

The Meursault 1er Cru Les Charmes, Domaine du Pavillon

Served on the plancha cooked gilt-head sea bream, green asparagus and fresh spinach served with Chardonnay sauce

Served at a dinner held at the restaurant Le Caveau des Arches on 19th November 2011, during the Hospices de Beaune wine auction week-end



INGREDIENTS

4 gilt-head sea bream - olive oil - salt - pepper

Chardonnay sauce:

200 ml (¾ cup) white Burgundy (Chardonnay) - 150 ml (⅓ cup)

fish stock - 2 shallots (or 1 onion), finely chopped - 2 sprigs

parsley - ½ teaspoon cracked peppercorns - 3 fresh egg yolks

200 ml (¾ cup) cream

Vegetables:

1 bunch green asparagus - Olive oil - Salt - Pepper - Ice cubes

1 kg (2 lbs) spinach - 70 g (½ cup) pine nuts - 80 g (3 oz) chiffonade of Serrano ham - 50 ml (¼ cup) olive oil

4 servings

Preparation time: 15 minutes

Cooking time: 15 minutes

1

Begin by preparing the sauce: bring the wine, fish stock, shallots, parsley and peppercorns to the boil and let reduce by half. Strain and return the liquid to the pan. Combine the egg yolks and cream, whisk 3 tablespoons of hot liquid into the egg mixture and add the warmed egg mixture back to the rest of the liquid in the pan. Bring just to the simmering point, stirring constantly, over medium heat. Remove the pan from the heat and continue stirring for approximately 2 minutes. Keep warm.

2

Gut and scale the fish (or have your fishmonger do this) and score the skin on both sides (to promote even cooking).

3

Peel the base of the asparagus spears with a vegetable peeler and rinse under water. Blanch in boiling water for 5 minutes, then transfer to a bowl filled with cold water and ice cubes (to preserve their lovely green colour). Attach the asparagus spears together using 2 toothpicks (as though you were making a raft). Brush with olive oil and season with salt and pepper.

4

Remove the stems from the spinach leaves, wash and dry.

5

Preheat the plancha. Sprinkle with a little olive oil, salt and pepper.

6

When the plancha is hot (240°C/475°F), begin cooking the fish: 5 minutes on each side plus another 2 or 3 minutes (depending on your plancha).

7

Meanwhile, cook the asparagus "rafts" on the plancha, turning from time to time. Test for doneness by poking with a skewer; they should be tender in the centre. Keep warm.

8

Be careful not to overcook the fish. When it is cooked, cover and keep warm.

9

Toss the pine nuts and chiffonade of ham in a little olive oil on the plancha. Add the spinach and stir-fry, letting the water from the spinach evaporate. Spray, if necessary, with a little virgin olive oil. Salt lightly.

10

Serve the sea bream with an asparagus "raft" and a spoonful of spinach. Serve the sauce in a dish on the side.



MEURSAULT LES CHARMES 1er Cru Domaine du Pavillon

Our white Meursault 1er Cru "Les Charmes" has a beautiful golden robe worthy of the very best Meursault. Generous and flattering, this wine reveals notes of crystallised lemon, almonds, white flowers and freshly-baked bread. The mouth is suave and velvety without heaviness, with hints of warm brioche and spices. Persistent and tasty, the finish mirrors the bouquet's aromas. Serve at 12°C - 14°C (53-57°F)