

# LINGCOD BARIGOULE

Barigoule is a traditional Provençal dish of braised artichokes in a warm and slightly tangy white-wine broth. With the addition of carrots, it's a fabulous vegetable alternative to a salad.

## INGREDIENTS:

- 7 oz lingcod fillet, skin on
- 2 oz pearl onions
- 1.5 oz carrots
- 3 artichokes
- 3 slices lemon
- 1/2 cup lemon juice
- 1/4 cup sugar
- 3 tablespoon citric acid
- 1 cup white wine
- 1/4 cup olive oil
- 2 bay leaves
- 6 garlic cloves
- 1/10 bunch thyme
- 2 bay leaves, for garnish

## DIRECTIONS:

1. Turn artichokes, but keep about 1 1/2 inch of the leaves
2. Quarter artichoke and remove choke, keep in lemon, sugar, citric acid, and white wine brine
3. Cook about 20 minutes until tender but not soft
4. Keep refrigerated until needed
5. Cook pearl onions in wine, olive oil, bay leaves, garlic, and salt and pepper
6. Keep refrigerated until needed
7. Blanch fluted carrot

## WHEN READY TO SERVE:

1. In a hot pan, place seasoned lingcod skin side down, and finish in the oven without turning on the side without skin
2. Finish sauce by reducing artichoke broth, add butter like a beurre fondue
3. Warm up all the vegetables in the sauce
4. Display vegetable around the plate
5. Delicately remove lingcod from the pan and dry in a paper napkin
6. Sauce plate without touching the lingcod skin
7. Garnish with bay leaf