

MULLET FILLETS WITH CRISPY CAPOCOLLO AND ASPARAGUS

THIS RECIPE IS OFFERED TO YOU BY BAUDOUIIN MILLET TO ENHANCE YOUR CHABLIS.

INGREDIENTS

110 SLICES CAPOCOLLO
250 G RED MULLET FILLETS
220 G MINI GREEN ASPARAGUS
SPEARS
5 TBSP OLIVE OIL
PEPPER
4 TBSP BALSAMIC VINEGAR
1 CLOVE GARLIC



PREPARATION

PREHEAT THE OVEN TO 180°C (TH 6)

ARRANGE THE CAPOCOLLO SLICES SIDE BY SIDE ON THE BAKING SHEET LINED WITH PARCHMENT PAPER. ROAST THEM 5 TO 10 MINUTES (WATCHING CLOSELY) UNTIL THEY BECOME CRISPY.

SUBMERGE THE ASPARAGUS IN A POT OF BOILING WATER. DRAIN THEM AFTER 3 MIN. OF COOKING; REFRESH THEM WITH COLD WATER.

SEPARATELY, COMBINE 4/5 OF THE OLIVE OIL, PRESSED GARLIC AND THE BALSAMIC VINEGAR IN A BOWL. PLACE MULLET FILLETS IN BOWL AND COAT THEM WITH THE MARINADE. DRAIN THEM (SET THE MARINADE ASIDE) AND PLACE THEM IN A LARGE NON-STICK PAN. COOK OVER HIGH HEAT JUST LONG ENOUGH TO SEAR THE FILLETS ON BOTH SIDES.

AT THE SAME TIME, BROWN THE ASPARAGUS OVER MODERATE HEAT IN A PAN CONTAINING THE REMAINING OIL; SEASON WITH SALT AND PEPPER.

DIVIDE THE ASPARAGUS BETWEEN THE PLATES; PLACE THE CAPOCOLLO SLICES AND MULLET FILLETS ON TOP, ALTERNATING THEM. POUR THE MARINADE INTO THE PAN USED TO COOK THE MULLET, HEAT FOR 30 SEC. AND DRIZZLE THE SAUCE OVER THE PLATES WITH THE MULLET FILLETS.