

Bouquet de vairons en tempura

Jus d'ananas rôti aux épices

Tempura Bouquets of Whitebait with a Spicy Roast Pineapple Sauce

[ɪŋɡrɪːdʒənts]

500 g / 1 lb WHITEBAIT

120 g / 4 oz ROUND RICE

120 g / 4 oz WILD RICE

3 sheets dried NORI SEAWEED

PINEAPPLE SAUCE

1 pineapple

100 g / 3.5 oz butter

1 tsp paprika

½ tsp Allspice

½ tsp tandoori spice

TEMPURA BATTER

200 g / 7 oz flour

1 egg

salt

200 ml / 7 fl oz iced water

OIL for deep-frying

for 6 people

Wash the fish and tie into 6 little bouquets, tails uppermost; place in the freezer so as to obtain compact, manageable bundles.

Cook the round and the wild rice separately in salted boiling water.

When cooked, strain and cool immediately under cold running water.

Set aside.

Peel and dice the pineapple and gently roast in butter in a frying pan, with the spices.

Blend and filter through a fine strainer.

Reserve the sauce.

Beat the flour, egg salt and water until smooth.

Heat the oil to 160°C / 320°F.

Coat the fish in flour, dip into the tempura batter and deep fry until crispy and golden.

Use a sushi mat to make rolls of white and wild rice wrapped in seaweed.

Cut into slices with a sharp knife, dipping it regularly in water.

[ˈpɔːtʃə]

Poacher

n. illegal
hunter or fisherman.

La Fontaine was officially Maître des Eaux et Forêts of Château-Thierry, and so it was his duty to prevent the catching of small fish. Denied by the very person whose function it was to defend this edict, the fable takes on a delightful tone.