

KINGKLIP IN SWEET WHITE SAUCE





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Work a little fish with a whole lot of flavour into your diet with our decadent Kingklip in Sweet White sauce.

INGREDIENTS

- 4 x 150g Kingklip fillets
- 2 Tablespoons olive oil
- Rind & juice of 1 lemon
- Salt and pepper to taste
- 1 Shallot finely chopped
- 1 ½ Cups white wine
- Salt & pepper to taste
- 1 Pinch sugar
- 1 Cup cream
- 40g Cold butter cut into cubes

INSTRUCTIONS

Season fish fillets with salt and pepper, lemon rind, and juice. Heat the oil in a large pan over medium heat and cook the fish until golden.

Set aside and keep warm while preparing the sauce. Discard the excess oil from the pan.

Add the shallot, white wine, salt, pepper, and sugar to the pan. Bring to a simmer and reduce the sauce by half. Add the cream and simmer for 2 minutes.

Turn the heat down and add the cold butter, one cube at a time, while mixing with a spoon. Strain the sauce through a sieve for a smooth glossy sauce.

Transfer the fish onto plates. Spoon the sauce over the fish, and garnish with chopped parsley.