



GUY SAVOY

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GRILLED BAR WITH SWEET SPICE

Ingredients

10
serves

- 1 line-caught fish, a bar with scales, weighing 3.5 to 4 kilograms (8-9pounds)
- 1 kilogram (2 pounds) of Swiss chard (also called, Silverbeet) leaves
- 500 grams (1 pound) shitake or black trumpet mushrooms
- 1 bunch flat leafed parsley
- 1 vanilla bean
- 1 gram (1dram) of dried ground ginger powder
- 250 grams (9 ounces) of butter
- 4 lemons : juice
- Enough olive oil (for cooking the bar)
- Enough flour (for cooking the Swiss chard/ Silverbeet)

Cut the bar into fillets, de-bone, then cut into portions. Make a fumet (a concentrated stock) with the fish heads and the bones. Then add the vanilla bean. Peel the Swiss chard/ Silverbeet, then cut and cook in a blanc (flour and lemon juice in a cooking pot, whisked with cold water). Keep the nice leaves and blanch them. Then, put plastic on a Silpat (non-stick baking mat), brush with olive oil and cover with parchment paper and dry in the oven at 80 °C (176°F) for 3 to 4 hours. Sort the shitake or black trumpet mushrooms, wash them, cook them and then set them aside.

Cook the bars in olive oil in a Tefal brand pan. Sauté the Swiss chard/ Silverbeet in a hazelnut-sized quantity of butter and the shitake or black trumpet mushrooms. In making the juice, deglaze the pan. Add the ginger powder, the juice of two lemons and butter. Reduce and emulsify. Arrange the ribs of the Swiss chard/ Silverbeet bundles. Arrange the mushrooms around, a bit chopped parsley on flat tablets. Place the bundles on the bar and juice around. Decorate with dried leaves of Swiss chard/ Silverbeet. Send the juice separately.



By Andreas Larsson

CHAMPAGNE BARONS DE ROTHSCHILD

BLANC DE BLANCS - FRANCE

NV

Quite rich and vinous nose with notes of butter, brioche, stone fruit and ripe citrus. Good bite on the palate, bright freshness, balanced mousse, good maturity and depth, long, clean finish; attractive with a certain complexity.