

Tri Men-style fish hot pot

Serves 4

Preparation: 60 minutes, cooking time: 2 hours 30

Ingredients:

- 1 kg lobster head
- 300 g of seabass (fillet)
- 300 g of cod (fillet)
- 300 g of brill (fillet)
- 8 clams
- 1 bunch of leeks
- 400 g of Amandine potatoes

Aromatic garnish:

- 2 carrots
- 1 stick of celery
- 2 onions
- 4 cloves of garlic
- 30 cl of olive oil
- 100 g of butter
- Salt, pepper

Preparation:

Ask your fishmonger to gut, fillet and bone the fish, leaving the skin.

Peel, wash and roughly dice the vegetables.

Prepare the lobster broth: brown the lobster heads for 10 minutes in olive oil, then add the aromatic garnish. Cook for 5 minutes, add enough water to cover the lobster heads. Leave to boil for 2 hours.

Filter the stock, season and add small knobs of butter.

Boil the potatoes then slice them thickly.

Cut the fish fillets into 4, steam them and open the clams.

Pour the lobster broth into a soup plate, and add 3 slices of potato. Place a piece of bass, cod and brill on the slices of potato.

Decorate as desired.