1 tablespoon) salt
- 3g (approx 1 teaspoon) of white pepper ground

Utensils

- stand mixer
- 1 spatula
- 1 cocotte / dutch oven of boiling water
- 1 big spoon

Cooking Time

- 4 min on each side in boiling water
- 8 min the oven at 400F

Pilaf Rice

Ingredients

- 1 big chopped onions
- 3 cups of rice
- 4 gloves of garlic
- thyme
- olive oil
- butter
- salt

Utensils

- 1 pot
- baking paper (cut in the shape of your pot)
- preheat oven at 380 to 400 F

Cooking Time

- Approx. 8 min to boil
- 15-20 min in oven