

RECIPE: FRESH ORATA FISH FILLET IN SAGE - ORANGE SAUCE

Why do I use certain ingredients for our trips 'Sailing around Sardinia & Corsica in Summer'?

Sage: It has disinfectant and antibacterial effects. As a spice, it not only gives a dish a good taste, but also helps prevent food from rotting. It contains a lot of vitamin K, which is good for bones.

Fish: In addition to minerals, fish meat contains iodine and vitamin D and is a good source of protein. Fatty fish (salmon, mackerel, halibut) also contain valuable omega-3 fatty acids.

Lemon and Orange: The vitamin C strongly favors the absorption of iron in the body. The lemon on the fish helps our body to deal with the nutrients contained in the food.

Sweet potato: the so-called healthiest vegetable in the world meets the need for vitamin E, flushes out water out of the body, so very good on hot days.

Ingredients: (for 8 persons)

- Around 2 kg fish fillet (or 8-9 fillet pieces)
- 1 Orange and one lemon cut in slices
- 200 ml orange juice (or mixed with orange-lemon juice)
- 200 ml white wine
- Pepper, salt
- Chilli pepper
- 8 branches sage
- 80 g butter, in small pieces
- 3 kg veggies: sweet potato, tomatoes, eggplant, bell pepper, zucchini
- 2 big onions, garlic

Step 1 – The Oven Vegetables:

Chop the vegetables of your choice, garlic, and onions. Either place them directly on the baking sheet or in a bowl in advance, drizzle with oil and season to taste. I like to use fresh Sardinian rosemary, thyme, salt, pepper, and chili for seasoning.

On the baking sheet, it then goes into the gas oven at the highest flame (about 200°C) (on our boat we have a gas oven, so I recommend the highest flame in advance) - the cooking time varies depending on the type of vegetable and the thickness of the pieces. During baking, you can "turn" the vegetables once or twice, so that they brown evenly on all sides and become crispy.

A quick cleaning of the galley (the small kitchen on the yacht) and we move on to the next step.

Step 2 – The Fish Fillet

Fillet the fish or rinse the already cut fillets with cold water and pat dry with a kitchen towel, score the skin side a bit (you can also turn it in some flour before frying so that it doesn't fall apart so easily).

Chop the onions, garlic, chilli, slice one orange and lemon, squeeze the rest and keep them for the sauce. Divide the butter into pieces. Chop sage and leave a few leaves to garnish.

Now heat oil in a pan, when it is hot add the fish fillets, skin side down. Sear the fish fillet about two-thirds on one side and then turn it over. Now reduce the temperature and add butter. Add lemon slices, crushed garlic cloves and spices according to taste. Pour the hot butter over the fish again. Remove the fish from the heat and keep warm.

Step 3 – The Sage - Orange - Sace

In the pan sweat a little butter and sage, deglaze with white wine. Add the squeezed orange and lemon juice and let it boil down a bit. If you like, you can grate some orange peel into the sauce, then thicken with 1 tablespoon of cold butter and season with salt and pepper. Serve the fish fillets with the sauce. Serve with the baked vegetables.

ENJOYYYY – Greetings from the galley, Vallery



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