

Fish soup with egg and ginger

Sommelier's accord



A fresh and fruity Coteaux du Giennois white wine with mineral notes.

Serve between 8 and 10°C



INGREDIENTS (for 4 persons)

300g white fish (such as cod or sea bream)

50ml white wine

600ml water

½ leek

10ml sesame seed or walnut oil

10g ginger

soy sauce

1 stock cube

1 egg

small amount pepper and curry powder

20g cornflour

45ml water

PREPARATION

1. Slice the fish into 4 pieces, combine with the white wine and leave to sit for about 10 minutes. After 10 minutes, lightly wash the fish and pat dry. Slice the leek into in half, lengthways, then chop across the lengths into small pieces. Finely chop the ginger.
2. Place the oil, chopped leeks and ginger into a cooking pot or saucepan, sauté for about one minute over medium heat, then add the 600ml water and stock cube. Bring to a boil, reduce the heat and simmer for about 5 minutes.
3. Add the fish to the soup and cook for about 3 minutes over low heat. Once the fish is cooked, remove from the pan and place into individual bowls. Reheat the soup. When it comes to a boil, season with some soy sauce, a small amount of pepper and curry powder. Melt the cornflour in some water and stir it into the soup in order to give it some thickness. Finally, add the beaten egg and stir lightly.