

6. Fish in the Black Sauce 2023

Fish in Black Sauce

4 servings

Ingredients:

Sauce:

- 4 TBSP** of frying oil (or lard) - adjust if needed
- 1** medium onion - peeled and finely chopped
- 1** medium carrot – peeled and sliced
- 1** celery rib – sliced
- ½ cup** of brown sugar
- ¼ cup** of distilled vinegar
- 4 cups** of vegetable broth (or more traditional fish broth)
- ½ TSP** of dried thyme
- ½ TSP** of ground allspice
- ¼ TSP** of ground cloves
- 2** bay leaves
- 4 slices** of lemon
- Pinch** of salt
- Pinch** of pepper
- 2 cups** of water
- ¼ cup** of prune marmalade (or strawberry preserve)
- ½ cup** of dried prunes – finely chopped
- ¼ cup** of raisins
- ¼ cup** of almonds
- ¼ cup** of walnuts

Thickening agent for the sauce:

- ½ cup** of water
- 2 TBSP** of all-purpose flour

Fish:

- 4 fillets** of Mahi Mahi (or other fish, preferably white)
- Salt and pepper

Final touch:

4 slices of lemon

Tools:

Chef's Knife & Cutting Board

Measuring Spoons & Measuring Cups

Large Sauce Pan or Medium Sauce Pot (about 6 QT)

Wooden Spoon or High-Temperature Silicone Spatula

Fish Turner

Whisk

Small mixing bowl

Additional Preparation steps:

No additional preparation steps are needed.

Czech Side Bread Dumpling

2 regular dumplings or more shorter ones - about 15 - 20 slices (4 servings)

Ingredients:

2 cups of white bread *

¼ cup of milk

2 cups of bread flour (or all-purpose flour)

1 TSP of confectioners' sugar

2 TSP of active dry yeasts

1 TSP of salt

1 large egg

¾ cup of lukewarm milk - about 90 to 100°F

1 TSP of oil (any kind) - adjust if needed

* Best is to use old bread (even a hard one). It will help you to prevent food waste hand in hand with reaching better results.

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Medium Mixing Bowl (about 3 - 4 QT)

Silicone Spatula

Kitchen Mixer with Hook Attachment or Large Mixing Bowl

Whisk

Plastic Wrap
Bowl Scraper or Silicone Spatula
Kitchen Towel
Large Brazier Pot or Large Sauce Pot (at least 8 QT or preferably 12 QT)
Skimmer or 2 Regular Turners
Food Thermometer
Fork
Silicone Brush

Additional Preparation steps:

Please prepare about 3 hours before class:

1. **Bread:**

1.1. Cut bread into dices (about $\frac{1}{2}$ - 1" big) and place into a medium mixing bowl (measure about 2 cups of diced bread or use even more -- up to 3 cups).

1.2. Add:

$\frac{1}{4}$ cup of milk

Fold them together using a spatula.

1.3. Place aside for a later step.

2. **Dumpling dough:**

2.1. Place into the kitchen mixer with hook attachment:

2 cups of bread flour

1 TSP of confectioners' sugar

2 TSP of active dry yeasts

1 TSP of salt

Briefly stir with a whisk just enough to combine all ingredients (about 1 minute).

2.2. Add:

1 large egg

$\frac{3}{4}$ cup of lukewarm milk

Knead on low speed until all ingredients are partially incorporated (about 1 - 2 minutes).

2.3. Increase the speed to medium-high and knead until the dough is formed (about 1 - 2 minutes).

2.4. Then add:

Bread soaked in milk (from step 1, including excess liquid)

Knead at a slow speed until nicely combined (about 1 minute).

3. **Rising the dough:**

3.1. Remove the bowl from the mixer and cover it with plastic wrap (make some holes to let the dough breathe).

3.2. Let it rise in a warm place until it has doubled in size (about 2 - 3 hours).

Please let me know if you have any questions: tom@cookinghub.com