

Swordfish saltimbocca and creamy polenta with Brugge d'Or and beurre noisette



Ingredienten:

Ingredients to serve 4

- 4 swordfish fillets of 150 g each
- sea salt and black pepper
- 8 leaves of sage
- 4 prosciutto slices
- 2 tbsp olive oil

For the creamy polenta

- 500 mL milk
- 500 mL water
- 200 g Polenta (precooked)
- 200 g Brugge d'Or
- 2 dL fresh cream
- sea salt and white pepper

For the beurre noisette

- 90 g Bruges butter
- 4 twigs of sage, only the leaves
- juice of 1 lemon
- sea salt

Preparation:

1. Preheat the oven to 180 °C.
2. Season swordfish fillets with salt and pepper. Place 2 leaves of sage on each fillet and fold the prosciutto around it. Place on a baking tray covered with baking paper and sprinkle with olive oil. Cook for 15 to 20 minutes in the preheated oven.
3. Meanwhile bring milk and water to the boil together. Add the polenta in fine streams while stirring. Allow further cooking according to the instructions on the packaging. Add and stir the Brugge d'Or until melted. Remove from the fire, mix with fresh cream and season with salt and pepper to taste. Keep warm until use.
4. Melt the Brugge butter in a frying pan. Add the sage when the foam subsides. Bake until the leaves are crispy (when the edges start to curl). Spoon onto a sheet of kitchen paper and leave to drain. Turn off the fire as soon as the butter is golden brown. Add the lemon juice and a pinch of salt.

Spoon some polenta on a plate. Place the fish on top of it. Drip some beurre noisette over it and garnish with the crispy sage leaves.

4 personen
60 min
Main dish
2