

Saffron sauce

Anton Mosimann's Fish cuisine

p. 205

1-cup fish stock

A few strands of saffron (HdeH more is available)

¼-1/2 cup dry white wine (HdeH may replace with Noilly Prat –white vermouth)

1 Tbs. cup Noilly Prat

1 small shallot, finely chopped

1 cup less 1/8 double cream (HdeH less)

2 tomatoes, blanched, skinned, deseeded and diced (HdeH can leave out if you wish)

2 tablespoons parsley, finely chopped

Salt, freshly ground pepper

4 sprigs of basil to garnish

½ tsp. butter (HdeH add some butter at last moment to give a velvety texture)



1. First heat the fish stock in a saucepan, add the saffron strands and leave to infuse
2. In another saucepan, combine the Noilly Prat and white wine with the shallot, and reduce by half by fast boiling
3. Add the fish stock and saffron and reduce to a quarter.
4. Then pour in the cream and simmer for 2 minutes.
5. Strain the sauce through a muslin or a fine sieve (HdeH no need), add the tomato dice and simmer for about 3 minutes more.
6. Stir the chopped parsley into the sauce and season to taste with salt and pepper.

NOTE: There are many variations on this basic sauce

Add chives (Anton Mosimann's Fish cuisine p. 161)

Celeriac, leeks and mustard (Anton Mosimann's Fish cuisine p. 154)