



SPICED JOHN DORY WITH MUSHROOM RISOTTO



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Photos: Nuno Campos
Chef: Fernando Fonseca

SERVES: 4

INGREDIENTS

600g John Dory fillet • 200g wild rice (Galo) • 2 shallots • 3 tbsp virgin olive oil • 60g butter • 250g mushroom mix (yellow pleurotes, pink enoki, eryngi and Portobello) • Nomu Seafood Rub, to taste • Flor de sal, to taste • Pinch of curcuma • 1 small lemon • 1 sprig of fresh coriander • 1 sprig of fresh parsley • 1 spring of rocket • 50g Gran Padana grated cheese • 100ml Président cream • 100ml fish stock • 500ml vegetable stock

METHOD

Remove the skin from the John Dory fillets • Season with a few drops of lemon and the Nomu spice rub • Wash the mushroom and chop into small pieces • Chop the shallot and sauté in two tbsp olive oil and half the butter • When the shallot is translucent add the mushrooms and cook on high heat for 5 minutes • Season with a little black pepper and add the wild rice, mixing well • Keep warm the vegetable stock • Start to add the liquid in two or three phases, so as not to interrupt the cooking process of the rice, which should be gentle and slow • Bring the fish stock to the boil and season with the curcuma • Check the seasoning after a few minutes of reduction • Add the cream, mix and reserve for later • Sauté the fish fillets in a tbsp of olive oil in a shallow non-stick pan on a high heat • Depending on how thick the fillets are, it should take no longer than 90 seconds to achieve toasting and colour • Turn the fillets and cook no further than 'à point' • Season with some flakes of flor de sal and place to one side • When the risotto is cooked (18-20 min), check the salt and add the remainder of the butter and the cheese, mixing well, and placing in the centre of each plate • Top with the fillets, drip round the curcuma sauce and complete with small green salad seasoned with few drips of olive oil and lemon juice

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