

White Fish Quenelle

Here is your guide to creating Abby's signature White Fish Quenelles at home! Elements of this at home version are inspired by Anthony Bourdain's "Quenelles De Brochet".

Ingredients

- Cold Butter - 2 ounces, cut into cubes
- 2 Eggs Whites
- White Fish - 5 pounds
- Heavy Cream - 4 ounces

Directions

Prepare Batter

1. Add white fish to a food processor and start blending.
2. Once the fish breaks down slightly, stream in egg whites.
3. Continue mixing and add butter one tablespoon at a time.
4. Once butter is incorporated, add cream, salt and pepper. Puree until the mixture is smooth and light.
5. Transfer fish mixture into a bowl and let rest.

Shape and Poach

1. Once rested, use two large spoons to form the dough into quenelles.
 - a. Fill one spoon with the mixture and scoop the batter back and forth between the spoons until the mixture has reached a smoothed, rounded and tapered look.
2. Once shaped, gently lower each quenelle from the spoon into the boiling water. Let boil for 3-5 minutes each or until the internal temperature has reached 135 degrees.
3. Once all your quenelles have been poached, place them into an oven safe dish and cover with the sauce of your choice.