

What to prepare?

## 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

14 cup of distilled vinegar

4 cups of vegetable broth (or more traditional fish broth)

1/2 TSP of dried thyme

1/2 TSP of ground allspice

14 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

14 cup of raisins

14 cup of almonds

14 cup of walnuts

Thickening agent for the sauce:

1/2 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 \*

1/4 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

34 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 ½ 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:

14 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

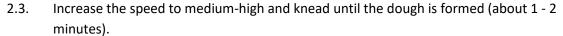
Briefly stir with a whisk just enough to combine all ingredients (about 1 minute).

- 2.2. Add:
  - 1 large egg

34 cup of lukewarm milk

Knead on low speed until all ingredients are partially incorporated (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: <a href="mailto:tom@cookinghub.com">tom@cookinghub.com</a>