

le grill

SYLVAIN ETIEVANT

Fillets of John Dory, baked artichokes, “Riviera”- style grenobloise

- John Dory
 - Violet artichoke
 - White bread
 - Pine kernels
 - Branch celery
 - Fennel
 - Shallot
 - Canned tomato
 - Black olives
 - Beans
 - Capers
 - Lemon
 - Zest of orange
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 - Flat parsley
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- Fillet the John Dory, and keep the bones and head in ice to make the juice. Prepare the tomatoes confites, peel the artichokes, fry without coloring in olive-oil then sprinkle with a little white wine, let it evaporate then sprinkle with water. Peel and dice the shallots, fennel, celery to make a small brunoise.
 - Cut the black olives into circles. Cut small cubes of bread. Roast the pine kernels.
 - Simmer the bones and head of the fish in a pan, using the vegetable trimmings to make a juice.
 - Toss the vegetables in olive-oil without allowing them to brown, then sprinkle very lightly with the fish juice.
 - The fillet are fried with the artichokes, and then finished in the oven. Simmer the garnishing in the same pan. Arrange the John Dory and the artichokes on the plate, sprinkle with a thread of juice, then cover with the grenobloise of vegetables.