Fillets of Black Belly Rosefish in the Spinach Sauce



I like all sorts of fish, but I love them in a sauce best. In this recipe, I use black belly rosefish, which is not obligatory of course. Salmon fillets are perfect, too.

INGREDIENTS :

1 kg of fish fillets (black belly rosefish or salmon)

3 spoons of oil

50 g of dry tomatoes (you buy them in oil)

400 g of frozen spinach

5 cloves of garlic

30 g of butter

1 onion

100 ml of white wine

450 ml of cooking cream

50 g of parmesan

Salt (according to your taste)

Pepper (according to your taste)

ADDITIONAL INGREDIENTS :

5 g of corn starch

10 ml of water

PROCEDURE :

1. chop the onion, garlic and drained dry tomatoes finely …

2. season the fish with salt and pepper …

3. fry the fish on heated oil for 3-5 minutes on each side (fry the fish on the skin side first) …

4. take the fish out of the pan …

5 . melt the butter in the same pan and fry the onion and garlic …

6 . add the wine and cook on light heat for ca . 4 – 5 minutes …

7. add dry tomatoes and fry for 2 more minutes …

8 . add cooking cream, salt, and pepper (according to your taste) and the frozen spinach …

9. when the spinach has melted, continue cooking for 3 – 5 minutes on light heat …

10. add the parmesan and let it melt in the sauce …

NOW IT IS THE RIGHT TIME IF YOU WANT YOUR SAUCE TO BE THICKER …

11 . mix water and corn starch and add it to the sauce and cook for just 1 minute …

SKIP THIS PROCEDURE IF YOUR SAUCE IS THICK ENOUGH …

12 . put the fish back into the sauce and enjoy the delicious dinner …









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