



Servings 4

Prep Time 30 min

Cooking Time 30 min

Perch Poached in Butter with Spinach, Lemon and Cream



Ingredients

8 boneless perch fillets
11 tablespoons of butter, separated
6 cups of baby spinach, tightly packed
1 medium shallot, chopped
2 cups of chicken stock
½ teaspoon of lemon juice
½ cup of heavy cream
Kosher salt, to taste
Freshly cracked pepper, to taste
8 small to medium gold potatoes

Directions

Step 1

Cut potatoes in half or quarters and place in a pot of cold, salted water. Boil until tender and drain.

Step 2

Meanwhile, over medium heat, add 3 tablespoons of butter in a saucepan and cook spinach until fully wilted, stirring often; you will probably have to add the spinach in increments. Then add shallot and sauté for 1 minute.

Step 3

Pour in chicken stock and blend with an immersion blender, or transfer to a blender and pulse until spinach is smooth. Add heavy cream and lemon juice and simmer until slightly thickened; do not allow sauce to come to a boil. Season to taste and keep warm, stirring occasionally.

Step 4

If using salted butter, only lightly season fish with salt. If using unsalted butter, then season normally. Add one stick of butter into a small skillet and melt over medium-low heat. When butter is fully melted, add fish in one layer and baste the top of the fillets with hot butter until cooked through and opaque. Do not crowd the pan; cook in batches if needed. If you use a bigger pan, you will need more butter.

Step 5

To serve, ladle spinach sauce into a wide, shallow bowl and then add potatoes and poached fish on top. Season with freshly cracked pepper. Eat with a spoon – the potatoes and fish should be soft enough to break apart.

