

For this we use organic saffron threads from a producer in the area. Threads must always be soaked in hot water. But you can also use ground saffron from your store cupboard, adding it directly to the sauce.

Pesce con zafferano e zucchini Diced fish with saffron and courgettes

Ingredients for 4 people

preparation

500 – 600 g fish fillet Cut the fish into cubes or strips, as you prefer.
Remove any bones.

Salt, pepper only just before frying.

Saffron sauce

300 g cream

100 g fish or vegetable stock

Saffron, amount as on the packet Of «our» threads I would take about 15 – 20.

Salt Bring the three ingredients to the boil in a small pot, season with salt and to taste.

2 – 3 drops of lemon juice

about 2 – 3 tsp cornflour Thicken it to a creamy consistency.

Courgettes

300 – 400 g cut the courgettes into narrow batons.

1 garlic clove Fry them with the chopped garlic clove in olive oil, season with

Salt, pepper to taste.

Just before serving

10 tbsp olive oil Fry the fish in the olive oil, deglaze with a little

white wine . Warm the sauce and the courgettes.

To serve Put the fish on a warmed platter, pour the sauce over it and lay the courgette batons on top at the end. Boiled potatoes or rice go well with it.



VERONICA'S TIP:

With any leftovers you can conjure up an excellent pasta dish in no time: cut or pull the fish into small pieces, mix it with the sauce and thin it a little if necessary. Put cooked pasta on the plate, the fish and saffron sauce over it and the courgette batons on top. Or the festive version as a starter: bake puff pastry hearts blind and cut them in two. Warm them before serving. Cut the fish smaller, prepare it as above and lay it on the base of the heart, sauce over it and cover with courgette batons. Delicious!