

Sea Bream in Creamy Saffron Sauce

For 2 Persons:

1 Sea Bream (Dorade Royale) per person

2 or 3 shallots,

30ml dry white wine

100ml cream

1 tsp. saffron threads or powder

1/2 organic chicken stock cube (is mild and doesn't leave a chemical taste)

butter/ oil

bunch of chives

- Clean the fish, carefully remove the innards, rinsing all the time- any yellow gall bladder juices will make it very bitter.
- Remove the gills and if squeamish when eating- the head. Scrape the fish with the back of a knife from tail to head to remove scales if your fishmonger didn't do this for you.
- Pour the cream into a small bowl and rub in the saffron threads. If using powder use less, the cream should have a definite yellow colour. Chop the chives finely and save.
- Cut the shallots into thin rings. Warm the butter with a little oil to stop it burning, add the rings and gently fry until lightly golden. Add the white wine and a little salt and pepper and gently lay the fish in the cooking liquid. Cover and simmer for 20-25 mins.
- Carefully take the fish out, lay them on a warm plate and keep them warm.
- Reduce the sauce a little, turn the heat off, stir in the cream mix and chives, adjust seasoning and pour over the fish and serve.
- Rice or boiled potatoes and peas or salad go well.