



Seabream blanquette (Stewed in white sauce)

The secret to seabream's umami-rich flavor is its glutamic and inosinic acid content. Combining the two is said to produce what seems like seven times the umami flavor. Adding mushrooms with their guanylic acid makes an extra special powerhouse trio!



Ingredients (for 2 servings)

- 4 seabream filets (sprinkled with salt & pepper)
- Butter, as needed
- 200 g mushrooms (eryngii, shimeji, etc.)
- 250 g smallish onion, diced
- 200 ml white wine
- 200 ml fresh cream
- ½ t salt
- 150 g spinach
- (A)
 - 2 T butter
 - 1 T pastry flour

Directions

1. Melt butter in a saucepan and sauté the diced onion until translucent. Add the fish and cook more. Add the mushrooms and white wine, cook to remove the alcohol, add the salt, then simmer, covered, for 5 to 6 minutes.
2. Add the cream and bring to a boil. Combine (A) and add to pan. Bring to a boil again, stirring with a whisk. Taste and adjust seasoning.
3. Add the spinach, cover, and quickly heat through. The dish will be ready when the ingredients have been stewed together.

Pointer: Cook the diced onion well to attain a beige color as in the photo. If cooked until translucent, the color will be white when finished. The cream can be substituted with milk — just be sure to increase the ingredients in A accordingly.