



Arapaima texture and Brazilian flora

by Chef Frédéric Monnier

Ingredients

600 g Arapaima loin
2 taioba leaves
200 g butter
5 g chili pepper
Salt and pepper to taste

Pesto

1 taioba leaf
150 ml olive oil
1 garlic clove
Salt and pepper to taste

Sauce

1 onion
80 ml cream
30 g fresh turmeric
250 ml white wine
150 g butter
Salt and pepper to taste

Serves 4

Cooking Instructions

Pesto

Sauté the thinly sliced taioba leaves with olive oil and salt. Let it rest.

Sauce

Chop the onion and grate the turmeric using a glove, heat it up with the wine and cook until 1/4 of the liquid is left.

Fish

Pour in the cream, bring to boil and gradually add butter, beating it with a whisk. Portion out the 600 g of fish, season it and sear it whole in butter. Finish it in the oven for 15 to 20 minutes at 160 °C, and pass it in the frying pan until the surface turns golden-brown. Cut it into four pieces and place on the plate. Cut the taioba leaves into wide strips and sauté with some butter and garlic, season it.

Assemble the dish.

Put all the ingredients in the blender, blend quickly and store the turmeric beurre blanc in the freezer.

