

SMALL LAKE GENEVA PERCH «LIKE ANCHOVIES»

Ingredients (for 4 people)

- 500 g small Lake Geneva perch fillets 10/20 gr
- 250 g de Noirmoutier grey coarse sea salt
- 5 dl olive oil
- 1 bay leaf
- 1 sprig of fresh thyme
- 1 sprig of rosemary
- 1 garlic clove
- 1 bunch red sorrel
- 1 bunch borage flowers
- 4 tomatoes of different colours (pineapple tomato, black Crim, green zebra)
- 2 sucrine lettuces
- 50 g brown button mushrooms
- 100 baby artichokes
- 50 g round red radishes
- 50 g Taggiasca olives
- 0.5 dl aged Modena balsamic vinegar

Preparation:

Perch fillets in coarse salt

Remove the skin from the perch fillets

Spread a layer of coarse salt in large platter.

Place the perch fillets flat on the salt.

Cover the fillets with the remaining salt.

Leave to marinate for 15 minutes.

De-salt the fillets under a stream of cold water.

Let the fillets dry on a dishcloth. Put them into a jar with the olive oil, garlic, thyme and rosemary. Leave for 24 hours.

Presentation

Cut the outer leaves of the baby artichokes by turning.

Peel the tomatoes and remove the seeds.

Plate up all the ingredients and season with the oil from the perch fillets and the aged balsamic vinegar.

