

The Beaune 1er Cru Clos des Mouches, Domaine du Pavillon

Served on the filet of sea bass with saffron quinoa and spinach coulis

Served at a dinner held at the Clos du Cèdre restaurant on 20th November 2011 during the Hospices de Beaune wine auction week-end



INGRÉDIENTS

4 sea bass filets - 2 small spring onions - 150 g (5 oz) white quinoa
300 ml (1¼ cups) water - 30 g (1 oz) parmesan cheese - olive oil
1 g (¼ teaspoon) saffron threads - 400 g (¾ lb) spinach - 300 ml (1¼ cups)
chicken stock - salt and pepper

4 servings

Preparation time: 30 minutes

Cooking time: 20 minutes

1 Wash the spinach and blanch in boiling, salted water for 5 minutes. Drain. Bring the chicken stock to the boil. Stir in the spinach and purée. Add the cream and bring back to the boil. Let cook for 5 minutes. Season to taste with salt and pepper. Keep warm.

2 Peel the onions. Separate the green part from the white bulbs. Melt the butter in a frying pan and add the sliced white part of the onions. Season with salt and pepper and sweat until soft.

3 Add the quinoa and twice its volume of water along with the saffron. Cook over low heat for 15 minutes. When the quinoa is cooked, add the sliced green onion tops and the parmesan.

4 In a preheated non-stick frying pan, sear the sea bass filets skin side down in a little olive oil, sprinkling with salt and pepper. Turn the fish, lower the heat and cook for 2 minutes (be careful, the fish may cook very quickly depending on the thickness of the filets).

5 Assembly: form rounds of quinoa on the plate using a ring and lay the sea bass filets over the spinach coulis.



BEAUNE CLOS DES MOUCHES 1er Cru Domaine du Pavillon

The notes of white flowers, honey and beeswax are telling signs of a high-calibre wine. The mouth is racy, well-sculptured with an incomparable persistence.

Serve between 12 and 14°C (53°F - 55°F)