



TURBOT IN ITS HABITAT

DIFFICULTY: AVERAGE · TIME: 35 MIN · SERVES FOUR

1 TURBOT WEIGHING BETWEEN
1.5 AND 2 KG

16 CLAMS

2 BUNCHES OF SWISS CHARD

2 BUNCHES OF SPRING GARLIC

1 JAR OF TROUT ROE

1 LOAF OF FROZEN BREAD

2 SKINNED AND SEEDLESS
TOMATOES

SWEET PAPRIKA

EXTRA VIRGIN OLIVE OIL

FLEUR DE SEL

FRESH PARSLEY

SPRING ONIONS

THE BREADCRUMBS: cut the frozen bread into half centimetre slices, cut off the crusts and dice finely. Brown the bread in a frying pan and remove from the heat before adding the paprika and parsley.

THE STOCK: to make the stock, boil the turbot bones in 3 litres of water for 20 mins. Next, strain the stock into another pan and bring to the boil. Blanch the swiss chard leaves without the stems in this stock for 4 minutes. Then plunge them into cold water and drain.

THE SWISS CHARD AND SPRING GARLIC: chop the spring garlic and swiss chard and sautee on a high heat for 5 minutes. Season to taste.

THE TURBOT: roll up the turbot fillets and secure with cocktail sticks. Next, blanch in the stock for 4 minutes. Place the fillets on a baking tray, drizzle with oil and place in the oven at 190° C for 10 minutes.

THE CLAMS: to prepare the clams, start by peeling and dicing the tomatoes and slicing the garlic. Brown the garlic in a frying pan and add the tomato. Fry for 5 minutes until the tomatoes begin to soften. Then add the clams and ½ glass of turbot stock. Cover and leave to cook on an average heat until the clams open.

PRESENTATION AND SERVING: place a whole swiss chard leaf on a plate. Place a turbot fillet on top with the skin facing upwards and sprinkle breadcrumbs and sweet paprika on the top. Arrange the swiss chard, spring garlic and clams around the turbot or plate. Add the trout roe and spring onions for added colour and to enhance the presentation.