

oh la
VACHE *Recipes & Wine Pairings*

CREME FRAICHE POACHED FISH AND BLACK QUINOA WITH ROASTED BEETS

WINE PARING: *LE FLEUR AU FUSIL*

CREME FRAICHE POACHED FISH AND BLACK QUINOA WITH ROASTED BEETS

INGREDIENTS

- 2 FILETS OF COD (HALIBUT OR WHATEVER STURDY FISH)
- ½ CUP **BELLWETHER FARM'S CREME FRAICHE**
- 2 SHALLOTS, THINLY SLICED
- 2 SPRIGS OF DILL
- SALT
- RUSTICO OLIVE OIL**
- 1 TABLESPOON BUTTER
- 2 CLOVES OF GARLIC
- 4 BEETS (MULTICOLOR IF POSSIBLE)
- 2 CUPS PACKED RAW BABY SPINACH
- 1 CUP **BLACK QUINOA**
- 4 OUNCES **VALBRESO FETA**
- 1-2 TABLESPOONS OF **CAPERS**

INSTRUCTIONS:

- Heat a wide frying pan (with a lid) on high
- Add 1 tablespoon of olive oil
- Add the quinoa and stir for 5 minutes, constantly. It should smell like popcorn.
- Add 1 and ¼ cups water and stir for 3 minutes
- Reduce to just above the lowest setting and add a lid
- Let cook 25 minutes
- Meanwhile
- In a medium pot with a lid, melt the butter on low, add shallots and ½ teaspoon salt and dill
- Let cook for 1 minute
- Remove from heat, add the creme fraiche and 4 tablespoons water
- Mix well
- Return to slightly higher than very low heat
- Add the filets of fish and put the lid on it
- Give it a good shake in the pot
- Cook for 10-15 minutes depending on how thick your filet is. You will be checking for tenderness, should almost flake.
- Once it is done, turn it off, remove the lid
- Reserve ¼ + ¼ cup of the liquid and remove the rest of the contents
- In the same pot, add the spinach, pinch of salt and reserved liquid
- Turn the heat on medium, and gently stir until the spinach is just wilted and doesn't look like lettuce
- To serve, place quinoa on one side of the plate, the spinach on the other, but touching, and the fish in the middle, ladle some sauce over the fish and 6-7 capers
- Sprinkle your desired amount of feta on top and pop that bottle of wine!
- Add the pasta and stir for a good 2 minutes
- If you prefer the dish to be creamier, go ahead and add a few more tablespoons of cream (make sure its hot)