



Fish

92 recipes

©PanierGarni, the 06/01/2011

Clams stuffed with almonds

4 serves

Easy Recipe, economic and Quick

Nutritional values per serving 535 Kcal Carbohydrates 4.02 g, Fat 54.3 g, Proteins 7.51 g

Ingredients

- 48 clams
- 250g of salted butter
- 50g shallots
- 1 clove garlic
- 1 bunch parsley
- 20 g of almond powder

Preparation

- Open clams raw
- arrange on four plates
- chop the parsley and garlic
- chop the shallots and sauté in a little butter
- then add the garlic and parsley, remaining butter and lather
- when the butter is foamy, spread it in clams
- immediately sprinkle with the almond powder
- put in hot oven for 5 minutes
- serve more

Cod en Papillote

4 serves

Easy Recipe, for a normal price and **Quick**

Nutritional values per serving 169 Kcal Carbohydrates 3.55 g, Fat 6.27 g, Proteins 23.63 g
--

Ingredients

- 500 g cod
- 1 onion
- 25 g butter
- 15 cl lemon juice
- 4 teaspoons chopped parsley
- thyme
- salt
- pepper

Preparation

- Place four sheets of aluminum foil and butter the slices of cod
- slice onion and distribute it in the curl
- do the same with thyme , parsley, salt and pepper
- sprinkle of lemon juice
- close the twists and bake 30 minutes th 6 (200 °)

Papillotes Salmon Provençale

4 serves

Easy Recipe, for a normal price of medium length

Nutritional values per serving 228 Kcal Carbohydrates 2.9 g, Fat 12.27 g, Proteins 24.12 g
--

Ingredients

- 4 salmon steaks (about 120 g) 2 large tomatoes
-
- 2 small shallots 4 tablespoons white wine
- herbs de Provence salt and pepper

Preparation

- Place steaks in center of each sheet of foil to
- Divide the sliced tomatoes and shallots
- finely chopped Salt and pepper and sprinkle with herbes de Provence
- Reassemble and seal aluminum foil on each side to form the curl
- Pour 1 tablespoon white wine over each steak
- Close twists and cook 10 minutes (thermostat 7-8)

Tarragon Salmon (light)

4 serves

Easy Recipe, for a normal price of medium length

Nutritional values per serving 286 Kcal Carbohydrates 1.04 g, Fat 22.63 g, Proteins 19.87 g

Ingredients

- 400 g salmon fillets
- 100 ml cream 2 large
- teaspoons tarragon salt and pepper
-

Preparation

- Cook the salmon steaks (10 minutes in a pan of boiling water if the stones are shown frozen in individual plastic packaging or 5 minutes on each side in a skillet)
- Heat cream over low heat in a casserole with tarragon (even frozen if frozen) salt and pepper
Cover the pavement
- sauce thus obtained either in a dish or directly in each plate

Lexicon

Syrup (in french Siroper) :

add syrup preparation of pastry.

Ice (in french Glace) :

concentration of juices, the syrupy state, various funds, fish, meat, game. These different mirrors are used to finish sauces, bringing in their flavor and smoothness.

Brown (in french Rissoler) :

sauté food in a little fat and the dye. Cook the potatoes in a little fat after having blanched.

Scorch (in french Roussir) :

cook over high heat for a red color.

Sonder (in french Sonder) :

prick with a needle, a meat (usually) or even a pin to verify the stage of cooking.

Handled (butter) (in french Manié (beurre)) :

kneaded butter: softened butter mixed with flour to thicken evenly or smooth sauce.

Slice (in french Trancher) :

cut or slice thin or thick.

Grouting (in french Jointoyer) :

clog the interstices of various pastries to make the surface smoother and more presentable.

Luter (in french Luter) :

stick the lid of a container with a paste of flour and water, called "benchmark".

Coring (in french Evider) :

remove the central part of apples, pears, etc. .

Small tips

Red cabbage (Vegetables) :

- To enhance the flavor, just add while cooking a pippin peeled and cut into strips.

Rancid butter (Dairy products) :

- Mix the butter in a solution of water and baking soda (40g/liter). Let stand about 2 hours, then wash with clean water.

Gruyere (anti-dryness) (Dairy products) :

- For better storage, wrap a wet towel (soaked in salt water or vinegar). • can also place it in a box with 2 pieces sugar (to remove them as soon as they are based)

Peeling (Vegetables) :

- For all the vegetables that have a pungent or unpleasant, think of the peel under cold water.

Catching mayonnaise (Sauces) :

- Put in Place a teaspoon of mustard or water, or a drop of vinegar, or yolk broken • Turn regularly gradually adding your mixture. By putting a little salt or a drop of vinegar until the mayonnaise is not running, we avoid the accident.

Table of contents

Clams stuffed with almonds (1310)	2
Cod en Papillote (1289)	3
Papillotes Salmon Provençale (218)	4
Tarragon Salmon (light) (927)	5
Lexicon	6
Small tips	7