



RECIPE OF THE WEEK: 22/07/2020

**PSARI ME SELINO KE AVGOLEMONO
(FISH WITH CELERY, EGG AND LEMON SAUCE)**

This dish is light and healthy. The traditional velvety Greek avgolemono sauce adds to the flavour and juiciness. Any firm oily fish or fish steaks of halibut, monkfish, pandora or dourade can be used.

Serves 4

Ingredients

4 x 175g fresh fish steaks or fillets as described above.
2-3 celery sticks with their green leaves, coarsely chopped or celeriac, finely sliced
2 tbsp extra-virgin olive oil
25g butter
2 shallots, finely sliced
4 tbsp dry white wine
150 ml water
A small handful of fresh dill or flat-leaf parsley, finely chopped
Sea salt and freshly ground black pepper

For the avgolemono sauce

3 free-range egg yolks
Juice of 1 lemon

Method

1. Poach the celery or celeriac in a large pan with plenty of boiling salted water for 4 minutes and drain.
2. In a separate heavy pan heat the olive oil and butter and fry the shallots until soft but not brown, about 4 minutes. Stir in the wine and water and bring to the boil. Add the celery and mix well. Cover and simmer gently for 5 minutes.
3. Add the fish to the mixture making sure the fish is half covered with the sauce. Cover and cook over a low heat for around 10-15 minutes or until the fish is tender but not over cooked.
4. Remove from the heat and let it stand for 5 minutes while you prepare the sauce.
5. Now prepare the avgolemono sauce. In a bowl beat the egg yolks and a tablespoon of water with a fork until light and fluffy, then slowly add the lemon juice and beat for a further minute. Gradually add 2-3 tablespoons of the hot fish stock, stirring it in gently to mix well. Pour the avgolemono sauce into the pan with a ladle stirring slowly and taking care not to break the fish.
6. Sprinkle dill or parsley over the fish, season to taste and return to a very low heat for 2-3 minutes without letting the sauce boil as this will make the eggs curdle.
7. Serve hot with rice or mashed potatoes and a green salad.