

Bass strips

Ingredients: For 4 persons - 600 g of bass - salt, pepper, flour and breadcrumbs - 3 egg whites - 2 dl of fish stock - 1 teaspoon of tomato concentrate - 1 teaspoon of soy sauce - 1 teaspoon of oyster sauce - 2 teaspoons of Sirop de Liège - 1 teaspoon of vinegar - 1/2 chopped shallot - 2 tablespoons of oil - fine-cut fresh seasonal vegetables - ginger.

Cut the fish into strips, season them, put them in the flour, then in the beaten egg and then in the breadcrumbs.

Heat the deep fryer to 180°C, heat a wok very high with the sesame oil, sear the vegetables, salt, pepper and add a bit of ginger.

In a casserole, put in the shallot with the tomato concentrate, the vinegar, the oyster and soy sauce, reduce by one-half, add the stock, reduce by one-half, add the Sirop de Liège and adjust the seasoning.

Fry the fish, reheat the vegetables, place on a hot plate, surround with sweet-sour sauce and place the strips.