



October (autumn time recipe)

Lake Victoria Perch in Mustard Sauce

Ingredients (for 4 people):

Earth

400ml cream

60g flour

200g crème fraiche

Metal

Pepper

4 tablespoons mustard

Water

600g Lake Victoria Perch (monkfish or pollack)

Salt

400ml fish stock

Fire

Shredded nutmeg

Wood

Lemon juice (of two lemons)

250ml white wine

Preparation:

Wash the fish, cut it into big pieces and season it with pepper, salt and lemon juice. Heat the fish stock, add cream and bring it to a boil. Add the white wine and add salt, pepper and nutmeg to taste. Thicken with flour.

Give the fish into the sauce and simmer the fish for 15 minutes. Take the fish out and keep it warm. Add mustard and creme fraiche to the sauce and boil it again for one minute.

Arrange the fish with the mustard sauce. Garnish with rice or salt potatoes.

Enjoy your meal!