

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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