



RESTAURANT

la Quintessence



MAIN DISH

# GILT HEAD SEA BREAM

*Black rice risotto, edamames  
& Dugléré sauce*

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SERVES

1-2



PREP TIME

5



COOK TIME

7

## IN YOUR BOX

- Gilthead sea bream
- Risotto

## YOU WILL NEED

- A plate  
*(or a baking dish)*
- A saucepan
- A plate
- Butter
- Salt & pepper, *as preferred*

## TIPS FROM CHEF BARRY

*Stir the risotto well without stopping and at the end add a knob of butter.*

## STEPS

1. Preheat the oven to 355 ° F (180 ° C).
2. Take the Dugléré sauce out of the fridge so that it is at room temperature.
3. On a baking sheet or baking dish, place the fish.
4. Remove the herb crust from its packaging and place on the back of the turbot (*rounded side of the fish*).
5. Bake the fish for 6 to 7 minutes.
6. Meanwhile, in a saucepan, heat the risotto over medium heat, stirring constantly, until a smooth consistency is achieved.

## DRESS THE PLATE

1. Spread the risotto evenly on the plate.
2. Place the Dugléré sauce at room temperature in the center of the risotto and place the fish on top.

*Bon Appétit!*

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