

Jason Pettit – Capital Radio Recipe



Easy Cheesy Baked Fish with Sauce Gribiche (*gri - beesh*).

The recipe is very quick and easy to prepare using only a few store-cupboard and refrigerator ingredients and then bakes in 8 – 12 minutes dependant on the thickness of the fish fillets.

Sauce Gribiche is one of the classic French sauces and is very versatile.

Ingredients – serves 4 people

4 ea	flat white fish fillets (approx. 120gm each)
3 Tbsp	low fat mayonnaise
2 Tsp	Dijon mustard
2 Tbsp	grated parmesan
1 ea	lemon (zested & juiced)
¼ cup	dry bread crumbs
	<i>black pepper to taste</i>
	sauce gribiche
2 ea	large eggs (hard boiled for 8 minutes)
1 Tbsp	apple cider vinegar
1 Tbsp	capers (rinsed, drained and chopped finely)
6 ea	small cornichons (rinsed, drained and chopped finely)
1 Tsp	Dijon mustard
2 ea	spring onions (washed, drained and chopped finely)
¼ cup	parsley leaves (washed, drained and chopped finely)
1 cup	olive oil
	<i>salt & black pepper to taste</i>

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Method

Place the eggs into a pan and cover with cold water. Add a tsp of salt, cover with a lid and bring to a gentle boil on a medium heat. Boil for approx. 5 minutes then remove from the heat.

Plunge eggs into a bowl of iced water to stop the cooking process.

Prepare the fish by mixing the breadcrumbs with 1 Tbsp of the grated parmesan and lemon zest. Mix the mayonnaise with the lemon juice, Dijon mustard and other Tbsp of grated parmesan.

Add a few twists of black pepper to taste.

Place the fish on a lightly oiled baking tray, cover them evenly in the mayonnaise mix and then with the breadcrumb mix.

Place into an oven pre-heated to 190°C and bake for 8 – 12 minutes depending on the thickness of the fish.

Whilst the fillets are baking, prepare the sauce.

Peel the eggs ensuring all shell is removed. Cut in half and remove the egg yolks and place into a bowl.

Add the mustard and lightly season with salt and black pepper then mash together.

Gradually whisk in the oil in a steady stream. If you feel the sauce is getting thick then add a little of the vinegar, then continue.

The finished consistency of the sauce should resemble mayonnaise.

Stir in the chopped spring onion, capers, cornichons and parsley.

Grate or finely chop the egg white and add to the sauce and stir.

Taste and season with salt and black pepper as desired.

Once the fish is cooked, remove from the oven and place onto serving plates. Serve immediately with boiled potatoes and broccoli or rocket salad.

Notes from the chef:

The sauce may be prepared in advance and kept in the fridge for 2 or 3 days.

Tilapia / sole / plaice are all suitable for this recipe.

Panko breadcrumbs may also be used to replace normal breadcrumbs.

Make sure the eggs are at room temperature before cooking them to prevent 'shocking' them during cooking and causing cracking.

The egg yolks for the sauce should not be runny or fully cooked so they emulsify with the oil better.

Tbsp - tablespoon

Tsp - teaspoon