



# Fish Mousseline with Sauce Nantua

Recipe courtesy Laura Calder



**Total Time: 1 hr 50 min**  
**Prep: 10 min | Inactive Prep: 30 min | Cook: 1 hr 10 min**  
**Level: Easy**  
**Yield: 6 servings**

## INGREDIENTS

Sauce Nantua:	1 fresh thyme sprig
2 tablespoons butter	1 1/4 cups/300 ml heavy cream
1 carrot, finely chopped	Salt and pepper
1 onion or 2 shallots, very finely sliced	Fish:
8 ounces/250 g raw shrimp or crayfish with shells and heads on	12 ounces/330 g pike fillets, scallops or other light fish like sole or haddock, chilled
2 tablespoons Cognac	1 cup/250 heavy cream, chilled
1/2 cup/125 ml dry white wine	1 egg
1 1/2 cups/375 ml fish stock	2 generous handfuls finely chopped fresh parsley or tarragon
2 teaspoons tomato paste	Salt and pepper
Pinch cayenne pepper	
Pinch paprika	
1 bay leaf	

## DIRECTIONS

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For the sauce: Heat the butter over low heat. Saute the carrots and onions for 2 minutes. Chop the shrimp, add them, turn up the heat and fry until they turn bright red, about 3 minutes. Flame with the Cognac. Add the wine and reduce by half. Add the stock, bring to a boil and reduce to a simmer. Add the tomato paste, cayenne, paprika, bay leaf and thyme and cook for 30 minutes. Stir in the cream and let bubble a further 10 minutes. Pull out the bay leaf and thyme and blitz the mixture in the food processor. Strain through a fine-mesh sieve. Bring the sauce back to a boil in a saucepan, reducing to sauce consistency. Season with salt and pepper.

For the fish: Put the fish, cream and egg in a food processor and whiz just a few seconds to form a paste. Stir in the parsley, salt and pepper and chill for 30 minutes.

Before serving, preheat the oven to 350 degrees F/180 degrees C. Butter 6 ramekins (or a terrine) and put a round of parchment in the bottom of each. Fill the ramekins with the fish mixture. Set them in a baking dish and pour boiling water around to come halfway up the sides. Bake until just set, about 20 minutes.

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Unmold onto warm serving plates. Spoon the sauce over the top, and serve hot.

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