

## HOW TO MAKE FISH ESCALOPES



### **Introduction**

This method can be used for thin slices of fish or thin fillets as shown in the video. This method can also be used for fish gratins or smoked salmon gratins and is a delightful and simple way of cooking fish. It takes almost no time and the result is a moist and delightful way of eating fish.

### **Ingredients**

- 1) Fish fillet cut into thin slices (100gm for an entrée, 200-250gm for a main course)
- 2) Small amount olive oil, to brush the fish
- 3) Salt and pepper

### **Method**

- 1) Preheat the grill.
- 2) Brush the baking paper with a little olive oil.
- 3) Place the fish slices onto the greased paper and brush with oil on the top.
- 4) Place the baking paper with the fish onto a baking tray.
- 5) Place into the oven and cook till the fillets are just warmed through and the surface of the fish turns slightly white (1-2 minutes).
- 6) Remove and plate or drizzle with sauce and serve.
- 7) Note: In the video the fish is served with some steamed spring vegetables and mustard beurre blanc (see sauce recipes).