

Fish blanquette with the thermomix

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For the fish :

250g of salmon fillet

250g of whiting fillet For the vegetables :

150g of button mushrooms

30g of butter

2 cups of water

1 leek (white part only)

1 carrot

1 onion

Flat-leaf parsley (for garnish) For the sauce :

100g of white wine

70g of vegetable juice

50g of heavy cream

1 chicken bouillon cube

Salt and pepper For the rice :

500g of water

200g of basmati rice

1 pinch of coarse salt

For the fish :

For the vegetables :

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Peel the carrot and onion, remove the outer layer of the leek, and cut everything into large pieces.

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Put these vegetables in the Thermomix bowl and blend for 7 seconds at speed 7.

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Add the butter and water to the Thermomix bowl and cook for 5 minutes at 70°C on speed 2 in reverse function.

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Once done, reserve the vegetable cooking juice.

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Slice the mushrooms and place them on the Varoma tray.

For the fish :

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Cut the fish into large pieces and place them in the Varoma.

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Place the vegetables that you cooked in step 3 on top of the fish.

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For the rice :

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Put the water and coarse salt in the Thermomix bowl.

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Put the rice in the steaming basket.

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Place the steaming basket in the Thermomix bowl.

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Cover the Thermomix bowl and place the Varoma on top with the fish, vegetables, and mushrooms on the Varoma tray.

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Cover the Varoma and set it for 15 minutes at Varoma temperature on speed 3.

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Once done, keep everything warm.

For the sauce :

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Put the white wine, heavy cream, 70g of vegetable cooking juice, chicken bouillon cube, 1 tablespoon of vegetables from step 3, salt, and pepper in the Thermomix bowl.

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Place the measuring cup on the lid and set it for 5 minutes at 70°C on speed 4.

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Once done, program it for 15 seconds at speed 6.

You can plate up and enjoy this delicious complete dish. Indulge yourself with this tasty fish dish made in the Thermomix. Yum ;)