

## 6. Fish in the Black Sauce 2023

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### 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

Directions:

**1. Sauce:**

1.1. Preheat a medium pot on medium-high heat with **4 TBSP** of frying oil and add:

**1** onion - finely chopped

Sauté with occasional stirring until glossy (about 2 - 3 minutes).

1.2. Add:

**1** medium carrot –sliced

**1** celery rib – sliced

Sauté with constant stirring (about 1 - 2 minutes).

1.3. Lower heat to medium, push vegetables on one side of the pot, and then add into the empty section:

**½ cup** of brown sugar

And let sugar fully caramelize with stirring.

1.4. Stir together sugar and vegetables and then add:

**¼ cup** of distilled vinegar

And shortly cook together with constant stirring (just about 30 seconds).

1.5. Add:

**4 cups** of vegetable 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

Briefly stir and bring to a light simmer.

1.6. Reduce heat to medium and cook with occasional stirring and without the lid until all flavors nicely combine (about 10 – 15 minutes).

**2. Fish:**

2.1. Meanwhile, ensure that the Mahi Mahi is properly rinsed under cold water.

2.2. Place entire fillets on a plate and salt and pepper.

2.3. Set aside for a later step.

**3. Stew:**

3.1. After cooking the sauce for about 10 – 15 minutes, make sure that the sauce and vegetables are evenly covering the entire bottom of the pot and then add:

**4 fillets** of Mahi Mahi

Cover with a lid and let stew until the fish is fully cooked (about 7 - 10 minutes). \*

3.2. Then carefully remove the fish from the sauce and place on a plate (it will be added back into the sauce later).

**Tip:**

The best is to use a fish-turner.

**4. Finishing:**

4.1. Remove and dispose of leaves.

4.2. Add into the sauce:

**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

Cover with a lid and let simmer with occasional stirring and without a lid for an additional 10 minutes.

- 4.3. When the sauce has simmered for about 10 minutes, prepare to thicken. Place into the small mixing bowl:

**½ cup** of water

**2 TBSP** of all-purpose flour

And thoroughly stir.

- 4.4. Then, slowly pour the thickening agent right into the sauce while constantly stirring the sauce.

- 4.5. Then cook without a lid until the sauce thickens to the desired consistency (about 3 – 10 minutes).

**Good to know:**

- European sauces are not as thick as some may expect. But feel free to prepare the sauce exactly as you like it.

**Tips:**

- Extend the cooking time if you prefer your sauce thicker.
- During the additional thickening of the sauce, you can increase the heat to medium-high and increase the frequency of stirring to speed up the reduction process.
- Optionally, you can speed up the process of sauce thickening by preparing and incorporating an extra thickening agent (in a similar manner as described in steps 4.3. to 4.5).

- 4.6. Taste and add salt and pepper if needed.

- 4.7. Place the fish into the sauce, cover with a lid, and let it simmer on medium heat for just 1 – 2 minutes (to heat the fish up).

**5. Serving:**

- 5.1. Plate a portion of the fish on each plate and generously cover with the sauce.

- 5.2. Serve with bread dumplings and a slice of lemon.

## 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

**Directions:**

**Already prepared:**

**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:

**¼ 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

**¼ 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).

#### **Start here:**

### 4. **Shaping:**

- 4.1. Split the dough into 2 or more parts based on your preference and also the diameter of your pot (future dumplings). Shorter dumplings will be easier to cook and manipulate.
- 4.2. On a lightly floured surface, form each piece into each dumpling by rolling with your hands. The thickness of the dumpling is up to you. However, I would recommend a diameter of about 2 ½" (the dumpling will significantly expand during cooking).
- 4.3. Place the shaped dumpling on a lightly floured cutting board, lightly flour the top of the dumpling, and let rest for about 15 -30 minutes while covered with a dish towel. Note: Extending the rising time may result in over-proofed dumplings that can complicate the cooking process (dumplings may not hold together well).

### 5. **Cooking:**

- 5.1. Meanwhile, fill a large pot with water to ½ capacity, cover it with a lid, and bring to a boil on high heat.
- 5.2. Carefully slip the dumplings down into the boiling water, cover with a lid, and cook until fully cooked. The internal temperature should be at least 165°F (about 6 - 9 minutes from each side – depending on the thickness and density of the dumplings). Turn the dumpling carefully using two forks, with a large turner or any other method.
- 5.3. Carefully remove the cooked dumplings from the water using a skimmer or two large turners.
- 5.4. Then, penetrate each dumpling in several places with a fork and brush with **1 TSP** of oil to prevent it from drying out.
- 5.5. Let them rest for about 5 minutes (or until fully cooled). Serve sliced with the sauce of your choice.

**Tips:**

- Do you want to make the dumpling process a little easier? Make 2 or 3 short dumplings instead of one long dumpling. It will be easier to manipulate them in the pot.
  - If you have already prepared your dumpling ahead of time, it is easiest to reheat individual slices in the microwave at the time of serving; or you can use any steam pot. Either way they will quickly become warm and steamy.
  - You can also freeze your dumplings (whole or sliced) for later use (they stay great in the freezer for up to a half year. It is best to slice the dumpling before freezing for faster defrosting).
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