



**Jacques CHIBOIS**  
**La Bastide Saint Antoine**

48 avenue Henri Dunant - 06130 Grasse  
Téléphone : +33 (0) 4 93 70 94 94 - Fax : +33 (0) 4 93 70 94 95  
[www.jacques-chibois.com](http://www.jacques-chibois.com) - Email : [info@jacques-chibois.com](mailto:info@jacques-chibois.com)

• **New wave dentex in vanilla-flavoured olive oil**

**Preparation**

For the vanilla-flavoured olive oil:

In a small pan, put the oil, the seeds scraped from the vanilla pod and the pod itself, cut into bits. Bring the oil to 50°. Keep it at this temperature for 3

**For the sauce**

Put in a pan 2 tbsp of olive oil, the finely chopped onions, crushed garlic and sticks of dry fennel. Cook for a few minutes on a low heat. As the onions turn golden, add 250ml of water and the chicken stock. Season.

Cover the pan and simmer for 10 mins on a low heat.

Remove the fennel sticks. Using a whisk, blend the soft butter into the sauce and add a dash of lemon juice. Season to taste. Grate the courgettes with a mandolin (*in order to make fairly thick batons*). Sauté them with a tbsp of olive oil in a non-stick frying pan. Season, cover the pan and turn often so the courgettes don't change colour. After 3 mins, add the finely chopped basil and mix. Set aside. Pan-fry the dentex fillets with one tbsp of olive oil. Season. Cook for 1 or 2 mins on each side according to the thickness of the fillets.

On each plate, arrange the dentex fillets over the courgette batons. Sprinkle a dash of lemon juice over each fillet, cover with the sauce and add a dash of vanilla-flavoured olive oil.

**Drink**

*Château la Calisse Blanc Cuvée Etoiles - Rolle et Grenache blanc*

**Ingredients (serve 4)**

- 4 dentex fillets (150g each)
- 7 tbsp olive oil
- 4 chicken stock cube
- 2 small courgettes
- 3 sticks of dry fennel
- 120 g new season onions, finely chopped
- juice of 1 lemon
- 1 vanilla pod
- 1 sprig of fresh dill
- 2 basil leaves
- 60 g soft butter
- 1/2 garlic clove, crushed
- salt and pepper