

STEAMED RED MULLET, HEIRLOOM TOMATO, FENNEL STALK AND WATERCRESS OIL

EQUIPMENT

CHEF'S KNIFE, PERFORATED BAKING TRAY, BAKING PAPER, MIXING BOWLS,
BLENDER, FINE MESH SIEVE

INGREDIENTS

4 WHOLE RED MULLET, 6 HEIRLOOM TOMATOES (WE USE BLACK RUSSIAN),
¼ BUNCH WATERCRESS, 2 FENNEL STALKS, BABY CHIVES, EXTRA VIRGIN OLIVE OIL, SEA SALT, CRACKED BLACK PEPPER

METHOD

SCALE AND FILLET THE RED MULLET AND PLACE THE FILLETS INTO A SMALL MIXING BOWL WITH SALT, CRACKED BLACK PEPPER AND A GENEROUS DRIZZLE OF EVOO AND MIX WELL

PLACE THE FILLETS ON A LARGE PERFORATED BAKING TRAY SKIN SIDE UP AND PLACE ANOTHER SHEET OF BAKING PAPER OVER THE TOP OF THE FILLETS AND SET ASIDE

PLACE THE WATERCRESS INTO THE JUG OF A BLENDER AND POUR OVER 30-40GM OF EVOO AND BLEND ON HIGH SPEED FOR 1 MINUTE

POUR THE OIL THROUGH A FINE MESH SIEVE INTO A SMALL MIXING BOWL AND SET ASIDE

PLACE THE MULLET FILLETS IN THE OVEN STEAM SETTING 60°C FOR 12 MINUTES

PULL SOME FENNEL FRONDS AWAY FROM THE STALK AND SET ASIDE, SLICE TWO FENNEL STALKS THINLY AND PLACE INTO A MEDIUM SIZED MIXING BOWL

SLICE THE TOMATOES INTO 1CM SLICES AND ADD TO THE BOWL WITH THE FENNEL FRONDS AND STALKS, SEASON LIBERALLY WITH SALT AND CRACKED BLACK PEPPER AND DRESS WITH THE WATERCRESS OIL.

TOSS THE SALAD WELL AND ARRANGE IT NEATLY ONTO A LARGE SERVING PLATTER, ONCE THE FISH HAS COOKED REMOVE IT FROM THE OVEN AND LAY THE FILLETS OVER THE TOMATO, DRIZZLE WITH MORE WATERCRESS OIL AND SCATTER OVER BABY CHIVES AND SERVE WITH SOME CRUSTY BREAD.

HINTS & TIPS

- IF YOU COME BY RED MULLET BUY IT ALTHOUGH SMALL IT HAS A BEAUTIFUL FLAVOUR AND IS GREAT ON IT'S OWN BUT IS ALSO A KEY INGREDIENT IN THE SOUP BASE FOR THE FRENCH CLASSIC BOUILLABASSE
- SERVE THIS WITH SOME CRUSTY BREAD ALMOST LIKE A FISH BRUSCHETTA AS AN INTERESTING START TO A DINNER