



SEAFOOD AND DILL VELOUTE:

Type:	Sauce
Serves:	+1.25 liters
Oven:	N/A
Time:	+30 minutes
Important utensils:	whisk, large pot

Ingredients:

- 4 x tbsp. butter
- 4 x tbsp. flour
- 1 x litre hot fish stock
- 1 x cup cream
- ½ cup chopped dill
- Zest of one lemon from a microplane, then finely chopped
- Season with salt, freshly ground black pepper and lemon juice to taste

METHOD:

1. Melt the butter on a low to medium heat and stir in the flour
2. Cook out the flour for about 5 minutes
3. Add the hot stock, one cup at a time and whisk well to work out any lumps.
4. Reduce heat and bring to a low simmer whisking until it is cooked.
5. Add the cream, dill and lemon zest
6. Season to taste.

Serve with:

- your favourite grilled piece of fish
- smoked salmon, burst cherry tomatoes, rocket and pasta – AS PER PHOTO
- steamed mussels and fresh bread