



Servings 4

Prep Time 10 min

Cooking Time 40 min

Sauger with Saffron Rice



Ingredients

4 sauger fillets

1 carrot

1 rib of celery

1 small onion

2 tablespoons of olive oil, separated

Kosher salt, to taste

2½ cups of chicken broth

1 bay leaf

3 sprigs of thyme

4 cloves of garlic, minced

1½ cups of uncooked long grain white rice

Small pinch of saffron, optional

Herbes de Provence, to taste

Chopped cilantro, for garnish

Freshly cracked pepper, to taste

Directions

Step 1

Heat chicken broth and keep warm, either in a small saucepan or microwave.

Dice carrot, celery and onion.

Step 2

In a non-stick pan, heat 1 tablespoon of olive oil over medium heat and add onion, celery, carrot, bay leaf and thyme with a pinch of salt. Sweat until onion turns translucent, about 5-7 minutes, stirring frequently. Add minced garlic and sauté for 30 seconds.

Step 3

Then add white rice and the rest of the oil, or just enough oil to coat each grain. Toast rice for about 5 minutes, stirring frequently.

Step 4

Next, pour in hot broth and saffron. Scrape the bottom of the pan, making sure nothing is sticking. Season with salt. Bring to a simmer.

Step 5

Lay fish fillets into the pan, in one layer. Season with salt and herbes de Provence. Cover the pan and simmer on low for 25 minutes, or until rice is cooked and liquid is absorbed. Discard bay leaf and thyme before serving. Season to taste with salt, pepper and chopped cilantro.

