

## LE SAINT-PIERRE INFUSE DE L'ESTRAGON ET ORANGE

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This month Tom and I have tried to co-ordinate our contributions to give you the opportunity of planning a full meal and have a wine that compliments your food, or indeed the other way round.

Tom chose to talk about Sauvignon Blanc as a variety. It compliments light, herb-based dishes generally originating in the Bordeaux and Loire regions of France. This is also, not surprisingly, where the Sauvignon Blanc grape variety is grown mostly.

So, this month I decided to feature a fish called Saint Pierre in French (John Dory in English). In France it is regarded as one of the finest and most delicate products from the sea. No so it's appearance, the fish has a large ugly, clown-like head that comprises 2/3rds of the body weight. Outside of France it is always sold without the head.

There is a legend in France of how the fish got its name. It is said that Saint Peter plucked a fish from the sea, at Jesus' direction, to take a piece of gold out of the fish's mouth. His thumb made a mark on the fish's flank, and there it remains to this day in the form of a large brown/black dot on either side of the body. In the reality this type of fish never swam in the Sea of Galilee, however nice the story.

If you cannot find John Dory, you can substitute any white, firm fleshed, but mild-flavored fish. Or indeed you do not like fish at all; substitute chicken breasts that you have flattened slightly to tenderize. Also cooking time will be longer, around 25 minutes in the steamer.

### ***Saint-Pierre with Tarragon and Orange (for 4)***

#### *Ingredients*

*1 cos lettuce*

*finely grated zest and juice of 1 orange*

*1 ½ lb John Dory filets, skinned, or substitute white fish like bream or sole*

*2 tbsp chopped tarragon*

*2 oz unsalted softened butter*

*1 tsp grainy mustard*

*salt & pepper*

1. Remove outer leaves of the lettuce and blanch them in a large saucepan of boiling water for 1 minute, then transfer to a bowl of cold water to cool.
2. Put orange zest into a small bowl and juice into a shallow dish. Lay fish in orange juice and set aside.
3. Add tarragon to orange zest and stir in the butter. Add mustard and season well with salt and pepper.
4. Lay 2 of blanched lettuce leaves on a work surface so that they overlap slightly. Place 3 John Dory filets on the leaves, spread with ¼ of the flavored butter and wrap into a neat parcel. Repeat with the other filets to make parcels.
5. Place parcels in a steamer, cover and steam for 15 minutes. Serve with buttered new potatoes, carrot and snow peas.