

# Roasted Asparagus, Smoked Haddock, Grapefruit & Croutons

## Sommelier's accord



White Sancerres are fruity wines with nice minerality and notes of citrus, grapefruit and white flowers.

They pair perfectly with this fresh dish featuring citrus notes, with the bright, acidic nature of the wine wonderfully offsetting the smokiness of the haddock.

Serve between 10 and 12°C



### PREPARATION TIME

25 minutes

### PORTIONS

4 persons

## INGREDIENTS

### Ingredients:

- 1 bunch asparagus (approx. 600 g)
- 180 g smoked haddock
- 1 grapefruit
- Several slices of bread (farmhouse, wholemeal, multi-grain, etc.)
- 3 tbsp olive oil
- Salt, pepper and herbes de Provence

### Citrus vinaigrette ingredients:

- ½ lemon
- 1 orange
- 1 tsp honey
- 6 tbsp olive oil
- Salt and pepper

# PREPARATION

1 – Start by preparing the asparagus: Wash it and trim 3-4 cm off the ends of the spears. Also remove the scale leaves along the spears using a small, sharp knife, making sure to keep the asparagus tips intact.

Tip: If you snap the spears at the base by hand, they will break at exactly the spot where they stop being edible. That way, you won't waste any delicious asparagus or serve any pieces that are too hard to eat.

2 – Cook the spears for 3-4 minutes in salted, boiling water. Drain and dry the asparagus and then quickly brown it in a pan with a dash of olive oil. Add salt and pepper.

3 – Dice the bread slices into rough crouton shapes. Spread them out on a baking tray lined with parchment paper. Drizzle generously with olive oil, herbes de Provence, salt and pepper. Bake at 160°C for about 10 minutes, flipping them every so often.

4 – While the croutons bake, prepare the sections of the grapefruit:

Tip: Start by slicing off the ends of the fruit (top and bottom) to give you a flat surface to work with. Next, run the blade of your knife from top to bottom to remove the thick part of the peel and the membrane in a single cut, following the curve of the fruit. You should see the exposed flesh of the fruit. Repeat this process for the rest of the fruit.

Then, hold the fruit in your hand and slip the blade between two of the fruit's membranes until you reach the centre, keeping only the wedges of flesh. Do this to separate all the wedges.

Keep the excess juice for the vinaigrette.

5 – Make the vinaigrette: Press the ½ lemon and the orange and mix their juices with the grapefruit juice in a saucepan. Reduce the juice by ¾ into a flavourful concentration of citrus and then let cool. Pour the reduced juice into a mixing bowl and add the olive oil, honey, salt and pepper. Mix it all together, then adjust the seasoning to your taste and set aside.

6 – Prepare the haddock: Skin the fish by gently running a knife between the meat and the skin. Then, slice the haddock into thin strips.

7 – Plate the dish: Arrange the asparagus nicely in soup plates. Place the croutons, the sections of grapefruit and the haddock on top in an attractive layout, and then drizzle with the citrus vinaigrette. Voilà, it's ready to serve!

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